

Reeths-Puffer Youth Wrestling 2022/2023



Rocket Wrestling Club Recreational Team

The Reeths-Puffer Youth Wrestling Recreational Team will focus on the fundamentals of wrestling with the goal of improvement to a higher level of wrestling. Participation with RP youth wrestling will allow students to increase strength and skills as well as take on opponents in live wrestling weekly. The Rec Team will compete in low pressure team duals and have opportunities to compete in non-MYWAY tournaments.

- 1st Recreational team practice November 21
- Recreational Team will practice every Monday & Wednesday, 6:30-7:30 pm
- All practices will be held at the Reeths-Puffer Middle School Wrestling Room
- Mandatory strength and conditioning training incorporated into normal practice time.
- Wrestlers may have the opportunity to advance to the Competitive Team

For More Information

Jason Hernandez

hernandezj@reeths-puffer.org

Reeths-Puffer Youth Wrestling

[Facebook page](#)

Recreational Team

- Open to K-8th Grade
- **Season starts November 21, Ends January 4th**
- \$30 registration- includes t-shirt
- Opportunity to advance to the Competitive Team
- Practice Mondays and Wednesdays, 6:30-7:30
- Strength and conditioning training with each practice

What to Wear/Bring to Practice

- T-shirt and shorts to practice in
- Wrestling shoes or clean/dry shoes are required, headgear at practice is optional
- Water Bottle

>>>>>Click [HERE](#) to register<<<<<<

Rocket Wrestling Club 2022/2023

–Practice Dates –

November 21, 23, 28, 30

December 5, 7, 12, 14, 19, 21, 26, 28

January 4

Reeths-Puffer Middle School Wrestling Room