

## **2018 – 2019 SOUTH AMBOY RECREATION WRESTLING REGISTRATION INFORMATION**

**Who can participate:** The South Amboy Recreation Wrestling Program is for individuals who are six years old (by October 1st, 2019) and up until 8th grade. This is an instructional program which emphasizes getting fit and building confidence. No previous wrestling experience needed to participate!

**Our mission statement:** To provide a fun and competitive environment designed to positively impact the youth as well as introduce and foster the sport of wrestling. Discipline, team unity, respect and good sportsmanship will also be highly stressed. Team = Family.

Visit our website at [www.lionheartbjj.com/sawrestling](http://www.lionheartbjj.com/sawrestling)

### **Registration:**

To register for the program, please download the registration form from our website contact Coach Ash or Coach Sam at [ash.lionheart.elbanna@gmail.com](mailto:ash.lionheart.elbanna@gmail.com) and attend the orientation.

**Dates:** Registration begins October 22nd, 2019 and ends November 30, 2019.

Fees and Discounts: \$95 per participant. Sibling discounts are \$150 for 2 participants and \$195 for 3 participants. There is a \$5 convenience fee at checkout.

**New Wrestler Orientation:** There is a one-time mandatory meeting October 22nd at 5:00pm. Location is Lionheart MMA, South Amboy.

### **Practices Location:**

Practices are primarily held at South Amboy Middle/ High School in the wrestling room. Practices may also be held in the Lionheart MMA gym at 346 Bordentown Ave. South Amboy, NJ 08879.

**Times:** Practices are held weekly on Wednesdays, Thursdays, and Saturdays. Practices begin Wednesday, November 14, 2019. Time is TBD.

**What to wear:** Every wrestler must have fingernails trimmed and be dressed to exercise. Athletic shorts or sweatpants and T-shirts are suggested. Wrestling shoes and headgear are required. Mouth guards are required for participants with metal braces. Do not wear uniforms to practice unless advised to do so by the coaching staff.

Uniforms: A \$100 deposit per participant will be collected for uniforms (team singlets and shorts) used during matches and tournaments.

### **Questions/Concerns?**

Call Coach Ash at 732-580-5061 or email [ash.lionheart.elbanna@gmail.com](mailto:ash.lionheart.elbanna@gmail.com)