



# STATE YOUTH WRESTLING PRACTICE AT STANDRIDGE ACADEMY



When: February 22, 24 and March 1,3,8,10,15,17,22,24

Time: 6pm-8pm

Where: Standridge Academy, 87 Bassett Hwy. Dover, NJ

Who: Those preparing for the State tournaments (tournament dates below)

- \*March 12<sup>th</sup> Intermediates
- \*March 13<sup>th</sup> Juniors
- \*March 19<sup>th</sup> Novices
- \*March 20<sup>th</sup> Bantams
- \*March 26<sup>th</sup> JWAY STATES

**What:** This is the 4<sup>th</sup> year we have hosted the Youth State Wrestling practices at The Academy. Last year we reached a new record of 328 participants. After the wrestlers sign in and dress, they will warm up with movement and positioning exercises, followed by drilling, and then they will stretch. Instruction and drill will be covered from all three (3) positions, prior to the live wrestling. The wrestlers that don't arrive with someone close in weight will be paired with another wrestler near their weight. If you need one of our instructors to coach your child at the State tournament, please send Coach Standridge an Email and we will be glad to help. We will not be raising the fee of \$5 for each session. The fee is again waived for the Academy Club members (no charge). This year we are offering a one (1) time State practice fee of \$25 (checks payable to Standridge Wrestling). This will cover all State practices from 2/22-3/24, a \$25 saving. Those wishing to be coached at the JWAY States on March 26<sup>th</sup> should again contact Coach Standridge. Those interested in Team or Individual membership should go to our web site for more information.

Information: [www.STANDRIDGEACADEMY.com](http://www.STANDRIDGEACADEMY.com) Club 973-361-1952 Cell 973-219-1998

Name: \_\_\_\_\_ / \_\_\_\_\_ Age: \_\_\_ DOB: \_\_\_/\_\_\_/\_\_\_ Wt. \_\_\_ Yrs. Wrestling: \_\_\_\_\_

Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip: \_\_\_\_\_

Team: \_\_\_\_\_ Parent Cell: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Email: \_\_\_\_\_

Coaches Name: \_\_\_\_\_ Email: \_\_\_\_\_

Cash: \_\_\_\_\_ Check: \_\_\_\_\_ Payable To: Standridge Wrestling

“THE WANT TO WIN, IS NOT NEARLY AS IMPORTANT AS THE WILL TO WIN, HOWEVER, NEITHER IS AS IMPORTANT AS, THE WILL TO PREPARE TO WIN.”