



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.

## **2021-2022 EWING RECREATION WRESTLING REGISTRATION INFORMATION AND FORMS**

**Who can participate:** The Ewing Recreation Wrestling Program is for individual's in grades K – 5. 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](http://www.ewingrecreationalwrestling.com)

**Registration: online at [communitypass.net](http://communitypass.net)**

**If you require assistance, please contact Nancy at [npappano@ewingnj.org](mailto:npappano@ewingnj.org)**

**Dates:** Opens September 28 – closes November 19<sup>th</sup>.

**Fees and Discounts:** \$95 per participant. Sibling discounts are \$140 for 2 participants and \$190 for 3 participants. Please make checks payable to Ewing Recreation Department.

**Parent Orientation:** There is a one-time mandatory parent meeting held at the beginning of the season. The date/time is TBD (to be determined). Please note that wrestlers and children are NOT to attend.

**Waiver:** All Parents/Guardians must complete the attached waiver form and return it with the registration form and payment.

**Practices:**

**Location:** Practices will be held in the new gymnasium at Fisher.

**Times:** Practices are held weekly on Tuesdays, Wednesdays and Thursdays starting at 6pm.

**What to wear:** Every wrestler must have fingernails trimmed and be dressed to exercise. Athletic shorts or sweatpants and a T-shirts are suggested. Wrestling shoes and headgear is 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 \$50 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](mailto:tye@princeton.edu)