

# Wrestling

## **1. Who can participate?**

Ringwood & Wanaque boys and girls who are 6 years old by December 1<sup>st</sup> of the current year and up until 8<sup>th</sup> grade.

## **2. When are matches?**

Matches are held on Saturdays from January to February. Tournaments are held on Sundays and are optional.

## **3. When are practices?**

Practices may be held Tuesdays through Thursdays.

## **4. Where do practices occur?**

Lakeland Regional High School, 205 Conklintown Road, Wanaque, NJ.

## **5. When is the season?**

November 29<sup>th</sup> through the end of February.

## **6. What equipment is needed?**

Wrestling shoes and head gear.