



BRIDGEWATER WRESTLING

NOVEMBER 2015 - FEBRUARY 2016
GRADES K-8

This program emphasizes learning the sport of amateur wrestling, instilling solid values, and having fun! We make the program fun for everybody – wrestlers (and their parents) should enjoy their participation in the program. In the practice room, we focus on fundamentals, because there is no substitute for solid knowledge of the basics of wrestling. Our program's philosophy values competitiveness, as well as **respect for self and others**, **discipline**, and **self-confidence**. The program provides a rich experience, in which **wrestlers form close friendships** with their teammates. We have teams available for all skill levels.

	K-2 Team	Central Jersey (CJ) & Raritan Valley (RV) Teams	Grade School (GS) Team
Eligibility*	1 st & 2 nd year wrestlers in grades K-2 (no CJ/RV league experience)	3 rd – 6 th graders & 2 nd graders with prior CJ/RV experience	7 th & 8 th graders
Practices*	Mon & Wed 6:15pm-7:15pm	Tues & Thurs 6:30pm-8:30pm	Mon & Wed 7pm-9pm Fri 6:30pm-8:30pm Sat TBD
	Where: Bridgewater-Raritan Middle School (Merriwood Drive)		
Cost	\$80.00 Bridgewater Resident; \$90.00 Raritan Resident; check payable to "Bridgewater Township"		

** Returning wrestlers register for last year's team, unless moving up in grade, in which case they should register for the appropriate grade level team until proper evaluations are made for placement this season. All new wrestlers should register for the team based on grade level until proper evaluations are made for placement this season. Practice times for all programs may be modified due to number of participants and scheduling of facilities.*

UNIFORMS: K-2 may borrow a singlet w/\$25 deposit due at practice. All others must purchase a singlet and warm-ups, if you do not own them. Singlets will cost approximately \$75 and warm-ups (shirt, shorts, hoodie) approximately \$50; ordering information to follow.

Registration Deadline: Friday, October 10, 2015 by 5:00pm at Bridgewater Recreation

For more information on Bridgewater Recreation Wrestling, please visit us at www.pantherwrestling.org.

Three ways to register: In person at the Bridgewater Recreation Department (Municipal Building – 100 Commons Way - Bridgewater) 9am-5pm Mon-Thurs 8am to 5pm Friday, drop off in the "REC" mailbox located on Municipal grounds before or after office hours, or via postal service.

2015-2016 Wrestling

\$80.00 Bridgewater Resident/\$90.00 Raritan Resident – check payable to "Bridgewater Township"

Participant's Last Name	Participant's First Name	Team Registering For (K-2, CJ/RV, GS)	
Mailing Address	Town	State	Zip
Home Phone #	Parent(s)/Guardian(s) Cell #	Parent(s)/Guardian(s) Work #	
Parent(s)/Guardian(s) Email Address(es)		Parent(s)/Guardian(s) First & Last Name(s)	
Participant's Date of Birth	Current Grade ('15-'16 School Year)	Years of Wrestling Experience	
Participant's Height	Participant's Weight	2014-15 Team (K-2, RV, CJ, GS)	

If participant has individualized needs due to a disability, please check the following and someone will contact you regarding reasonable accommodations.
☐ Yes, I will need to be notified regarding special considerations for my child.

Please note that Bridgewater Township Recreation Department does not provide individual medical coverage for its participants. Each participant will be covered under his/her family's medical policy. It is recommended that families have insurance before the child participates. The Recreation Department reserves the right to cancel, alter, supplement, limit registration or change any other information. A ten dollar administrative fee will be collected from any refund(s) requested by participants for Bridgewater Township Recreation programs in which fees are payable to Bridgewater Township. If the Department is refunding participants due to a program cancellation then an administrative fee will not be collected. In the case of multiple children from the same household requesting a refund on the same date, there will only be one ten dollar administrative fee charged.

I understand and agree to volunteer the minimum of 4 hours for the Recreation Wrestling Program. By signing below I accept the responsibility of volunteering my time for the betterment and over all success of the program. More information will be forthcoming.

X _____ / _____ / _____
Parent/Guardian Signature **Date**

If interested in volunteering to coach, all coaches and assistants must be Rutgers SAFETY Certified and are required to participate in a mandatory background check according to Township Ordinance (16 years of age & older) and attend all mandatory coaches meetings. By indicating interest in the following box, I will be notified regarding program information if coaching is needed. ☐ Yes, I am interested in coaching.