

GRAA wrestling begins THIS WEEK

Parents, GRAA Wrestling begins this week (11/27) but there's still time to sign up!

GRAA Wrestling will teach your children:

- Wrestling fundamentals, skills, and techniques
- Perseverance in competition
- Teamwork and sportsmanship

Register now: <https://registration.teamsnap.com/form/2258>

GRAA Wrestling is for 1st-8th-grade BOYS AND GIRLS of all skill levels and body sizes. GRAA Wrestling is designed for everyone to learn and improve. Coaches focus their attention on the experienced as well as the inexperienced wrestler. We have divided the program into three distinct groups: Mat Rats, JV, and Varsity.

ALL PRACTICES ARE IN THE HIGH SCHOOL CAFETERIA

Advanced (Varsity): All 5th, 6th, 7th and 8th graders. Wrestlers must be able to drill unsupervised without fooling around. Wrestlers will compete in a dual meet against other towns and may have to compete for the desired weight class.

Practice during the Season will be on Monday, Wednesday, and Thursday nights from 6:45-8:15 pm.

Cost \$220

Intermediate (JV): 3rd, 4th to 5th Graders (in their first year) OR kids with a minimum of one year of experience (Mat Rats included). Wrestlers will be expected to compete in "Quad" (4-5 teams) style matches where the kids are matched up by their coaches according to age and skill level.

Practice during the season will be held on Monday and Wednesday from 6:45 to 8:15.

Cost \$220

Beginner, aka "Mat Rats": 1st-2nd graders with no prior wrestling experience OR for wrestlers up to 3rd grade who are not sure if they want to wrestle in officiated matches. Practice will

include a review of basic wrestling techniques, some drilling, and a healthy dose of physical games. Mat Rats will have the opportunity to enter tournaments with the JV kids also.

Practice will be held on Monday and Wednesday from 5:45 to 6:45.

Cost \$175

NOTES:

Season runs through February.

Registration fees for all programs include a GR Wrestling Shirt.

Used sneakers are available on a first-come first-serve basis (big bin of used equipment).

JV and Varsity practice at same time, and kids can move back and forth at coaches' discretion. Don't worry so much if your child is in 5th grade and you are not sure if they should be JV or Varsity.

PRACTICE STARTS IMMEDIATELY FOLLOWING THANKSGIVING WEEKEND FOR ALL GROUPS

[Click Here to REGISTER via TeamSnap](#)

Glen Ridge Athletic Association

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<http://www.graa.org>

The Glen Ridge Board of Education allows non-profit groups that use District facilities to transmit notices via the District's e-mail system. Transmission of these notices does not constitute an endorsement of specific groups or activities.