

Necessary Equipment

1. Wrestling Shoes (mandatory)
2. Headgear (mandatory)
3. Knee Pads (optional)
4. Mouthpieces (for those with Braces)

All of the necessary equipment can be purchased on the internet via Wrestling One.com or Modell's Sporting Good Store, Sports Authority, and Dicks' Sporting Goods Stores.

****You do not have to be a professional at wrestling to coach, you need to only be willing to donate your time for your own child. The Board of Recreation arranges to have a certification class (to be determined) for coaches. Only certified coaches will be allowed in the wrestling room during practice.****

For information on Board of Recreation activities, go to: www.ridgefieldpark.org
To contact Board of Recreation: rpboardofrec@gmail.com

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