

# Wrestling



# 2011-2012

## Bridgewater Recreation Wrestling Program (November 2011 - March 2012)

This program emphasizes learning the sport of amateur wrestling, instilling solid values, and having fun! We attempt to make the program fun for everybody – we believe wrestlers (and their parents) should enjoy their participation in the program. In the practice room, we focus on fundamentals, because there is no substitute for solid knowledge of the basics of wrestling. Our program's philosophy values competitiveness, as well as respect for self and others, discipline, and self-confidence. The program provides a rich experience, in which wrestlers form close friendships with their teammates. Over the past five years the enrolled program average of participation number for Bridgewater-Raritan boys was 95 from K to 8<sup>th</sup> grade. Depending on wrestlers' ages and experience they may participate in one of five leagues (Scrimmage League, Raritan Valley League, Central Jersey B-League, Central Jersey A-League, or the Grade School League). The program produced 15 state qualified wrestlers who participated in the New Jersey Kid's State Tournament. Prior seasons of the program won the Central Jersey Championship and State Championship – We are expanding and we expect the fun and accomplishments to continue in 2010-2011.

For: Bridgewater-Raritan residents in grades K – 8 (2011-2012 school year) Where: Bridgewater-Raritan Middle School (Merriwood Drive)

When: Program will start the beginning of November 2011 and continue through the middle of March 2012 *16 weeks of Wrestling!*

**K-2 Team:** If your child is in K-2<sup>nd</sup> grade and starting their FIRST SEASON Wrestling OR IN 1<sup>ST</sup>-2<sup>ND</sup> grade and has wrestled at least one full season (except wrestlers with Varsity RV/CJ League Experience), then practice times are: Tuesdays and Thursdays 6:30-7:30pm

**Raritan Valley Team:** If your child is in 3<sup>rd</sup> to 6<sup>th</sup> grade and is starting their first season or is in 2<sup>nd</sup> grade and has varsity RV experience or has wrestled at least one full season, then practice times are: Mondays and Wednesdays 6:30-7:45am and Saturdays 2:30-4:00pm.

**Central Jersey Team:** If your child is in 3<sup>rd</sup> – 6<sup>th</sup> grade and has CJ LEAGUE experience then practice times are: Tuesdays and Thursdays 7:30-9:00pm & Saturdays 1:00-2:30pm.

**Grade School Team:** If your child is in 7<sup>th</sup> – 8<sup>th</sup> grade practice times are: Monday & Wednesdays 7:45-9:00pm & Fridays 6:30pm. More grade school league practice times TBA.

*If the participant is a returning wrestler; please have them attend the division they wrestled with last year unless they are moving up in grade then attend the next level until proper evaluations are made for placement this season! If the participant is new to wrestling then attend the proper grade placement until proper evaluations are made for placement this season.*

Cost: \$80 Bridgewater Resident \$90 Raritan Resident payable to "Bridgewater Township". **Registration Deadline:** Monday, November 3, 2011 by 5:00pm at Bridgewater Recreation. Singlets available... to Purchase New \$55.00; Used \$30.00; Borrow is free with a \$25 deposit pending stock (no guarantees/subject to availability). Sweatshirts purchased through [www.pantherwrestling.org](http://www.pantherwrestling.org).

**Registration Deadline:** Friday, November 4, 2011 by 5:00pm at Bridgewater Recreation

For more information on Bridgewater Recreation Wrestling, please visit us at [www.pantherwrestling.org](http://www.pantherwrestling.org).

Three ways to register! In person at the Bridgewater Recreation Department (Municipal Building – 100 Commons Way - Bridgewater) 9am to 5pm Monday to Thursday 8am to 5pm Friday, drop registration off in the "REC" mailbox located on Municipal grounds before or after office hours, or via postal service.

V =====V

### Bridgewater Recreation 2011-2012 Wrestling Registration Form

*\$80 Bridgewater Resident \$90 Raritan Resident - payable to "Bridgewater Township"*

*(Please write clearly as this is how your child's name will appear on all correspondences, trophies...)*

Participants Last Name		Participants First Name	
Mailing Address	Township	State	Zip
Home Phone #	Parent Cell #	Parent Work #	
Parent's Email Address		Parent's First & Last Name	
Participants Date of Birth	Current Grade (11-12 School Year)	Years of Wrestling Experience	
Participants Current Height	Participants Current Weight	Singlet Size (4XS, 3XS, 2XS, XS)	

Team Played last year 2010-2011 (k-2; Raritan Valley (RV); Central Jersey (CJ); Grade School (GS))

*If participant has individualized needs due to a disability, please check the following and someone will contact you regarding reasonable accommodations. ® Yes, I will need to be notified regarding special considerations for my child.*

This is a contact sport. Injuries may occur. Please note that Bridgewater Township Recreation Department does not provide individual medical coverage for its participants. Each participant will be covered under his family's medical policy. It is recommended that families have insurance before the child participates. The Recreation Department reserves the right to cancel, alter, supplement, limit registration or change any other information.

*I understand and agree to volunteer the minimum of 4 hours for the Recreation Wrestling Program. By signing below I accept the responsibility of volunteering my time for the betterment and over all success of the program. More information will be forthcoming.*

X \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
Parent/Guardian Signature Date

*If interested in volunteering to coach - All coaches and assistants must be Rutgers SAFETY Certified, are required to participate in a mandatory background check according to Township Ordinance (16 years of age & older) and attend all mandatory coaches meetings. By indicating interest in the following box, I will be notified regarding program information if coaching is needed. r Yes, I am interested in coaching.*



# Wrestling Open House Nights

## Bridgewater Recreation Wrestling for children in Grades K-8

### October 18 & October 25, 2010

Did you know wrestling facts:

- 1) Wrestling is the perfect off-season complimentary for all sports. It helps improve agility, leverage, conditioning and quickness for all ages.
- 2) Many former and current NFL players attributed wrestling to their success on the football field.
- 3) National Federation of High Schools tracks more than 80 sports and wrestling is ranked as the sixth most popular sport. It consistently draws well over 200 thousand high school participants each year.

Everyone is invited to come see why wrestling is FUN! Bridgewater Recreation Wrestling (for children in grades K-8) will be holding "Wrestling Open-House Sessions" on:

- Ø Tuesday, October 18, 2011 6:30pm to 7:30pm
- Ø OR Tuesday, October 25, 2011 6:30pm to 7:30pm
- Ø @ Bridgewater Raritan Middle School gym.

These open houses will inform parents and prospective wrestlers (children in grades K-8) about the Recreation Wrestling program. The coaches of Bridgewater Recreation Wrestling invite any interested parents and their children to attend. Each Open-House session will introduce the program's philosophy, its coaches, and some current wrestlers.

There also will be a brief wrestling clinic to demonstrate what the sport of amateur wrestling is about and to show how fundamental skills are taught and drilled in practices. Information will be provided on the program's schedule and levels into which wrestlers will be grouped for practices and competition (from novice/scrimmage, to intermediate, to advanced teams).

. For more info visit us at [www.pantherwrestling.org](http://www.pantherwrestling.org).