



CENTRAL YOUTH WRESTLING IS A NON-PROFIT RECREATION PROGRAM OPEN TO BOYS AND GIRLS IN THE HUNTERDON CENTRAL H.S. SENDING DISTRICT

TO REGISTER FOR THE 2023 - 2024 SEASON, VISIT OUR WEBSITE: [WWW.CENTRALYOUTHWRESTLING.COM](http://WWW.CENTRALYOUTHWRESTLING.COM)

**Registration Closes October 15, 2023**

**We offer discounts for siblings!**

### **The Novice Program - Registration Fee is \$175**

*The Novice (beginner) program is for any wrestler with 0-2 years' experience in Grades K to 3. These wrestlers must be at least 5 years old by the start of practice. In the Novice program, our wrestlers will learn the fundamentals of wrestling, body control, and basic skills.*

### **The Midget Program - Registration Fee is \$250**

*The Midget program is for any wrestler with at least 2 years' of experience OR in Grades 4 to 6. This will provide a more detailed technical curriculum and a more challenging pace to practice advancing each kid to the next level of their development.*

### **The Grade School Program - Registration Fee is \$250**

*The Grade School program is for any wrestler in Grades 7 and 8 OR 5th and 6th graders with at least 2 years of experience. This program will build upon the Midget Program for our older and more experienced wrestlers.*

## **WHY WRESTLING?**

Life lessons start on the mat. As parents, we place our children's development ahead of everything.

Central Youth Wrestling operates under the sanction of USA Wrestling which shares the same principles. Under the guidance of our certified coaches, your child will learn to handle challenges—both on and off the mat—leaving you amazed at their transformation during the course of a single season. Wrestling improves self-confidence and the belief that anything is possible. Wrestling teaches young people to respect themselves and others. Wrestling promotes excellence and encourages athletes to set goals. Wrestling builds personal accountability because the athlete alone is responsible for the outcome. Wrestling develops integrity, discipline, and a strong work ethic—traits that will last a lifetime. Wrestling exposes athletes to positive role models. Wrestling is fun.

**For more information, please contact [president@centrallyouthwrestling.com](mailto:president@centrallyouthwrestling.com)**

