

# JR. LAKER

W R E S T L I N G

## 2024-2025 SEASON

REGISTRATION IS OPEN TO ALL BOYS AND GIRLS FROM MOUNTAIN LAKES AND BOONTON TWP. [HTTPS://MTLAKES.CR3.RSCHOOLTODAY.COM/](https://mtlakes.cr3.rschoolday.com/)

### Little Lakers (K-2nd)

Our introductory program includes drills, activities, and games to help our youngest athletes get comfortable with moving around on the mat. Kids do not compete at this level.

### Jr. Lakers (K-8th)

Participants will learn basic and intermediate wrestling techniques during weekly practices, with an option to participate in Twin County Junior Wrestling League (TCJWL) matches and tournaments. Wrestlers are paired based on four criteria (1) Age (2) Weight (3) Years of Experience (4) Skill Level.

### Registration Info

Little Lakers: \$50 per child\*

Jr Lakers: \$175 per child\*

\*Families registering more than 2 children, only pay for the first 2, all others are free. Contact [recreation@mtnlakes.org](mailto:recreation@mtnlakes.org) to register your additional children.

- New participants & novice wrestlers (1-2 yrs. Experience) can register for one or both programs.
- If your child is interested, but unsure about committing, contact us about attending a trial practice.

### Practice Schedule - starts 11/14

- Little Lakers: Monday & Thursday (5:30 – 6:15pm)
- Jr. Lakers (Young Group): Monday & Thursday (6:15 – 7:15pm)
- Jr. Lakers (Older Group): Monday & Thursday (7:15 – 8:30pm)
- Saturday practice times (November – December) TBD

### Attire

- Little Lakers will receive a t-shirt.
- Jr. Lakers will receive a singlet & t-shirt/shorts, which is included in the fee. All Jr. Lakers are required to wear wrestling shoes and headgear (not provided).

### Competition Schedule

Six TCJWL Saturday matches from early January to mid-February (dates and times TBD).  
TCJWL tournaments (Novice, Girls, District) towards end of season.

Questions? Contact David Schlett, Program Director, at [david.schlett@gmail.com](mailto:david.schlett@gmail.com)