



# RFH YOUTH WRESTLING

## 2019-20 REGISTRATION IS OPEN!!!

[rfhyouthwrestling.com](http://rfhyouthwrestling.com)

For more information contact Tom Skove at [tomskove@verizon.net](mailto:tomskove@verizon.net)

### OUR MISSION

- The RFH Youth Wrestling Club's mission is to introduce children to folkstyle wrestling. This is the same style wrestled in High Schools and Colleges throughout America.
- Our primary goal is to help the kids develop basic wrestling skills and techniques in a safe and fun environment.
- We strive to help kids reach their potential on the mat, while reinforcing work ethic and building character.
- Wrestling instills: Discipline, Focus, Dedication, Determination, Pride, and Mental Toughness.

### THE PROGRAM

- At its most basic level, our wrestling program offers a fun and affordable way for your child to get a great workout, build strength and self-confidence.
- For those interested in competing, there are several rec matches throughout the season.
- For advanced wrestlers, we compete in the Jersey Shore League. This is a highly competitive environment with some of the best kids in the state competing on a weekly basis. The Jersey Shore team is chosen through internal wrestle-offs.

### COACHING STAFF

Tom Skove, Bob Keller, Tom Ridgway, John Qualter, Jeff Duque, Rick Rome, Paul Pappas, Anthony Mossa

### PROPOSED PRACTICE SCHEDULE

at RFH High School

- *Kindergarten – 1st Grade*  
Saturday Mornings
- *2nd Grade – 3rd Grade*  
Wednesday 6:30p-7:45p  
Saturday 9:30a-10:30a
- *4th Grade – 8th Grade*  
Mon 6:30p-8p / Sat 10:30a-12p (November)  
Tues 6:30p-8:30p / Fri 6:30p-8p (Dec-Feb)

### COSTS\* - 13 Weeks Nov to Jan

- K to 1st Grade \$125
  - 2nd to 3rd Grade \$200
  - 4th to 8th Grade \$250
- \*Family discounts available*

### EQUIPMENT

- Headgear & Wrestling Shoes
- Singlet provided for all Rec and Travel wrestlers

*Approved by Fair Haven Recreation*

**2016 3<sup>rd</sup> PLACE – Jersey Shore National Division**  
2 Division Finalists, 7 Overall Place Winners

**2015 CHAMPION – Jersey Shore Patriot Division**  
5 Division Champions, 13 Overall Place Winners

**2014 3<sup>rd</sup> PLACE – Jersey Shore Patriot Division**  
1 Division Champion, 9 Overall Place Winners

**2013 CHAMPION – Jersey Shore Liberty Division**  
3 Division Champions, 8 Overall Place Winners

**2017 6<sup>th</sup> PLACE**  
of 32 Teams in the Jersey Shore

