**CLARKSTOWN NORTH MAT CLUB, INC. RAMS WRESTLING CLUB**

**Who Can Wrestle?**: *ANY* BOY or GIRL in **1ST - 6TH** grade from the smallest and lightest to the tallest and

heaviest! Wrestling is for **EVERYONE**!!

**Day/Time**: **MONDAYS** and **WEDNESDAYS 6:30 PM - 7:30 PM**

**Dates**: a **9 week program** beginning on **DECEMBER 2** and ending on **FEBRUARY 12, 2025**

**Location**: Clarkstown North High School Wrestling Room - use the main entrance and look for signs

**Cost**: **$125.00** – Each wrestler will receive a mandated USA Wrestling insurance card, a RAMS Wrestling

Club shirt, a team pizza party on the last day, and an end of the season gift

**Registration**: This will take place on the first few nights the club begins starting at **6:15 P.M.**

***For further information, please email North Head Coach Tony Mellino at*** [***AMELLINO@CCSD.EDU***](mailto:AMELLINO@CCSD.EDU)

**Coaching Staff**: ***Coach Joe Alexander,*** a 5 year former wrestler for the RAMS and ***Coach Ryan Cox***, a former RAMS Wrestling NYS Qualifier, will be conducting all club practices along with our exemplary Varsity and JV Wrestling Student/Athletes there to assist each evening.

**In the 2023-2024 Season, NORTH RAMS Wrestling Had:**

3 ROCKLAND COUNTY **CHAMPIONS** 2 NORTH TOURNAMENT **CHAMPIONS**

3 JV ROCKLAND COUNTY **CHAMPIONS** 8 JV NORTH TOURNAMENT **CHAMPIONS**

3 DIVISION **CHAMPIONS** 2 RCK MAT WARS **CHAMPIONS**

5 **ALL-SECTION** WRESTLERS 2 SCARSDALE TOURNAMENT **CHAMPIONS**

1 JV SECTION I **CHAMPION** 7 **ALL-LEAGUE** WRESTLERS

1 NEW YORK **STATE QUALIFIER** **LEAGUE WRESTLER OF THE YEAR**

10 **SECTIONAL** **QUALIFIERS**

**As a team in 2023-2024, the NORTH RAMS Were:**

**19-6** (MOST WINS IN SCHOOL HISTORY)

**LEAGUE CHAMPIONS**

EASTCHESTER TOURNAMENT **CHAMPIONS**

TEAM RUNNER-UPS IN 5 SEPARATE TOURNAMENTS

***THE JOURNAL NEWS LEAGUE AND ROCKLAND COUNTY COACHING STAFF OF THE YEAR***

***The Clarkstown North Mat Club/Rams Wrestling Club is a not for profit organization run by volunteers dedicated to teaching the fundamentals of scholastic wrestling to the children of Clarkstown Central School District.***