

BERNARDSVILLE RECREATION 2017-2018 WRESTLING

Bernardsville Recreation will be holding registration for Wrestling (with the Raritan Valley Wrestling League) for all age groups on Tuesday, November 14th, Bernards High School Cafeteria from 6:00-8:00 pm. This season's coaches will be available to answer any questions. Midget practices will be Tuesdays and Thursdays (6:00 pm-8:00pm) and an occasional Saturday morning, Youth practices will be Monday and Wednesdays (6:00 pm-8:00pm) and Novice will meet Friday nights (6:00 pm-7:30 pm). **Volunteer coaches are also needed!** All coaches must be Rutgers certified.

Novice Program: What are we all about? Our goal is to introduce the youth of the Bernardsville area to the sport of wrestling and instill in them a life-long love of the sport. We aim to build on, and add to the fine tradition of Bernardsville wrestling, and graduate our wrestlers to the Middle School program well prepared in the fundamentals of one of the most challenging and rewarding sports in the world. In general we consider novices to be K-2nd graders. Practices will be Fridays, 6:00 pm-7:30 pm starting December 1st. Each practice starts with calisthenics, stretching and fitness drills. Physical fitness is important to wrestling, and at higher levels the fitness regimen can be very hard. At the elementary level however, we strive to keep the fitness activities fun and count on the wrestling drills to do most of the conditioning. We will never "pound" our wrestlers into shape. Most of the practice time is spent learning and drilling various wrestling techniques and learning the fundamentals of the sport.

Midget Program: Grades 2nd – 5th Midget Wrestling. This is a travel team that will compete in the Raritan Valley Midget Wrestling League and compete in dual meets and tournaments. This program is designed to introduce competitive wrestling to our athletes. Participation in the Novice program is excellent preparation for this program but not required. Practices are Tuesday and Thursday evenings from 6:00 pm – 8:00 pm, and an occasional Saturday morning. League matches are scheduled on Saturday mornings and transportation to/from the events are the parent's responsibility. The fee covers use of a uniform, referees, and the league fees. Practice begins the Week of November 27th and runs into mid-February with a weekend tournament in the beginning of February.

Youth Programs: Grades 5th-8th Youth Wrestling. This group will compete in the Raritan Valley Youth Wrestling League and compete in dual meets and tournaments. This program is the next step following the Midget program, but Novice 6th, 7th and 8th Graders fit well in this group. Practices will be Monday and Wednesday evenings from 6:00 pm - 8:00 pm. Matches are during the week beginning the week of November 27th and runs into mid-February with a weekend tournament in the beginning of February. Transportation to/from matches will be the responsibility of the parents. The fee covers use of a uniform, referees and league fees.

Questions can be directed to Ed Caldwell at edwinjcalldwell@gmail.com

Fees:

Novice: \$ 60.00 Bernardsville Residents /\$ 80.00 Non-Residents (from Nov 2017 through Feb 2018)

Midget & Youth: \$100.00 Bernardsville Residents/\$120.00 Non-Residents (from Nov 2017 through Feb 2018)