

Northern Highlands Jr. Wrestling General Information

Dear Parents,

Welcome to the Northern Highlands Wrestling Association (NHWA).

The aim and purpose of the NHWA is to provide a fun and healthy atmosphere in which the youth of Upper Saddle River, Ho Ho Kus and Allendale can learn and participate in competitive wrestling.

During this season, your child will learn a great deal about the sport of wrestling. As important, wrestling will also reinforce the invaluable lessons of self-discipline, good sportsmanship and respect. Wrestling will improve your child's coordination, endurance and strength. He will learn how to maintain balance, set-up, execute, and finish moves. He will also learn techniques and strategies that will help him win matches.

Our coaches are very dedicated to your child and the sport of wrestling. It is our belief that with proper training and a little desire, your child can become a champion wrestler. However, wrestling is a demanding sport. Commitment and discipline are the key components to becoming a champion.

We are very excited about the upcoming season and look forward to maintaining a winning tradition that our wrestling team has achieved over the years.

Wrestlers eligibility

The NHWA is for children grades 2-8 who reside in Upper Saddle River, Ho Ho Kus and Allendale. Wrestlers will be grouped by age, weight and experience. Practices will be held in the Northern Highlands high school wrestling gym 2 days per week with matches and tournaments held on the weekend. All wrestlers must be in good health and are required to sign a medical clearance form.

***Wrestlers who are on the Cavallini or the Wandell school team may also wrestle for the Northern Highlands Junior wrestling team.**

Wrestlers

Although wrestling is an individual sport, you are still committed to a team. You must be dressed and ready for practice before the scheduled start time (wrestling shoes, t-shirts, shorts, and head gear are recommended).

You must attend at least 1 practice per week to be eligible to participate in the matches and tournaments on the weekend.

Homework should be completed before practice!

While at practice, we ask that you give 100% effort at all times and follow the rules established by the coaches.

Parents

Please understand and accept your responsibility to have your child arrive on time to all activities. Please make every effort to have your athlete attend all the practices, matches and tournaments. A weekly practice schedule will be sent by e-mail. If your son is unable to attend a practice, match or tournament, please inform one of the coaches.

Respect your child's coaches, opponents, officials and fellow parents. Please remember that we are all volunteers.

Attendance is taken at every practice, match and tournament. Please make sure that a coach is informed if a wrestler is to leave early. This is required for the safety of our children.

Please help us teach our wrestlers to be committed and organize their time.

Schedules and uniforms will be given out in December. Please make every effort to take care of this equipment and plan activities around our team's schedule, if possible.

Practice schedule – week 1

First practice- Tuesday November 29 @ 6:00- 7:45 pm (All Levels)

Second practice-Thursday December 1 @ 6:00-7:45 pm (All Levels)

Starting the week of December 5, practice sessions will be divided into two groups.

Group 1 - beginner / novice wrestlers

Group 2 - experienced / advanced wrestlers

More information to follow

Thank you!

Northern Highlands Junior Wrestling Coaching Staff