

WYCKOFF RECREATION WRESTLING PROGRAM 2017-2018

The first practice of the wrestling program will held on or about **December 5th** at the Ramapo High School Lower Gym.

Practices for the 2017-2018 season will be held in the Ramapo H.S. Lower Gym as follows:

December 5th – Mar. 1st (except when schools closed)

- **Tuesdays & Thursdays, 6-7:30pm** ****Grades K-4****
- **Tuesdays & Thursdays, 7:30-9pm** ****Grades 5-8****

Matches will be held on Saturday mornings in January and February.

Practice **may** be cancelled if school is closed due to inclement weather.

You will need the following equipment for each practice:

- sweatpants and/or shorts,
- sweatshirt,
- socks,
- sneakers or wrestling shoes,
- athletic supporter,
- wrestling head gear,
- knee pads (optional), and
- a towel.



Registration dates: 8/21/17-9/30/17. A \$25.00 late fee will be added to the registration fee after 9/30/17. No refunds will be given after 11/1/17. A \$25.00 processing fee will be deducted on all refunds. Those who don't register on the above registration dates will be placed on a waiting list and will be placed only if an opening occurs.

(This is not a school sponsored activity)