

# ROCKY HILL WRESTLING PROGRAM

## 2ND-6TH and 7/8th GRADE



The Rocky Hill high school and middle school coaches are offering a **FREE 4 week introductory to wrestling program.**

My name is **Paul Meyers** and I am the head wrestling coach at the high school. I have taught P-k - 12th physical education for 19 years and have over 25 years of coaching experience. I have coached HS football, HS girls Softball, youth baseball and youth football. I have coached several state champions and place winners as well as 3 All-Americans and 3 NFL players.

**Coach Lee Pinney** brings close to 50 years of wrestling experience to the table. He is also a distinguished lacrosse coach/figure throughout CT and MASS.

**Coach Charles Surney** was a collegiate wrestler and has 15 years of coaching experience and also coaches football here at the high school.

**Coach Chris Bachand** is a middle school wrestling and volleyball coach, high school wrestling volunteer and works hand and hand with our adaptive program here at the high school. He was a state place winner.

**Coach John Knapp**- Is the owner of KT-KIDZ wrestling club- located right here in Rocky Hill at 60 Bellamose Avenue. Clearly the number 1 training facility in New England. John started his wrestling career in my dads program and became a HS state Champion and a New England Champion. He is also the CT National Team Head coach. He has coached 100's of state place winners, state champions, several All-Americans and a handful of National Champions.

**Program will Start on March 7th**

**DAYS:** TUESDAY AND THURSDAYS

**TIME:** 4:00 - 5:15PM

**WHERE:** 60 BELLAMOSE AVE  
ROCKY HILL CT

What do I need to bring?

T-shirt, shorts, wrestling shoes

Come 10 minutes early as we will start promptly at 4pm

**Contact information/Reserve FREE 4 weeks ASAP!**

\*\*\*\* email me the following:

Name \_\_\_\_\_ School \_\_\_\_\_ Grade \_\_\_\_\_

Parent Name \_\_\_\_\_ Phone \_\_\_\_\_

Parent email \_\_\_\_\_

Paul Meyers

[meyersp@rockyhillps.com](mailto:meyersp@rockyhillps.com)

860-906-4825