

Wrestling Open House Nights

October 20th & October 27th, 2009

Bridgewater Recreation Wrestling will be holding "Wrestling Open-House Sessions" on Tuesday, October 20 and Wednesday, October 27, 2009. These sessions will be held from 7:00pm to 8:00pm at the 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 information on the Open-House sessions please call the recreation office. For more info visit us at www.pantherwrestling.org.

Wrestling



2009-2010

Bridgewater Recreation Wrestling Program (November 2009 - March 2010)

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 four years the enrolled program average of participation number for Bridgewater-Raritan boys was 95 from K to 8th 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 2009-2010.

For: Bridgewater-Raritan residents in grades K - 8 (2009-2010 school year) **Where:** Bridgewater-Raritan Middle School (Merriwood Drive)
When: Program will start the beginning of November 2009 and continue through the middle of March 2010.
 If your child is in K-2nd GRADE and starting their FIRST SEASON Wrestling OR IN 1ST-2ND GRADE and has wrestled at least one full season (except wrestlers with Varsity RV/CJ League Experience), then PRACTICE TIMES are: TUESDAYS AND THURSDAYS: 6-7PM
 If your child is in 3rd - 6th GRADE and has wrestled at least one full season, OR is in 2ND GRADE and has VARSITY RV experience, then PRACTICE TIMES are: MONDAYS & WEDNESDAYS 7-8:30PM & SATURDAYS 10AM-11:30AM
 If your child is in 3rd - 6th GRADE and has CJ LEAGUE experience then PRACTICE TIMES are: TUESDAYS & THURSDAYS 7PM-8:30PM & SATURDAYS 8:30AM - 10AM
 If your child is in 7th - 8th GRADE: for grade school league practice times please contact Coach Rob Comandini at rcdini@aol.com.
Cost: \$80.00 Bridgewater residents and \$85.00 Raritan residents checks made payable to "Bridgewater Township"
Registration Deadline: Thursday, November 5, 2009 by 5:00pm at Bridgewater Recreation
 For more information on Bridgewater Recreation Wrestling, please visit us at 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.

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Bridgewater Recreation 2009-2010 Wrestling Registration Form \$80 Bridgewater Residents \$85 Raritan Residents
 checks 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 (09-10 School Year)	Years of Wrestling Experience		
Participants Current Height	Participants Current Weight	Singlet Size (4XS, 3XS, 2XS, XS)		
Division Played last year 08-09 (k-2; Raritan Valley (RV); Central Jersey (CJ); Grade School (GS))				

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. Yes, I am interested in coaching.