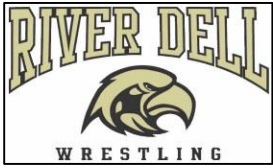


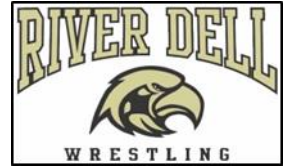
*River Dell Junior Wrestling is sponsored by the River Edge Recreation Department. RE Rec Dept is not part of the River Edge Board of Education or Cherry Hill and Roosevelt Schools. The contents of this flyer are provided solely as a public service. The event or activity described here is not in any way affiliated with the Oradell Public School, nor is it endorsed by the Oradell Board of Education.*



## **River Dell Junior Wrestling**

### **2019-2020 Season Registration Info**

**[www.riverdelljuniorwrestling.com](http://www.riverdelljuniorwrestling.com)**



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

**Returning Wrestler Practice Starts Tuesday November 12<sup>th</sup>.** 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. Additional practices TBD and emailed/posted.

- All Practices held at the River Dell High School Wrestling Room. Assignments emailed prior to Nov 12<sup>th</sup>.

**NEW WRESTLER PRACTICES – START MONDAY NOVEMBER 4<sup>TH</sup>.** New Wrestler Practice (regardless of grade/age) starts Nov 4<sup>th</sup>, Monday, 6:30pm-8:00pm at the River Dell High School Wrestling Room. Practices continue on Mondays for New Wrestlers as posted online at [www.riverdelljuniorwrestling.com](http://www.riverdelljuniorwrestling.com). Pls read the schedule page. Starting Jan 2<sup>nd</sup> New Wrestlers will be assigned one of the above time slots held Tues/Thurs.

**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 18<sup>th</sup>.**

- Online registration at [www.riverdelljuniorwrestling.com](http://www.riverdelljuniorwrestling.com). Click REGISTRATION and follow the steps.

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

**New Wrestlers Parent Meeting --- 6:30pm on Monday November 4<sup>th</sup>**

- 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:  
**Justin Ranley, Board Member, Coach at 201-274-9638 or [mrjuice@aol.com](mailto:mrjuice@aol.com)**