

*Hanover Park*  
  
*Wrestling*

**Our program purpose is to provide novice through advanced instruction to learn the fundamentals of wrestling and competition.**

**Register: [www.leaguelineup.com/hanoverparkyouthwrestling](http://www.leaguelineup.com/hanoverparkyouthwrestling)**

**Program levels:**

- **K Program** is a novice instructional level 1-2 times per week.
- **Future Stars** is a junior program building upon base fundamentals exposing wrestlers to mid-level competitions and 1-3 years' experience instruction 2-3 times per week.
- **Varsity level** is our highest-level including travel team participation and tournaments, 2-3 times per week.

**Eligibility:** East Hanover & Florham Park children Grades K-8 (5yr old minimum)

**Season:** Early November through February. Practices are usually 60-90 minutes, 2-3 times per week.

**Coaches:** Former HS/College athletes, with USA Wrestling & Rutgers certifications

**Locations:** Camp Hope East Hanover / Hanover Park High School / Ridgedale M.S.F.P

**Registration Fees:** MUST register by Nov 5 to ensure on-time apparel receipt. Late registrations accepted but will incur delays in apparel, etc.

**K-2 grades: \$125 – includes program shirt and shorts**

**Grades 3-8: \$185 – includes program shirt, shorts and travel sweatshirt**

Singlets are an additional \$60 fee and will be yours to keep for as long as in use. If a wrestler outgrows year to year, they may purchase as necessary each year. Fee will be charged upon registration due to ordering timelines.

K grade only will be optional to purchase singlet upon registration.

Wrestlers must purchase their own headgear and wrestling shoes (available at Dicks Sporting or online). No street clothes/shoes allowed in practice. Your own T-Shirts/Shorts may be used during practice. Links to vendors are on our website.

We will be hosting several fundraising efforts and anticipate that **all** participants will help through coordinated activities.

There will be a team fan store for personal apparel purchases launched online.

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