

# **Ridgewood Junior Wrestling**

---

## **RIDGEWOOD JUNIOR WRESTLING (RJW)**

**Registration for the 2015-16 season is open  
for Ridgewood children in Grades 2 -8**

- You may register online by using Community Pass
- Practices are twice weekly in the evenings at Ridgewood High School
- First practices will start the week of November 23.

RJW competes in the Twin County and Northern NJ Youth Wrestling Leagues. All junior wrestlers compete in weekly matches, where they are paired against opponents of the same size, age, and experience level. RJW also fields a competitive dual team for more experienced wrestlers. The goal of RJW is to teach the sport of wrestling in a safe and fun environment, while providing competition that is appropriate for each child's level.

See our website at [www.ridgewoodwrestling.org](http://www.ridgewoodwrestling.org) for more information