

Wrestling

REGISTRATION



HILL VALLEY WRESTLING CLUB

New Providence, Chatham and Summit youth wrestling

Wrestling develop and hones in on needed skills for sports like:

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

SEASON: Nov. 2026- March 2027

Competition: The program supports competition in the NJYWL, Future Stars, and KOM Leagues. In addition, program will support some periodic independent tournaments.

UNIFORM: Order at Thompson's Sporting Goods link to Team Store at registration page. If you are a returning wrestler and your uniforms fit, you do not need to order again. <https://www.thompsonsportinggoods.net/team-store/hvwc/>

SCHEDULE: ***Journey (5th-8th Grade) Mon/Wed 7 pm-8 pm Sat Mornings 9-1030: |||***
Focus: Improving and refining technique by exposing athletes to a variety of wrestling styles, skills, and moves to prepare for higher level competition.

Note: Within this group there is a Varsity level competition team. This team will determine if they match these weekdays or alternate weekday schedule after the team is formed for the year.

Juniors (1st-4th Grade) Mon/Wed 6 pm-7pm: ||| 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 Kindergarten to 1st) ||| Seeks to create skill-strong novice athletes

If you have any questions, please feel free to reach out to to our Contact form on our website or via our Facebook page: facebook.com/newprovidencePAL

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who are prepared competently and confidently transition to the juniors in the future.

REGISTRATION OPENS

August 28 through October 18

Register at: newprovidencepal.org



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