



## 2019-2020 Henrico PAL Wrestling League information

### **To register, complete the following**

1) HPAL Wrestling registration in registration portal

2) Go to and register at:

a) - [www.richmondwrestlingclub.org](http://www.richmondwrestlingclub.org) (use the discount code number **WINTERHPALD** &/or **WINTERSIBLIN**)

b) - [www.usawmembership.com/login](http://www.usawmembership.com/login)

League: The Richmond Metro Youth Wrestling League

Age: For second grade to fifth grade

Practice: Will practice at St. Christopher's School in Richmond on Tuesdays and Wednesdays from 6:30pm-7:30pm, starting Tuesday, December 3, 2019. Vans leave Harvie Elementary and Lakeside Sites at 5:15pm and return to sites at 8pm)

No practices on December 25,26,30 and January 1st

Matches: Deep Run High School- Each Sunday 10:30am-3pm.

January 12, 2020

Fees: Total of \$75 includes League fees (\$30) and USA Insurance card (\$45 online registration fee). League fees will be collected second week of practice.

Gear: HPAL will provide headgear and wrestling shirt/shorts. Parents will be responsible for purchasing wrestling shoes.

Contact: Coach Paul Walker and Coach Noah Salavejus (804) 262-4725