



River Dell Junior Wrestling 2014 – 2015 Season

The **River Dell Junior Wrestling Program** is open to all children in the 1st through 8th grade who are residents of River Edge or Oradell. **Please note that 1st graders MUST be 7 years old by December 31, 2014 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 will start on Tuesday December 2** and end roughly at the end of February.

League scrimmages are held on Saturday mornings or early evenings starting January 10th and ending on February 14th. 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 \$130 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. Order forms for our clothing fundraiser will be distributed, as well as information on practices and mandatory meeting for parents.

Registration Dates

Wednesday October 29, 7pm - 9pm in the RD High School Gym Lobby
Wednesday November 5, 7pm - 9pm in the RD High School Gym Lobby

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

River Dell Junior Wrestling is sponsored by the River Edge Recreation Department.
RE Rec Dept is not part of the River Edge Board of Education or Cherry Hill and Roosevelt Schools.

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