

# RFH YOUTH WRESTLING

**2019-20 REGISTRATION IS OPEN!!!**  
**rfhyouthwrestling.com**

For more information contact Tom Skove at 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 Qualler, 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

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

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

**2014 3<sup>rd</sup> PLACE – Jersey Shore Patriot Division**  
1 Division Champion, 8 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

Approved by FH Rec Dept