

WRESTLING

KINDERGARTEN - GRADE 8

PARSIPPANY PAL



PTWC has joined forces with the Parsippany PAL to provide the best and least expensive wrestling experience for the children of Parsippany.

Season runs from November -February

Practices: (held at Parsippany High School) - begin Monday, November 11

KOM (Grades K-2, novice wrestlers) - Mondays and Wednesdays 6:00-7:00 pm

Session 1 (younger, novice wrestlers) - Tuesdays and Thursdays 6:00-7:30 pm

Session 2 (invite only - older and/or more experienced) - Tuesdays and Thursdays 7:00-9:00 pm

Session 3 (invite only - advanced wrestlers) Friday 6:00-7:00pm

Wrestlers are divided onto teams based on age, ability, and team need.

Open Mat - Check out what wrestling is all about -

Friday, November 8 at 6:00 pm at the Parsippany PAL (33 Baldwin Road)

Cost for the season is \$147. per wrestler

The cost includes practices, matches, team tournaments, singlet (returned at end of season), and team gear (sweatshirt, sweatpants, shorts, and t-shirt) which the wrestler can keep.

PARSIPPANY PAL

973-335-0555

33 Baldwin Road
Parsippany, NJ 07054

info@parsippanypal.org

Cost for KOM wrestlers (Grades K-2 who compete at the KOM level) is \$100. per wrestler for the season.

The cost includes practices, matches, singlet (returned at the end of the season), t-shirt (kept by the wrestler).

*****Wrestlers DO NOT need to purchase**

USA Wrestling membership - saves you \$40. from last year.***

Registration

Online: ParsippanyPAL.org & Click on Registration or

In Person: Monday-Friday, 9am-5pm in the Main Office of the Parsippany PAL

****Financial aid available if qualified****

