

# **WALL KNIGHTS WRESTLING CLUB**

## **2022-2023**

### **WRESTLE WITH THE BEST**

**Registration is Now Open on Our Website**  
**[www.wallwrestlingclub.com](http://www.wallwrestlingclub.com)**

*The Beginner, Intermediate, and Girls Programs will begin with the basics and stress sportsmanship and techniques. All wrestlers will be provided the opportunity to compete in matches with opponents with similar wrestling experience in developmental matches. The Intermediate Group will additionally be the practice group for the Wall 3 Travel Team which will compete in the C Division of the Jersey Shore Junior Wrestling League.*

*The Advanced Program will continue basic instructions plus incorporate advanced techniques-the group is intended for experienced wrestlers. Our Advanced Group Wrestlers will have the opportunity to compete on our Jersey Shore Junior Wrestling League Travel Teams known as Wall 1 and Wall 2.*

*The Program begins on or around the first week of November 2022 and the season ends the last week of February 2022. Additional Practices may be added at the end of the season for Youth State qualifiers.*

*Our programs are open to residents of Wall Township and surrounding towns. Registration is open now through Dec. 20, 2022!!*

**BEGINNER PROGRAM**  
*Practice Tuesdays and Thursdays  
5:00 – 5:50 PM*

**INTERMEDIATE PROGRAM**  
*Practice Tuesdays and Thursdays  
5:50-7:00 PM*

**ADVANCED PROGRAM**  
*Practice Tuesdays and Thursdays  
Is 7:00-8:30 PM and  
Fridays 7:00-8:00 PM*

**GIRLS ONLY PROGRAM**  
*Practice Wednesdays 5:30-7PM  
and Fridays 5:30-6:45 PM  
\*See attached page for details*

*Practices will be held in the Gymnasium at Pine Grove Day Camp (4010 Herbertsville Road, Wall Township, NJ)*

**REGISTRATION FEES: Family Discounts are available!**  
**\$125.00 Beginner Program**  
**\$160.00 Intermediate Program**  
**\$180.00 Advanced Program**  
**\$75.00 Girls Only Program \*Special Inaugural Season Price-See attached Page for Details**

*For any questions about the Programs please contact Frank Kuhl at 732-616-2692  
Please Check out our Website ([www.wallwrestlingclub.com](http://www.wallwrestlingclub.com)) for further details about the Wall Wrestling Club and to register with our online registration. Also remember to Like Us On Facebook at Wall Knights Wrestling Club!*

# Wall Knights Wrestling Club Girls Only Wrestling Program

*For the 2022-2023 Season, the Girls Only Wrestling Program will be partnering with other programs throughout Monmouth and Ocean County. We will be hosting practices at Pine Grove Day Camp with the hopes of creating a Jersey Shore Competitive Girls Team that will travel to tournaments throughout the area with Girls Divisions. The cost of the program is extremely affordable at just \$75.00 with the hope that any girls who are interested will consider wrestling.*

*Girls this season will practice two nights a week on Wednesday and Friday and we hope to build on the number of Girls Wrestling in the Jersey Shore Area.*

*Reason for the Girls Only program-Many families have expressed that their daughters were interested in wrestling however they were hesitant to do so because their daughters did not wish to wrestle with boys, or the parents were uncomfortable with their daughters wrestling with boys. Girls Wrestling has exponentially grown in popularity throughout the United States at the High School Level and College Level. The Jersey Shore Junior Wrestling League hopes to eventually have a division specifically for youth girl wrestlers.*

*What to Expect in the Program- The Girls Only program will be coached by highly knowledgeable coaches and offers two exclusively girl practices a week. The Girls can attend the practice and learn wrestling in an environment where there are no boys, but they will also have the opportunity to attend Tuesday or Thursday Practices for the beginner group, intermediate group, or advanced group based on their age/experience level after they have established friends/workout partners in the girls practice that they attend. All girls will have the opportunity to wrestle in Developmental Matches based upon the availability of Competition. In addition this season the Wall Knights Wrestling Club will be seeking tournaments with Girls Only Divisions that our Girl Wrestlers can attend.*

*Benefits of Wrestling- Wrestling is a sport which promotes self confidence, work ethic, accountability, and humility. Wrestling is a form of self-defense. Wrestling is a total body workout which builds strength and coordination. Wrestling compliments other sports and helps make a person a better athlete.*

*Registration for the Girls Only program is through our website at [www.wallwrestlingclub.com](http://www.wallwrestlingclub.com)*

*For any questions about the Girls Program, please contact Frank Kuhl at 732-616-2692.*