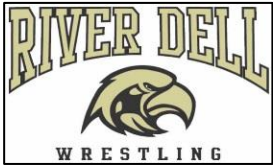


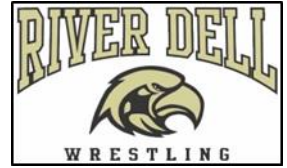
River Dell Junior Wrestling is sponsored by the River Edge Recreation Department. RE Rec Dept is not part of the River Edge Board of Education or Cherry Hill, Roosevelt, or RDMS Schools. The contents of this flyer are provided solely as a public service. The event or activity described here is not in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



River Dell Junior Wrestling

2021-2022 Season Registration Info

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. We also have a travel team, ask a coach!

Returning Wrestler Practice Starts Tuesday November 16th. 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 with Saturday practices in Nov / Dec too

- All Practices held in River Dell High School Wrestling Room. Assignments emailed prior to Nov 16th.

NEW WRESTLER INTRO PRACTICES – START MONDAY NOVEMBER 8th.

- New Wrestlers have two New Wrestler Only Practices (regardless of grade/age)
- Nov 8th (Monday) and Nov 15th (Monday) 7:00-8:15pm in River Dell High School Wrestling Room
- Starting Nov 16th New Wrestlers join our regular Returning Wrestler Practice time slots held Tues/Thurs
- Email will go out assigning all Wrestlers to a specific practice time slot

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 \$145 Per Child and \$95 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 26th.

- Online registration at www.riverdelljuniorwrestling.com. Click REGISTRATION and follow the steps.

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

New Wrestlers Parent Meeting --- 7:00pm on Monday November 8th

- 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