

Roxbury Recreation
JR. GAELS WRESTLING
2018-2019



Sign Up Now!

This program is for children in K-8th grade who want to learn to wrestle and compete with kids of same age and weight. Sign up in person at Roxbury Recreation or online through your Community Pass account. Program begins in mid-November.

- **K-1st Grade Clinic:** Focuses on fundamentals and basic techniques critical to beginners. Friday evenings, 5pm-6pm in the Roxbury High School Wrestling Room. Fee: \$40 (T-shirt included).
- **1st-4th Grade Novice:** To be eligible, your child must have attended Clinic Program. Intermediate program introduces the young athlete to the beginner level of competition. Practices will be Wednesdays and Fridays, 6pm-7:30pm in the Roxbury High School Wrestling Room. Fee: \$75 (sweatshirt included).
- **2nd-8th Grade Jr. Gaels:** Practices will be held on Mondays, Tuesdays and Thursdays, 6pm-8pm in the Roxbury High School Wrestling Room. These teams will compete in both the Tri-County League and North Jersey Leagues. Fee: \$75 (sweatshirt included).
- **Coaches needed too!**

Wrestling is a great sport! Consider this:

- Wrestling is one of the first forms of physical play that young children do without ever having been taught.
- Wrestling is a great way to build self- confidence, courage, and mental toughness.
- Wrestling can dramatically improve one's ability to perform in other sports – wrestlers develop agility, balance, quick reflexes, endurance, and strength in all muscle groups.
- Wrestling builds character and teaches sportsmanship – Win or lose, wrestlers must shake their opponents and opposing coach's hand, reinforcing that sportsmanship remain a vital part of the sport.
- Young wrestlers develop admiration and respect for themselves, their teammates, and opponents through discipline, work ethic, and training across multiple age groups.