

# Wrestling

## REGISTRATION



## HILL VALLEY WRESTLING CLUB

New Providence, Chatham and Summit youth wrestling

Want to be successful in other sports, like soccer, football and basketball? Wrestling hones all needed skills for those sports like:

- Quickness
- Agility
- Coordination
- Endurance
- Aggressiveness
- Discipline

**SEASON:** Nov. 11 - March 2025

**LEAGUE:** NJYWL, Future Stars, and KOM

**UNIFORM:** Order at Thompson's Sporting Goods link to Team Store at registration page

**SCHEDULE:** **Tues/Thurs/Sat: Varsity/Intermediate** (Competition Teams) ||| Led by college-level coaches. FOCUS: improving and refining technique by exposing athletes to a variety of wrestling styles, skills, and moves.

**Mon/Wed/Sat: Novice** ||| Focuses on proper technique and foundational skills. Those wanting to compete will be given options in select novice tournaments and leagues.

**Saturday: Clinic** (First-year wrestlers or those still getting comfortable with the sport) ||| Seeks to create skill-strong novice athletes who are prepared competently and confidently complete in live wrestling situations. The program will focus on body movement, fundamental skills, and creating an environment of fun to encourage passion around the sport.

REGISTRATION OPENS

**September 5 through November 1**

Register at: [newprovidencepal.org](http://newprovidencepal.org)

If you have any questions, please feel free to reach out to to our Cont via our Facebook page: [facebook.com/newprovidencePAL](https://facebook.com/newprovidencePAL)

