

# Northern Highlands Junior Wrestling Registration

Registration for the Northern Highlands junior wrestling program will be Tuesdays, November 8th & 22nd in the front lobby at Northern Highlands Regional High School from 7:00pm -8:30pm. The Northern Highlands Junior wrestling program is for children grades 2-8 who reside in Upper Saddle River, Ho Ho Kus and Allendale. Wrestlers will be grouped by age, weight and experience. Practices will be held in the Northern Highlands high school wrestling gym (Practice schedules to be determined by age group and experience) with matches and tournaments held on the weekends. The aim and purpose of the Northern Highlands junior wrestling program is to provide a fun and healthy atmosphere in which the youth of Upper Saddle River, Ho Ho Kus and Allendale can learn about the sport of wrestling. Registration forms will be available on site or can be downloaded at [www.northernhighlandswrestling.com](http://www.northernhighlandswrestling.com). Our First week of practice for all age groups will be held Tuesday November 29th and Thursday December 1st at 6:00pm. If your child is new to the program, please bring a copy of their birth certificate. For further information, please contact Coach Al DeMaria at 201- 236-1864.