



ONONDAGA WRESTLING CLUB

Sign Ups:

Thursday, November 20, 2025

OCS High School Cafeteria

Grades K thru 6

Registration: 6 PM to 6:45 PM

Mandatory Parent Meeting 6:45 pm to 7:30 pm

"Parent(s) and Children(s) must attend registration"

Sign-Up Fee is: \$ 50 per child and \$ 90 cap per family and will be collected at sign-ups

Fee Includes: T-Shirt - League Tournaments Fees - Year End Banquet for Wrestler

Payment Options: Cash or Check

Checks must be made out to: **Onondaga Wrestling Club**

Registration Forms can be found on the OCS District Web Site if you would like to have them done in advance. Go to New OCS Website - click tab for Departments - click tab for Athletics click tab for youth sports - then click on Onondaga Wrestling Club

Any Questions???? Call or e-mail....

onondagawrestling@gmail.com

Coach: Erik Nelson	315-382-0011	Coach: Jamie Burton	315-345-1282
Coach: Jake Cummings	315-663-6125	Coach: Pat Bennett	315-430-5665
Coach: Bill Spencer	315-289-3361	Coach: Robbie Doshna	315-992-4513
Coach: Garrett Cox	315-546-3645	Coach: Pat McCoy	315-395-4894



"Where the Tradition Begins"

"Our Mission Statement"

It is the goal of the Onondaga Wrestling Club to promote wrestling as a sport through participation of children at a young age. The skill acquired through wrestling will help with pride, motivation, team concepts, as well as physical fitness. These are the skills that will help with your child with athletics and academics for the rest of their lives.



**“WRESTLING IS THE
PERFECT FOUNDATION
FOR ALL OTHER SPORTS.
WRESTLING IS BALANCE,
AGILITY, HAND-EYE
COORDINATION,
FLEXIBILITY, POSITIONING,
STRENGTH, SPEED,
EXPLOSIVENESS,
FOOTWORK, HUSTLE,
MENTAL FOCUS, MENTAL
TOUGHNESS, CORE
STRENGTH, CONCENTRATION,
COMPETITION, AND
ENDURANCE. WRESTLING
WILL MAKE OUR YOUTH
BETTER AT ALL OTHER SPORTS.”**

-CAEL SANDERSON-