



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



Panthers Wrestling Kick-Off Camp
FOR CANCELLATIONS DUE TO INCLEMENT WEATHER;
“LIKE” US ON FACEBOOK, www.facebook.com/cedargroverec or
Call the Weather Hotline, #973-230-9944

- **Who:** Children Grades 1-8
- **Where:** Cedar Grove HS Auxiliary Gym
- **When:** Monday, Wednesday & Friday
November 13, 15 & 17
- **Time:** 7:00-9:00pm
- **Fee:** \$110.00/child – \$10 late fee after 11/3/23
No refunds after program start
REGISTRATION WILL BE ACCEPTED ONLINE ONLY
<https://register.communitypass.net/TownshipofCedarGrove>

Description: Instructor: Mike Risimini, CGHS Varsity Wrestling Coach, along with HS Wrestling Team. 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 before the upcoming season. Wrestling is a sport that is more demanding in discipline, the bonding experience with teammates, and physical preparedness than most other sports. High School wrestlers will be there to assist in teaching the sport of wrestling but building relationships and promoting the family atmosphere throughout the whole program! Great for wrestlers of all levels!