
North Hunterdon Wrestling Club Overview



www.NHWrestlingClub.com

2014-2015 Season

North Hunterdon Wrestling Club

Program Objective

- Provide Hunterdon County youth with the opportunity to learn important life values, including discipline, dedication, goal-setting, team play, and personal sacrifice through the sport of wrestling
- Develop youth competitors into talented and respectful high school student-athletes who will be instrumental in making the North Hunterdon High School wrestling team #1 in the state of New Jersey

2014 - 2015 Practice Schedule

(Exceptions can be made moving a wrestler up or down a practice level based upon performance / skills match. Sibling accommodations will be made if feasible)

• White Level Practice:

- Beginning wrestlers in grades Kindergarten through 1st grade. (and first year 2nd graders)
- Practice Schedule: **Wednesday 6pm - 7:30pm, Saturday 10:00 – 11:30am**

• Green Level Practice:

- Wrestlers in 2nd grade , 3rd grade and first year 4th graders
- Practice Schedule: **Monday 6-7:30pm, Thursday 6pm – 7:30pm**

• Black Level Practice:

- Experienced Wrestlers in 4th grade, 5th grade, 1st year 6th graders
- Practice Schedule: **Tuesday 6-7:30pm, Wednesday 7:30-9:00pm, Friday 6-7:30pm**

• Gold Level Practice:

- Experienced Wrestlers in 6th grade, all 7th and 8th graders, others by coaches evaluation.
- Practice Schedule: **Monday Tuesday & Thursday 7:30 to 9:00 pm**



North Hunterdon Wrestling Club

Competition Structure / Teams

Novice League

- Pre-k through 2nd grade wrestlers. (Many schools also send first year 3rd through 6th graders).
- The matches are not scored and focus on pairing wrestlers by weight, age and experience level.
- There will be approximately 8-10 matches in a season. The matches last around 1 1/2 hours pairing wrestlers with 10-15 pairs wrestling at any given time.
- The season is concluded with a league tournament where the matches are scored and wrestlers compete for places. Wrestlers are put into groups of 4 based on weight, age and experience. This is that only time matches will be scored and participation is optional.

Raritan Valley Wrestling League

- Wrestlers in grades k-6th are eligible for this league. We will target 2nd through 6th graders for this league with exceptions for 1st graders that are ready to compete at this level.
- NHWC joined in 2009 in an effort to continue development opportunities for our strong depth in the 2nd -6th grade level.

New Jersey Future Stars Wrestling League

- This is a recently formed league in Hunterdon, Morris and Sussex counties to provide a Junior Varsity league for wrestlers through middle school age that are interested in competitive wrestling but do not have a spot on any of the competitive teams their program participates in.
- We target primarily 5th through 8th graders for this league who do not have a starting spot on the NW or GS squads. For 5th & 6th graders, this would generally be a secondary team assignment as they are eligible to compete on NW JV or P-burg League JV.
- Focus is on pairing wrestlers by weight, age and experience level. The individual matches and the team meet are scored.
- The season is concluded with a league tournament where wrestlers compete for places/awards.



North Hunterdon Wrestling Club

Competition Structure / Teams (continued)

Phillipsburg Area Wrestling League

- Wrestlers in grades K-6th are eligible for this league. We will target 2nd through 6th graders for this league with exceptions for 1st graders that are ready to compete at this level.
- This is a competitive league with multiple teams from the Phillipsburg and surrounding areas participating.
- There are JV competition opportunities for wrestlers in this league.
- This is one of our primary competition teams for grades 2-6.
- We will be joining this League in the 2013-14 season in an effort to expand competition opportunities for our increasing depth in the 2nd -6th grade level.

Northwest Jersey Wrestling League

- Wrestlers in grades K-6th are eligible for this league. We will target 2nd through 6th graders for this league with exceptions for 1st graders that are ready to compete at this level.
- This is a very competitive league with the top teams from area competing in it.
- There are JV competition opportunities for wrestlers in this league. Teams are obligated to bring extra wrestlers for JV matches.
- This is our primary competition team for grades 2-6.

Grade School Wrestling League

- This league is targeted for wrestlers in grades 5-8. It is the most competitive league in NJ.
- 5th & 6th Graders will be placed on either the NW team or the GS team as their primary team based on coaches evaluation. (Wrestlers that are placed on GS as their primary squad will also be eligible to compete on the NW squad)



North Hunterdon Wrestling Club

Parent Participation Agreement

- NHWC is completely dependant upon the time and efforts of our families!
- All NHWC Families are required to participate in certain activities throughout the year. These include mat set up / break down at home matches and at least one activity / shift during one of the tournaments hosted by NHWC during the season.
- Thanks in advance to all NHWC families for their efforts and support during the upcoming season.

Optional: Parent Volunteer Discount

- Those families that are willing to commit additional time (minimum 10 hours during the season), are eligible to receive a \$50 Volunteer Registration Discount against your wrestlers registration fees.
- During the Wrestling Season there are many opportunities to contribute to the successful operation of our club.
 - We host and organize several tournaments, run concession stands and Spirit Wear sales, and other fundraisers.
 - We need photographers, scorebook keepers, statistic keepers, etc.
- See Registration Home Page – Parent Volunteer Discount to register as a parent volunteer and receive the discount! Make sure you register for that program PRIOR to checkout and making payment. The discount will be deducted from your total.



North Hunterdon Wrestling Club

UNIFORMS!

- Singlets are provided for use during the season. **MUST BE RETURNED** at the end of the season!
- Hooded sweatshirt and Athletic shorts are provided to keep for each wrestler, included in registration fee
 - Orders for each wrestler will be taken on-line. More detailed instructions to be provided via email.
- Wrestling Shoes and Headgear must be provided by parents for each wrestler.
 - Some “slightly used” wrestling shoes are available for younger kids on a first come first served basis
 - Please consider donating your child’s wrestling shoes that are now too small...
- Spirit Wear
 - Limited inventory of existing NORTH WRESTLING gear (sweat shirts, shorts, T Shirts, Hats).. On sale now at HUGE DISCOUNTS via www.nhwrestlingclub.com.
 - Destination Athlete On-line store to be opened at the start of the season for ordering new design clothing, bags, gear, etc... Stay tuned for email notification!



North Hunterdon Wrestling Club

Q&A for the new participant:

What is the time commitment to wrestling?

The answer to this question is not straight forward. Our youngest wrestlers practice 2 times a week and practices are not mandatory. We want the kids to come to practice if they want to be there and we want them to have fun. At the highest level, Grade School, it is a very competitive league. This is a transition point to High School and the commitment is higher. Practices are 3 nights a week for 1 ½ hours each practice and mandatory if a wrestler is competing on the GS team. At this level, we are preparing the wrestler for High School where commitments are much higher.

How much and what level competition should a wrestler get?

NHWC tracks each individual wrestler's progress through the year. Through various competition channels we attempt to get each wrestler as many matches as reasonable. Novice wrestlers will have 8-10 competition dates with 3+ non-scored matches on each date. For all levels, we strive to expose each wrestler to competition levels that challenge them yet not discourage them. Our goal is to get each wrestler to be in a situation to win between 50-75% of their matches. This means that we will find the toughest competition for our best wrestlers and flex things if a wrestler is over extended. This is all done while balancing the team aspect of the sport for the competitive teams. While we can not guarantee it, our avg # of matches for a wrestler last year was ~25 matches. We are adding opportunities in 2009/2010. Our expectation is that this number increase in a few targeted areas.

What equipment do my child need?

A wrestler needs shoes and headgear. We will have a bin that we ask people to put their old shoes in for re-use. These will be available on a first come/first serve basis. Wrestling shoes cost \$25-\$50 and headgear averages \$25.

What form of communication will we get?

Communications regarding events and schedules will come through various mechanisms. Traditionally we communicate at practices and via email. Also, check our website frequently www.nhwrestlingclub.com.

How will I know what team my child is competing on?

The coaches will evaluate each wrestler using various mechanisms to determine appropriate level of competition. These include but are not limited to: maturity, aggressiveness, wrestle-offs, practice performance, prior year performance, experience and parental input. We will communicate with parents the competition team that a wrestler is selected for. These selections can be modified as season progresses if it is in best interest of the individual development and the team.

