

Mendham/Chester Patriots Wrestling



We Make Wrestling Fun!

Wrestling is a great sport! It teaches self-reliance, discipline, responsibility, and courage. It builds character because there are no excuses in wrestling – you walk out on the mat, face an opponent identical in weight and compete.



The Mendham/Chester Patriots Wrestling Club is committed to providing an opportunity for children grades Kindergarten through 8th regardless of skill level or experience to learn and excel at the sport of wrestling by teaching sound wrestling techniques in a safe, supportive and fun environment.

Our staff of highly motivated volunteer coaches hope to promote to the community the sport we love. Regardless of your kid's sport of choice later in life – solid wrestling technique will improve their performance. Wrestling promotes body awareness, balance, strength, flexibility, leverage and explosive power.



Beyond the physical – wrestling provides a rare blend of individual effort/accomplishment while fostering a true team environment. Its functionally impossible to practice the sport by yourself! Our wrestlers will learn from their coaches but just as often from their teammates.

Our program is open to all children in the Mendham/ Chester community - Kindergarten through 8th grade regardless of skill, ability or experience.

This year we will have two tracks –

Novice: Beginners K-6 will practice twice weekly, and your wrestler will have the option of attending novice wrestling jamborees on the weekend where the coaches will match them with opponents of the same weight, experience and intensity. We'll focus on the basics, use games to teach techniques and make sure to leave time for fun – the goal is to make your kid love the sport and learn enough to progress to the next level.

Competitive: Experienced to Expert K-8

The Competitive Program will participate in our areas youth leagues with plenty of opportunities for the kids to compete in matches that fit their skill level.

We are also coordinating with the High School program – Coach Raimondo will be in our practice room twice a week, and we intend to open practices to athletes from other communities to practice and learn from and with our wrestlers and to share their talents with our team.

We did this successfully last year and the kids learned a ton.

We hold practice and home matches at West Morris Mendham High School. Practice days are TBD – We'll try and keep the Novice practices to 60-75 minutes and start at 5:45 pm to accommodate the younger kids. The Competitive Team will practice more frequently and for 90-120 minutes, team matches will typically be Thursday nights. Wrestlers should be prepared each practice with wrestling headgear, wrestling shoes, shorts/sweat pants and t-shirt. Kids with braces will need a mouthpiece.

Registrations are now being accepted for the 2017-2018 Mendham/Chester Patriots Wrestling season. Please visit our current website at www.mcpatriotswrestling.com (please check out our new and improved site!) to register your child for this season or for more information about our program. We'll be holding early pre-season practices the week of October 23rd, but the registration period will extend well beyond those early sessions.

We look forward to a fantastic wrestling season - hope your kid's a part of it!