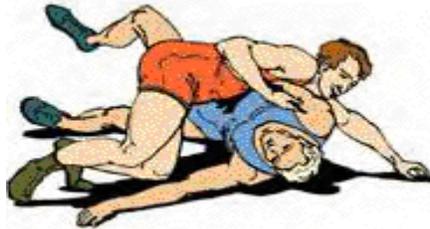


# Northern Highlands Junior Wrestling

## Residents of Allendale, Upper Saddle River & Ho-Ho-Kus & Saddle River Grades K-8

Sponsored by the USR Recreation Commission



### 3 ways to Register:

Forms & Additional information located on website:

[www.NHJuniorwrestling.com](http://www.NHJuniorwrestling.com)

Form 1 Registration form

Form 2 Volunteer form

1. Pay on Paypal and E-Mail Registration and Volunteer form to Patty DeMaria [pattyusrmomo3@aol.com](mailto:pattyusrmomo3@aol.com)

Directions for Paypal:

Step 1 If you don't have an account sign up at [www.paypal.com](http://www.paypal.com)

Step 2 Click send money tab

Step 3 send payment \$165.00 e-mail address [pattyusrmomo3@aol.com](mailto:pattyusrmomo3@aol.com)

2. In-person registration- Lobby (Northern Highlands Reg. HS).  
Bring Birth Certificate (copy)

Tuesday, October 25<sup>th</sup> & November 8<sup>th</sup> 6:30pm-8:00pm

3. In-person on first day of practice Tuesday, December 6<sup>th</sup> 6:30-8pm in the lobby at Northern Highlands Regional HS.