



FLEMINGTON WRESTLING

Flemington Wrestling Association is a non-profit recreation program open for participation to children in:

Hunterdon Central High School sending districts, ages 5 -14. K-8th grade

The Novice Program (1st & 2nd year wrestlers, K-3rd Grade) The Novice wrestling program is an introduction for both child and parent into the sport of wrestling. We focus on basic moves and rules. The program is 3 months long with 2 practices per week. The Novice Team will compete in a number of scrimmages and a minimum of 2 Tournaments including our Year End Novice Tournament. Practices are 1.5 hours, Tuesday nights and Saturday mornings during the months of November - January.

Registration Fee is \$125

The Midget Program (1st- 6th Grades) The Flemington Wrestling Midget Team (1st-6th Grade) competes in both the North West Jersey Midget Wrestling League and the Phillipsburg Area Wrestling League. Practices for our Midget wrestlers will be held two to three nights per week. Competition consists of a full schedule of matches, end-of-season league tournament, as well as other open tournaments and competitions.

Registration Fee is \$175

- **Phillipsburg Area Midget Wrestling League (PAWL):** This League is our developmental league designed for our graduating Novice wrestlers & lesser experienced older wrestlers. Teams in this league include Delaware Valley Rams, Delaware Valley Wildcats, Lopatcong, North Hunterdon, Notre Dame, Pohatcong, Steele Hill, Voorhees, Belvidere, and Washington.
- **North West Jersey Midget Wrestling League:** This is one of the premier recreational wrestling leagues in the state of New Jersey. Teams in this league include Sussex, Blairstown, Branchville, Vernon, Wharton, Stillwater, Randolph, Hackettstown, Jefferson, Long Valley, Lenape Valley, Mendham, Mt Olive, North Hunterdon, Pohatcong, Hopatcong, Sparta, Stillwater, Newton, Hampton and Walkill.

The Grade School Program (6th – 8th Grade) This team competes in the elite New Jersey Grade School League. Practices for our Grade School wrestlers will be held two to three nights per week. Competition consists of a full schedule of matches, end-of-season league tournament, as well as other open tournaments and competitions. The league includes some of the top programs in the state such as Bridgewater, Del Val, East Brunswick, High Point, Hillsborough, Kenilworth, Lenape Valley, Long Valley, Kittatinny, Newton, North Hunterdon, North Warren, Parsippany, Phillipsburg, Randolph, South Plainfield, Ridge, Roselle Park, Sparta, Voorhees, Warren Hills, and Watchung Hills.

Registration Fee is \$200

Each season we work with young athletes to teach both the technical aspects of wrestling and proper sportsmanship. Wrestling builds discipline and promotes self-confidence.

To register for the 2018-2019 Season, visit our website: www.flemingtonwrestling.com

We offer scholarships for families in need and discounts for additional siblings!