



Registration for the 2019-2020 is now open on Community Pass!

(register.communitypass.net) Kindergarten through 8th grade



Ridgewood Junior Wrestling (RJW) has grown into one of the largest wrestling programs in New Jersey. Our program is designed for boys and girls in Ridgewood to learn the sport of wrestling in a positive, safe, constructive and fun environment. Once you've wrestled, everything else is easy. Our program is designed to not only teach the sport of wrestling, but also build confidence, team work and physical fitness.

- Season starts at the week after Thanksgiving and runs through the beginning of March
- Practices are held at Ridgewood High School
- Wrestlers with 0-3 years of experience practice on Monday/Wednesday 6:30pm-8pm
- More experienced wrestlers practice Tuesday/Thursday 6:30pm-8pm
- All wrestlers will have the opportunity to wrestle in several matches and tournaments
- All wrestlers receive RJW wrestling gear as part of the registration fee

If you have any questions, feel free to contact any of our coaches listed below:

- Head Coach: Chris Kaufman chriskaufmanemail@gmail.com
- Coach: Bob Loparo loparo.bob@gmail.com
- Coach: Len Emmanuel lenemmanuel@gmail.com
- Coach: Jonathan Daffron jonathan.daffron@gmail.com
- Coach: Gary Pinke gjpinke@pinkell.com
- Coach: Mike Shaddow mshaddow@gmail.com
- Coach: Michael Otterstedt Michael.otterstedt@gmail.com

RJW Mission Statement:

Build RJW to be the best junior wrestling program in NJ, inspire participation, and support Ridgewood Wrestling and the community