



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
and all waivers must be signed at registration.

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

