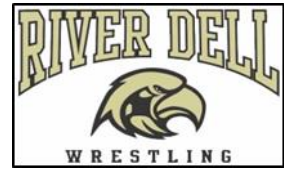


River Dell Junior Wrestling

2016-2017 Season Info and Registration

www.riverdelljuniorwrestling.com



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. 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 6:00-7:30pm and experienced and older wrestlers practice from 7:30-9:00pm. **Practices start Tuesday November 15th** and end roughly at the end of February. **In November and December we will have several Saturday morning practices** held between 8:00-10am, schedule to be posted / emailed soon.

Scrimmages are held on Saturday mornings or early evenings starting in January. Each wrestler 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 2 years apart), weight (no more than a 10% differential), experience and skill level.

Tournaments are held Sundays. Typically each wrestler is eligible for at least four (4) tournaments. Tournaments group by age divisions (Bantam: 7 & 8 yr olds, Novice: 9 & 10 yr olds, Junior: 11 & 12 yr olds, and Intermediate: 13 & 14 yr olds) and defined weight classes. **Experience and skill level are not part of the grouping for tournaments.** Wrestling 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 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) which you must purchase separately.

Wrestling shoes and headgear are required for ALL practices, scrimmages, and tournaments.

REGISTRATION IS NOW OPEN. Please follow these steps...

- Every parent **MUST** register their wrestlers at our website www.riverdelljuniorwrestling.com.
- We now accept Credit/Debit Cards as our only payment method to help streamline the registration process.
- Click the REGISTRATION link/tab found between SEASON SCHEDULE AND DUALS TEAM.
- **Please complete your registration online as soon as possible, but no later than November 1st.**

New Wrestlers Parent Meeting

For parents of Wrestlers joining the program for the first time there will be an important meeting for you (parents only) starting at 6:15pm on Tuesday, Nov 15th.

This coincides with the season's first practice. Parents will meet outside the High School Wrestling room. We'll have the meeting in a nearby classroom and all walk to it together.

If your child did not wrestle last year, please bring a copy of your child's birth certificate to this meeting.

For additional information or questions, please contact our President:

Josh Wagreich at 973-735-7355 or joshwagreich@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