



Wrestling is a winter sport. Even if you play soccer, baseball or football you can still wrestle. It is a great way to stay in shape and create opportunities for college scholarships.

2018 – 2019 EWING RECREATION WRESTLING REGISTRATION INFORMATION

Who can participate: The Ewing Recreation Wrestling Program is for individuals six years by October 1st, 2018 to 8th grade. This is an instructional program which emphasizes getting fit and building confidence. No previous wrestling experience needed to participate!

Our mission statement: To provide a fun and competitive environment designed at the youth level as well as introduce and foster the sport of wrestling. Discipline, team unity, respect and good sportsmanship will also be highly stressed. Team = Family.

Visit our website at www.ewingrecreationalwrestling.com

Registration

Register online at www.communitypass.net . If you require assistance, please contact Nancy at npappano@ewingnj.org.

Dates: Registration begins September 15, 2018 and ends November 30, 2018.

Fees and Discounts: \$90 per participant. Sibling discounts are \$135 for 2 participants and \$185 for 3 participants. There is a \$3 convenience fee at checkout.

Parent Orientation: There is a one-time mandatory parent meeting November 13th at 7:00pm. Location is TBD (to be determined). Please note that wrestlers and children are NOT to attend.

Practices

Location: Practices are primarily held at Ewing High School in the wrestling room. Practices may also be held in the gymnasium at the Ewing Senior and Community Center.

Times: Practices are held weekly on Wednesdays and Thursdays. Practices begin Wednesday, November 14, 2018. Time is TBD.

What to wear: Every wrestler must have fingernails trimmed and be dressed to exercise. Athletic shorts or sweatpants and T-shirts are suggested. Wrestling shoes and headgear are required. Mouth guards are required for participants with metal braces. Do not wear uniforms to practice unless advised to do so by the coaching staff.

Uniforms: A \$100 deposit per participant will be collected for uniforms (team singlets and shorts) used during matches and tournaments. The deposit will be returned at the end of the season when the uniforms are returned.

Questions/Concerns? Call Coach Tye at 609-273-2739 or email tye@princeton.edu