



**Township of Cedar Grove  
Recreation Department**  
525 Pompton Ave. Cedar Grove, NJ 07009  
(973) 239-1410 x220



## **Panthers Summer Wrestling Camp**

*“Summer Wrestling Creates Winter Champions”*

**FOR CANCELLATIONS DUE TO INCLEMENT WEATHER;  
“LIKE” US ON FACEBOOK, [www.facebook.com/cedargroverec](http://www.facebook.com/cedargroverec) or  
Call the Weather Hotline, #973-230-9944**

- **Who:** Children entering grades 3-12 in September
- **Where:** Cedar Grove HS Auxiliary Gym
- **When:** Mondays, Wednesdays & Thursdays July 5- July 27
- **Time:** 10:00am-12:00pm
- **Fee:** \$200.00/child – \$10 late fee after 6/23/23  
No refunds after 6/23  
**REGISTRATION WILL BE ACCEPTED ONLINE ONLY**  
<https://register.communitypass.net/TownshipofCedarGrove>
- **Description:** **Instructor: Mike Risimini, CGHS Varsity Wrestling Coach, along with a variety of other clinicians will be supervising/coaching this camp.** This Wrestling Clinic is an opportunity for young wrestlers to improve their skills, technique, and strategy through fundamental and advanced drill work with plenty of live wrestling situations. Wrestling is a sport that is more demanding in discipline, the bonding experience with teammates, and physical preparedness than most other sports. Great for wrestlers of all levels!