 West Essex junior Knights Wrestling Association 

2023/24 Wrumble, Novice & Travel

**Come join the highly successful West Essex Junior Knights Wrestling family. You will find no other sport that better prepares your child for success on and off the field. Our wrestlers quickly develop Agility, Balance and Coordination (ABC) as well as strength, discipline and mental toughness. Although we squeeze in a lot of fun, our wrestlers work hard which makes everything else they do in life seem easy…**

Who: All West Essex Regional Children Grades K–8

What:

* Wrumble (Grades K-2): a fun basic wrestling & tumble class which serves as a precursor to our highly successful West Essex Wrestling program. Wrumblers will not compete in league tournaments or league matches unless requested by coaches and approved by parents. Get your registrations in as roster will fill fast.

* Novice (Grades 3-8): Beginner and less experienced wrestlers. Novice wrestlers will compete at local quad tournaments and Novice Tournaments.
* Travel (Grades 3-8): Advanced wrestlers. Travel wrestlers are highly experienced and compete in dual matches and Open Tournaments.

When: Third week of November – End of February/ Early March (Registered parents will receive email with details)

Where: West Essex High School Wrestling Room

Tentative Practice Days & Times: Wrumble – Monday (most likely)

or Wednesday 6:00-7:00PM

Novice – Tues & Thurs 6-7:30PM

Travel (tentative) – Mon, 7-9 Wed 7-9PM, Thurs 7:30-9 \*\*\*

\*\*\* Travel team members should be prepared to practice or compete any day of the week, its recommended to NOT sign up for another sport during the season. Outside club activities (would recommend limiting to drop ins & privates) -travel team practices/matches should be prioritized. \*\*\*

Register Online: <http://www.leaguelineup.com/wejrwrestling>

For information call: David Zaccaria Phone: 973-449-5921 Email: [zacd0269@aol.com](mailto:zacd0269@aol.com)

Deadline: October 31st or until roster is full

**Visit us on** C:\Users\mannim\Pictures\facebook1.jpg [www.facebook.com/knightswrestling](http://www.facebook.com/knightswrestling)