

**Watertown Recreation Department**  
149 Main Street - Watertown, MA 02472  
Phone 617-972-6494 • (F) 617-926-6129  
recreation@watertown-ma.gov • website: www.recreation.watertown-ma.gov

**Program:** Wrestling Program

**Who:** Grades: 1-12

**When:** Wednesday or Thursdays  
April 1, 2020 – May 28, 2020  
(Meets once a week for 8 weeks)  
No class on 4/22, 4/23



**Time:** 6:00pm - 7:00pm on Thursdays for Grades 1-4  
6:00pm - 7:00pm on Wednesdays for Grades 5-8  
7:15pm - 8:15pm on Wednesdays for Grades 9-12

**Where:** Watertown High School Wrestling Room

**Fee:** \$25.00 (Watertown Residents Only)

**To Register Online:** Go to our website at [www.recreation.watertown-ma.gov](http://www.recreation.watertown-ma.gov)  
and select “**Online Registration**”

**Description:** This program introduces the basics of traditional wrestling. Priority will be on basic skills of balance, strength, discipline, and technique while having fun.

**Registration is on a first come first serve basis**

**Maximum of 25 participants**

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**Watertown Recreation Department  
Wrestling Program Grades 1-12**

Name: \_\_\_\_\_ Address: \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_ Age: \_\_\_\_\_ D.O.B. \_\_\_\_\_ Gender: \_\_\_\_\_

E-mail Address: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ / \_\_\_\_\_  
(Print) (Signature)

Fee: Resident \$25.00

Child's Shirt Size: (circle one) **Youth:** S M L XL **Adult:** S M L XL (If Applicable)

Please make checks payable to “**Town of Watertown.**” **Please return registration to Recreation Office. Do not return to the school department.**

Please register your email on the “**Notify Me**” on our website [www.recreation.watertown-ma.gov](http://www.recreation.watertown-ma.gov) to receive future program information.

Visit the Watertown Recreation Department online at:

**Facebook:** [www.facebook.com/WatertownRecreationDepartment](http://www.facebook.com/WatertownRecreationDepartment) **Twitter:** @Watertownrec

**Instagram:** watertownrecreation

**YouTube:** Watertown Recreation

## Watertown Recreation Wrestling Program Fact Sheet

**Coaching Staff:** Head Coach: Jim Coutoumas

**Practice Attire:** \* Wrestling Shoes (*order online or call Olympia Sports*)  
\* Head Gear (Optional)  
\* Snug Fitting Tee Shirt  
\* Shorts or Sweat Pants  
\* Mouth Guard for Braces (Optional)

**Competition Attire:** Singlet (provided)  
Wrestling Shoes (*order online or call Olympia Sports*)  
Head Gear

### **No Hats, Hooded Shirts, Tennis Shoes, Jeans or Other Zippered Clothing**

**Comments:** SAFETY is THE PRIORITY. Any wrestler engaging in unsafe actions will be warned and then asked to observe only for the remainder of practice session.

Wrestling shoes should be worn on wrestling mats ONLY; this prevents dirt and debris from being tracked onto the mat. Wrestling shoes are very important for safety and confidence. Shoes can be purchased at local sporting goods stores or online at various retailers such as [www.wrestlinggear.com](http://www.wrestlinggear.com)

Singlets will be distributed at the dual meets. They are expected to be washed and returned the following session.

Headgear is required for competitions but recommended for practice as well. They can also be purchased at [www.wrestlinggear.com](http://www.wrestlinggear.com).

Wrestlers will not be permitted to leave Watertown High School without parental supervision. Please come into the Wrestling Room to pick-up your child.

### **Events and Wrestling Schedule to be announced!**

- Participants will have the opportunity to practice and work on skills used in our wrestling program against other youth ran wrestling programs in the Massachusetts area.
- Such events will consist of clinics or scrimmage-based wrestling with other teams, live wrestling matches against opponents in the same weight range, and individual wrestling tournaments with a structured weight bracket where coaches will help instruct participants throughout the event.
- All events are meant to help introduce participants to the historic sport of wrestling, while teaching technic and positive sportsmanship to opponents and peers!
- For any questions of concerns please contact Head Coach Jim Coutoumas.  
Email: [jcoutoumas@watertown-ma.gov](mailto:jcoutoumas@watertown-ma.gov)  
Phone: 617-972-6494

Sign up for email updates through “**NOTIFY ME**” at the Watertown Recreation Department’s website [www.recreation.watertown.ma.gov](http://www.recreation.watertown.ma.gov) and visit the Watertown Recreation Department’s Facebook, Twitter, Instagram and YouTube pages. The Facebook address is [WatertownRecreationDepartment and the](#) Twitter address is @Watertownrec. The address for Instagram and YouTube is watertownrecreation.