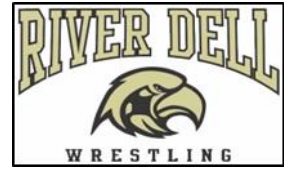


River Dell Junior Wrestling

2018-2019 Season Info and Registration

www.riverdelljuniorwrestling.com



River Dell Junior Wrestling is open to all 1st - 8th graders who are River Edge or Oradell residents. There are NO tryouts, skill or experience requirements, or weight restrictions.

Regular Practices Start Tuesday November 13th. Practices are held Tuesday and Thursday evenings at River Dell High School through February. Younger wrestlers practice from 6:00-7:30pm and older wrestlers practice from 7:30-9:00pm. In Nov/Dec we have a few Saturday practices to be posted on website.

- All Practices held at the River Dell High School Wrestling Room

1st Year Wrestling Introduction Practices – Tuesday, Oct30th & Nov6th. This is only for 1st time wrestlers who have never wrestled. Held 6:00pm-7:30pm at River Dell High School. Important for new Wrestlers!

Scrimmages are held Saturday mornings or early evenings starting in January. Each wrestler is 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. These are held at home and away.

Tournaments are held Sundays. Typically each wrestler is eligible for four 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.

Registration Fee Is \$130 Per Child and \$85 Each Additional Sibling.

- Fee includes t-shirt, team singlet (wrestling uniform – returned at end of each season), Instruction, Saturday Scrimmages, and Tournaments.
- **You Must Separately Purchase Wrestling Shoes (\$35 and up) and Headgear (\$15 and up).**

Registration Deadline October 19th.

- **Online registration at www.riverdelljuniorwrestling.com.**
- Click the REGISTRATION link/tab found between SEASON SCHEDULE AND DUALS TEAM.

Wrestling Shoes & Headgear Required for ALL Practices, Scrimmages, and Tournaments.

New Wrestlers Parent Meeting --- 6:15pm on Tuesday, November 13th

- Important meeting for parents of first time Wrestlers held outside the High School Wrestling room.
- 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