

HAMPTON-SANDYSTON WRESTLING CLUB

JOIN OUR
COUGAR
WRESTLING
FAMILY!



2018-2019
season!

Registration is open to kids from Pre-K thru 8th Grade!

- Season runs from November – March
- Practices are held at Kittatinny High School in the Blue Room
- Novice (1st and 2nd year wrestler) practice two days a week
 - JV & Varsity practice three days a week.
- Dedicated coaching staff that have elite level experience coaching and competing.
(On coaching staff, 2x Collegiate, All-American, Div. 1)
- **Early Bird Registration Rate**, until September 30th, \$100 per wrestler, \$150 per family.

WRESTLING TEACHES LIFE SKILLS

- CONFIDENCE
- DISCIPLINE
- ATHLETIC SKILLS
- COMMITMENT
- TEAMWORK
- COURAGE
- MENTAL TOUGHNESS
- LOYALTY
- PERSERVERANCE
- FRIENDSHIPS

Registration is online only at <https://tshq.bluesombrero.com/Default.aspx?tabid=1772465>

Parents we need volunteers to help make our program a success!

For more information, questions or for volunteer opportunities,
contact **Katie Witowski**, by email, hamptonsandystonwrestling@gmail.com



Hampton Sandyston Wrestling