



# The Watchung Hills Wrestling Association 2015-16 Wrestling Season

## Online Registration at [www.WHWA.org](http://www.WHWA.org)

**Registration Opens August 3<sup>rd</sup> 2015 & Closes Saturday October 3<sup>rd</sup> 2015**

**Late Registration Fees will apply starting October 4<sup>th</sup>, 2015 (Membership is based on availability)**

**\*Apparel orders will be processed on or about the 1st week of October. Late fees will apply to later orders.  
Late apparel orders will not arrive until late December after the season has started.**

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### General Program Information:

- Our program was developed to provide a healthy environment for local kids to learn the fundamentals of wrestling and competition.
- All boys grade K thru 8th in Warren, Watchung, Long Hill & Green Brook are eligible to participate

### PROGRAM Levels:

**Pee Wee Program - for wrestlers grades K & 1st**

*Registration Fee: \$75.00*

**Midget Program - for wrestlers grades 2nd - 6th**

*Registration Fee: \$230.00*

**Middle School Program - for wrestlers grades 7th & 8th**

*Registration Fee: \$310.00*

- The Pee Wee wrestling program is an introduction for both child and parent into the sport of wrestling. The program is 5 weeks long with 10 practices followed by a yearend novice tournament. Each practice will consist of a one hour class, twice a week, during the months of November and December
- The Midget & Middle School wrestlers will participate in the Central Jersey (CJ) and Raritan Valley (RV) Midget Wrestling Leagues (2nd - 6th grades) and the NJ Grade School League (5th - 8th grades)
- Practice will be held between 1-3 days a week depending on the child's level. **SCHEDULE TO FOLLOW AFTER REGISTRATION** – Visit our Practice Schedule page on our web site ([www.whwa.org](http://www.whwa.org)) Practices will begin on or about the last week in October or first week in November in the WHRHS wrestling room.
- Wrestlers are matched according to weight only for CJ, RV and NJ grade School leagues
- Our staff consists of former high school and collegiate wrestling champions. Head Coaches are certified by the USA Wrestling. Coaches have a Rutgers' coaching certification & are trained in CPR and basic first aid.
- Season extends from November through Late February.
- For questions about the program, please contact *Walter Lee* at: [julieandwalter@yahoo.com](mailto:julieandwalter@yahoo.com)

### Registration Fees:

- The program registration fee includes a team T-shirt, applicable referee fees, various League fees, Middle School usage fees, High School usage fees, USA wrestling membership fee (required), USA wrestling newsletter and it also includes a **Singlet for kids in 2nd thru 8th grade. Each wrestler will need to provide a \$65.00 deposit for a singlet, your individual deposit will be collected during the uniform hand-out & returned at the end.**
- A singlet is required per league rules when wrestling a match (not required at Pee Wee level) each child must have wrestling head gear and wrestling shoes. Optional apparel for purchase / warm - up suit (WH sweatshirt & fight shorts).

## **Join Now!**

**Be a part of one of the most successful athletic programs at the WH Regional High School**