



# River Dell Junior Wrestling

2013 – 2014 Season



The **River Dell Junior Wrestling Program** is open to all children 1<sup>st</sup> through 8<sup>th</sup> grade who are residents of River Edge or Oradell. **Please note that 1<sup>st</sup> graders MUST be 7 years old by December 31, 2013 in order to participate ... no exceptions.** There are NO tryouts, skill/experience requirements, or weight restrictions. Practices and competition are arranged by age, weight, experience, and skill level.

Practices are held Tuesday and Thursday evenings at River Dell High School. Typically, newer and younger wrestlers practice from 6:00pm to 7:30pm and experienced and older wrestlers practice from 7:30pm to 9:00pm. Practices start on December 2nd and end February 27<sup>th</sup>.

League scrimmages are held on Saturdays starting January 4<sup>th</sup> and ending on February 8<sup>th</sup>. Each participating child is guaranteed one match each Saturday and will be “paired” with a wrestler from another area team. Pairs are determined by similarity in age (no more than two years apart), weight (no more than a 10% differential), experience, and skill level.

Tournaments are held on Sundays. Typically each wrestler is eligible for at least four (4) tournaments. Participants in tournaments are grouped by age divisions (Bantam: 7 & 8 year olds, Novice: 9 & 10 year olds, Junior: 11 & 12 year olds, and Intermediate: 13 & 14 year olds) and defined weight classes. **Experience and skill level are not part of the grouping for tournaments.** Participation in Saturday matches or Sunday tournaments is at the parent’s discretion (i.e. optional).

The registration fee is \$125 per child and \$85 each additional sibling. The registration fee includes a t-shirt, a team singlet (wrestling uniform that is returned at the end of the season), Saturday matches, and all team sponsored tournaments. Additional costs include wrestling shoes (approx. \$35) and headgear (approx. \$15). Both wrestling shoes and headgear are required for the first practice and every practice, scrimmage, and tournament. We will have a limited number of free used shoes and headgear available at registration.

**REGISTRATION IS WALK-IN ONLY.** If your child did not wrestle last year, please bring a COPY of your child’s birth certificate or other proof of birth with you when you register. Everyone will need to complete a registration form. Wrestling bags and magnets will be available for purchase. Order forms for our fundraiser clothing will be distributed, as well as information on practices and a mandatory parent meeting. Registration will be held on the following days:

**Tuesday, October 29<sup>th</sup> - from 7pm - 9pm in the RD High School Gym Lobby.**  
**Thursday, November 7<sup>th</sup> - from 7pm - 9pm in the RD High School Gym Lobby.**

**River Dell boasts one of the largest and most dedicated coaching staff in the league.**

For additional information or questions, please contact Dave Fletcher at (973) 715-0409 or dgfletch@gmail.com.

*"Once you've wrestled, everything else in life is easy." Dan Gable*