



About Ridgewood Junior Wrestling:

Ridgewood Junior Wrestling (RJW) is designed for boys and girls in Kindergarten to 8th grade. We teach the sport of wrestling in a positive, safe, constructive, and fun environment. Our program will not only teach the sport of wrestling but also build confidence, discipline, and team bonding. Our parent/coaches have wrestling backgrounds, but we also have professional coaches that run regular practices. The season runs from late November to early March.

When:

Tuesdays, Thursdays, and Saturdays (start times to be confirmed).

Our First Practice will be:

Advanced - Tuesday, November 21st

Novice/Intermediate – Tuesday, November 28th

Rec Meets are typically held on Saturdays starting in January, tournaments will be schedule for Sundays. Dual team matches to be scheduled with the Twin County League.

Where:

Ridgewood High School 627 East Ridgewood Ave.

Equipment:

Wrestling Shoes, Wrestling Headgear, and water bottles with names on them.

How to Sign Up / Pay:

Registration Link Now Open for Payment Processing in Community Pass. The **current registration amount is \$375 per child** for the season (including uniform). For families with more than 2 children, the registration fee is capped at \$750 per family. Community Pass Link below:

<https://register.capturepoint.com/>

Ridgewood Junior Wrestling will also accept personal checks; please make the payment out to **Ridgewood Junior Wrestling Inc** and give the check to one of the coaches at a practice.

Questions:

Please contact Greg Barisonek at gbarisonek@gmail.com, or call 201-463-9502 if you have any questions.