

Northern Highlands Junior Wrestling

In cooperation with the USR Recreation Commission



**Residents of Allendale, Ho-Ho-Kus
Saddle River & Upper Saddle River**

Grades K-8

**Learn a great sport, get strong(er), gain mental
toughness and confidence, make friends.**

Online Registration & Add'l Info is located on website:

www.nhjuniorwrestling.com

Questions email Coach Gray nhjwcoachgray@gmail.com

Cavallini School Wrestlers are welcomed and encouraged to register.

Sign up soon as we have a max capacity.