

JERICHO PUBLIC SCHOOLS  
DEPARTMENT OF HEALTH, PHYSICAL EDUCATION  
AND ATHLETICS

**GRADE 3-6: INTRAMURAL: INTRODUCTION TO WRESTLING**

**Days of Week:** Monday & Wednesday  
**Location:** High School Wrestling Room  
**Supervisor:** J. Woska

**Season 1:** From 10/5/09 - 11/5/09  
10/5, 7, 14, 19, 21, 26, 28  
11/2, 4, 9, 16

**Time:** 5:00 P.M. to 6:30 P.M.

**Season 2:** From 11/12/09-12/17/09  
11/23, 25, 30 and 12/2, 7, 9, 14, 16

**Time:** 6:00 P.M. to 7:30 P.M.

- \*This is a 19 session introduction to the fundamentals of folkstyle wrestling.
- \*The program is open to all Jericho students in grades 3-6.
- \*Students wrestle against other students of similar weight and ability.
- \*Skills are taught through a series of drills, games, and live wrestling.
- \*This is a “drop off” program. Please adhere to the scheduled pick up times.
- \*Shorts, t-shirts, and wrestling shoes are recommended. Students will be allowed to wrestle in socks if they do not have wrestling shoes. (Jeans and sneakers are not allowed on the wrestling mats)
- \*Any questions, please contact James Woska at 203-3640 ext. 6035.

-----Detach & Return-----

**INTRAMURAL PARENT PERMISSION FORM**

My child \_\_\_\_\_ has decided to make a commitment to the following

Intramural: Please Print Name \_\_\_\_\_

Grade \_\_\_\_\_

**WRESTLING: Monday & Wednesday**

**5:00 - 6:30 PM (11 sessions)**

**6:00-7:30 (8 sessions)**

I give my permission for Intramural participation.

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date

Emergency Phone Number: \_\_\_\_\_

cc: T. Sinanis  
A. Winnick  
B. D'Aquila  
J. Prisinzano  
D. Gately