

Kingston SCHOOLS



Wrestling Intramurals 3rd-6th Grade

Matthew Urciuoli
KHS Physical Education Teacher
Head Wrestling Coach
Office: (845) 331-1970 x3886

Kingston High School Section Champions

1. Phil Brown	119 lbs	1976
2. Chuck Kennedy	91 lbs	1977
3. Greg Manuel	112lbs	1977
4. Kirk Maisch	177lbs	1977
5. Chuck Kennedy	105lbs	1978
6. Greg Manuel	119lbs	1978
7. Louis Hammer	105lbs	1979
8. David Hammer	112lbs	1979
9. Rick Wilson	105lbs	1981
10. Chuck Kennedy	119lbs	1981
11. Nick King	126 lbs	1981
12. Scott Harrell	132 lbs	1983
13. Ed Jackson	91lbs	1984
14. Dan Longo	132lbs	1989
15. Phil Dudek	177lbs	1994
16. Darren Mima	119lbs	2002
17. Darren Mima	125lbs	2003
18. Willis Freeman	160lbs	2004
19. Corey James	275lbs	2007
20. Corey James	285lbs	2008
21. Nick Matthews	160lbs	2009 *
22. Trent Costello	140lbs	2010
23. Deon Edmond	195lbs	2012
24. Deon Edmond	195lbs	2013
25. Jake Chenier	113lbs	2019

Kingston Wrestling State Place Winners

1. Phil Brown	119lbs	1977	3 rd
2. Chuck Kennedy	105lbs	1979	6 th
3. Louis Hamer	105lbs	1980	6 th
4. Chuck Kennedy	199lbs	1981	3 rd
5. Nick King	126lbs	1981	4 th
6. Ed Jackson	91lbs	1984	4 th
7. Willis Freeman	160lbs	2004	3 rd
8. Corey James	275 lbs	2007	4 th
9. Corey James	285lbs	2008	2 nd
10. Kaare Stokdal	119lbs	2009	6 th
11. Mike McGrath	189lbs	2010	4 th
11. Jake Chenier	113lbs	2019	8 th

Permission Slip

***Please Sign and Return at
first session***

I (your name) _____, give
my child (name) _____,

permission to attend the Kingston Youth Wrestling Intramural being
held at the Wrestling Room of Kingston High School's Field House.

School that your child attends _____

Contact Phone # _____

Parents are asked to remain on site until we are finished.

What are Kingston Wrestling Intramurals?

The Kingston Youth Wrestling Intramural is the platform which the Kingston Varsity Wrestling staff is using to introduce the sport of Folkstyle Wrestling to the students of the Kingston City School District.

Due to resources and facility space, intramural sessions will be held in the Kate Walton Field House at the Kingston High School rather than the individual elementary schools.

Unlike professional wrestling, Folkstyle Wrestling is a real sport with real rules and ethics! Wrestling is an outstanding sport that provides structure, discipline, and self confidence!

It is the goal of the Kingston High School Wrestling Staff to provide a fun, safe, and exciting approach to the sport of wrestling.

The Coaching Staff

Matthew Urciuoli has been a Physical Education teacher with the Kingston City Schools for 17 years. He taught Physical Education at JFK Elementary for 9 years and is currently in his 8th year at KHS.

During those 17 years, Coach Urciuoli has served many roles within the wrestling program and is currently the Head Coach of the program. Coach Urciuoli has worked with almost 75 Section 9 place winners, 7 Wild Card winners, 7 Section 9 Champions, and 6 NYS place winners.

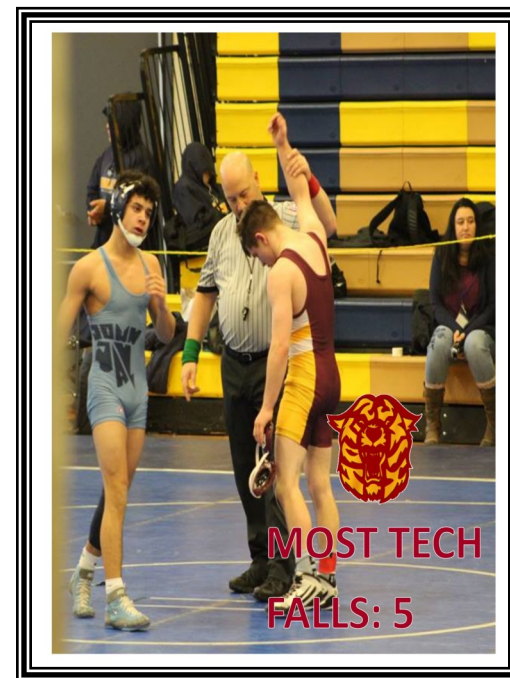
All sessions will take place at the new Wrestling Room at the KHS Kate Walton Field House

	<u>Date</u>	<u>Time</u>
1.	W 4/24	4:30-5:30pm
2.	Tu 4/30 + W5/1	4:30- 5:30pm
3.	Tu 5/7 + W 5/8	4:30 -5:30pm
4.	Tu 5/14 + W 5/15	4:30-5:30pm
5.	Tu 5/21 + W 5/22	4:30-5:30pm
6.	Tu — + W 5/29	4:30-5:30pm
7.	Tu 6/4 + W 6/5	4:30-5:30pm
8.	Tu 6/11 + W6/11	4:30-5:30pm

Kingston Youth Wrestling Intramurals will be 14 sessions that are 1 hour in duration.

Each session will focus on particular aspects of the sport, providing each student with the knowledge and skills to compete in an actual bout.

Parents are asked to remain on site during the Intramural for safety reasons!



Information and Links for Folkstyle Wrestling

1. Thematslap.com
2. Flowrestling.com
3. Lighthousewrestling.com
4. SectionIXwrestling.com
5. Themat.com
6. Newyorkwrestlingnews.com

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