



Town of Babylon  
**SEA RAY WRESTLING CLUB**

**When:**  
Wednesday (Mixed levels) 7-8:30pm  
Sunday 3-4pm (Youth) 5-6pm (High School)  
Sunday, September 17th, 2023 - Wednesday, November 8th, 2023

**Location:**  
Copiague High School Wrestling Room

**Price:**  
FREE for Town of Babylon Residents  
\$10/practice for non-Residents

*Mission Statement:*

Help impact the lives of Town of Babylon youth through the sport of wrestling, which will teach many life lessons and provide many opportunities both athletically and academically, as well as provide a social setting to grow in both an individual and social manner.

<p><b>Coaches:</b></p> <p><u>President: Charles Small (Hofstra '22)</u> Florida State Champion JUCO National Champion NCAA D1 National Qualifier</p> <p><u>Coach: Deonte Wilson (NC State '22)</u> NY State Champion 2x NCAA D1 National Qualifier</p> <p><u>Coach: Ricky Stamm (Hofstra '22)</u> 2x All State 2x NCAA D1 National Qualifier</p>	<p><b>Why Wrestling?</b></p> <p>"Once you've wrestled, everything else in life is easy." – <b>Dan Gable</b></p> <p>"I am not the biggest, I am not the strongest, but I am damn sure the toughest!" – <b>Daniel Bryan</b></p> <p>"More enduringly than any other sport, wrestling teaches self-control and pride. Some have wrestled without great skill – none have wrestled without pride." – <b>Dan Gable</b></p> <p>"Wrestlers Compete as Individuals, Yet the Sport Builds Comradery Like No Other." - <b>Cael Sanderson</b></p> <p>"I would have all of my Offensive Linemen wrestle if I could." - <b>John Madden</b> Hall of Fame Football Coach</p>
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**Contact:**

Charles Small - [charlessmall2021@gmail.com](mailto:charlessmall2021@gmail.com) 1+ (785) 728-8271

