



Sponsored by the Mountain Lakes Recreation Department

All student athletes from the towns of Mountain Lakes and Boonton Township between grades 1st - 8th are invited to our open clinic. This is an opportunity for you to learn about the sport of wrestling while participating in fun activities. These clinics are **FREE** and there is no commitment. You can show up to one or all sessions. It's your choice. Purchasing equipment is not necessary. Shoes and headgear will be provided for all.

Location: MLHS Auxiliary Gym

**Dates: Mondays December 5th, 12th, 19th
January 2nd, 9th, 23rd, 30th
February 6th, 13th**

Time: 6:45-7:45pm

All we are asking is to give wrestling a chance. It helps in the development of other sport skills along with teaching life lessons, building toughness, and improving self-confidence. According to a Forbes article, wrestlers make the best employees due to the increased self-discipline and maintaining of focus that you attain from this sport.

Any questions please feel free to reach out to Matt Stanzione, MLHS head wrestling coach, at mstanzione@mlschools.org.

Hope to see you then!!!

Participation Forms will be available at the door. Adult must be present to sign child in.