



## **BOONTON JUNIOR BOMBERS WRESTLING PROGRAM**

### **WHAT IS THE WRESTLING PROGRAM ABOUT**

Instruction in basic and advanced fundamentals of scholastic wrestling, physical conditioning and Sportsmanship. All wrestlers will participate in the Northern New Jersey Youth Wrestling League, King of the Mat and local tournaments.

### **WHO IS ELIGIBLE**

Boonton and Lincoln Park Boys & Girls in Grades 2 thru 8

### **EQUIPMENT NEEDED**

Long/Short Sleeve Shirts, Shorts/Sweatpants (Basic Workout Gear)

A mouthpiece is required if you have braces.

Headgear and Wrestling shoes required during all practices and matches.

### **WHEN DOES IT START**

Monday, November 4, 2019 @ 6:30 pm

\*Football/Soccer players may start after completing the Fall season.

### **WHERE**

Boonton High School Auxiliary Gym

(Use Main Parking Lot Entrance).

### **REGISTRATION**

Opens September 3, 2019

Fee is \$100.00 per wrestler

Uniform Deposit is \$35.00 per wrestler

(Deposit will be returned when Uniform is returned at seasons end)

Registration closes on December 1, 2019

### **MANDATORY PRACTICE**

Monday, Wednesday & Friday

### **FOR MORE INFORMATION CONTACT**

Coach Luke Stefanacci @ [luke@helpsconstructiongroup.com](mailto:luke@helpsconstructiongroup.com)

Team Admin – Karrisa LaCorte @ [boontombomberswrestling01@hotmail.com](mailto:boontombomberswrestling01@hotmail.com)