



# W-R RECREATION JR. WRESTLING IS BACK FOR THE 2023 2024 SEASON!



All boys & girls who are currently in grades  
2nd through 8th are eligible to register!



Registration will be available online now through December 1st.

W-R Wrestling will once again team-up with Lodi Recreation Wrestling  
and all practices will be held Mondays, Wednesdays, & Fridays  
at the Lodi Wrestling Room, 72 Kimmeg Avenue in Lodi  
beginning the week of 11/27.



(5:45-6:45 p.m. for Beginners & 6:45-8 p.m. for Advanced Wrestlers)



Only coaches & wrestlers will be allowed in the Lodi Wrestling Room  
for practices. Parents/Guardians should plan to  
drop-off and pick-up for practices only.

Wrestling Matches will be held locally.



Parents/Guardians are allowed to attend Jr. Wrestling matches and  
Siblings are allowed to attend Jr. Wrestling matches as well  
as long as they sit with their parents;



Registration fee is \$50 per child, or \$150 for 3 or more siblings.



Registration is available online only  
[www.njwoodridge.org/departments/wrestling](http://www.njwoodridge.org/departments/wrestling)  
and all waivers must be signed at registration.



If you have questions, please call the Recreation Office at 201-939-7507

