

Jr. Rangers Coaching Staff

Dan Glover

Spencerport High School

Varsity Coach

dglover@spencerportschools.org

Tony Russo

Spencerport High School

Program Assistant

Rct15151@yahoo.com

As the varsity coaches at Spencerport High School, Coach Glover and Coach Russo are interested in developing a long-term relationship with the Jr. Ranger wrestlers in the hopes they will one day compete as varsity athletes.

Thank You to all of our parent volunteers!!!



Our Philosophy

Spencerport Jr. Rangers Wrestling believes wrestling develops personal character like no other sport. Through teaching and reinforcing the fundamentals of wrestling students learn self-confidence, team work, resiliency, and the value of commitment.

About Jr Rangers

Beginning in 1994, Jr. Ranger Wrestling has introduced over 1,500 kids to scholastic wrestling. Many Jr. Rangers continued to be members of Section V and NYS championship Varsity teams at Spencerport High School.



Area of Focus for the Wrestlers

Enjoying their time at practice and wanting to come back

While teaching the fundamentals of wrestling technique many competitive skill games are included in practice. The coaches want your kids eager to come back. Be a great sports parent by being supportive and positive!!!

Gross Motor Skill Development

At this developmental stage we focus on building the physical tools that athletes need for success in wrestling. In turn their improved strength, balance and overall fitness builds confidence, carries over to other sports and benefits their overall health.

Rangers Wrestling has a 3 levels based upon age, experience, and interest

2019 - 2020 Program Schedule

Blue Team

11/18/19 – 12/19/19

Blue Team, for grades K – 3, is an introductory level. Wrestling skills are taught and drilled. Athletes will also wrestle live in practice and in scrimmage situations. Gross-motor skills learned in wrestling benefits physical developments as well as other sports.

Gold Team

1/7/20 – 2/16/20

Gold Team, primarily for grades 4 – 6 & athletes with Blue experience, builds upon introductory skill sets learned in Blue Team.

Grizzly Team

TBD (Mid-March – Late April)

Grizzly Team, K – 8, is our *competition team*. Grizzly prepares athletes for the next level



<http://juniorrangers.spencerportwrestling.com>

“More enduringly than any other sport, wrestling teaches self-control and pride. Some have wrestled without great skill – none have wrestled without pride.” – Dan Gable