

TJ YOUTH WRESTLING - Season Details

The Youth Wrestling Association would like to welcome you to the 2022-2023 season!

Practice Schedule - There will be no practices on 12/6, 1/5, 1/24, and 2/2.

| Level | Start Date | Practice Time | What to bring | Note: |
|--------------------------|---------------------|-------------------|--|---|
| Little Jaguars PreK-K | Monday, November 14 | 6:30 PM - 7:30 PM | Wrestling Shoes (or socks) and Water. | Little Jaguars will go every Monday. |
| Novice 1st-3rd | Tuesday, November 8 | 6:30 PM - 7:45 PM | Wrestling Shoes, Headgear, and Water. Singlets will be provided. | Novice will go every Tuesday/ Thursday |
| Advanced 4th-6th | Tuesday, November 8 | 7:30 PM - 8:45 PM | Wrestling Shoes, Headgear, and Water. Singlets will be provided. | Advanced will go every Tuesday/Thursday |

Keystone Wrestling League

- The Novice and Advanced wrestlers will compete in a league called the **Keystone Wrestling League**. Each week during the course of the season, our Novice and Advanced wrestlers will compete against other schools that are in this same league. There are 6 total weeks of competition and you must wrestle in 4 of the 6 weeks to qualify for the end-of-season Keystone League Qualifier Tournament. Each week we will provide details for the site location and what time to arrive. Novice and Advanced are split between morning and afternoon sessions.
- Wrestlers will be weighed at the beginning of the season and will be paired up against wrestlers of similar weights, ages, and experience levels at each weekly competition.
- ***It is very important that you show up on time to each weekly competition. It is not guaranteed that you will wrestle if you show up late.***
- *Example of last year's 2021-2022 Schedule and Weight Divisions [HERE](#).*

Additional In-Season Wrestling Opportunities

- Throughout the season, wrestlers can add to their competition schedule by registering for a variety of tournaments hosted by schools throughout the region. **These competitions can be found [HERE](#).**
- Tournaments range from novice 1st year tournaments to open tournaments where returning state medalists may be competing.
- If you are new to the sport it is best to seek guidance from one of our coaches before registering for additional weekend tournaments.
- The coaching staff will let our families know if we plan to attend an additional weekend tournament as a group so that they can ensure that there are coaches available to help throughout the day.

End of Season State Qualifiers and State Championships

- Our state has two separate state championship qualifiers for kids to compete in at the end of the season; the Pennsylvania Junior Wrestling Championships and the Keystone State Championships. There are area/regional qualifiers for both of these tournaments. More details will be provided towards the end of the season.

Communication

- Email tjyouthwrestling@gmail.com with questions throughout the season.
- We are looking into various communication apps to help provide quick communication. More to come on this.

Visit our website at TJYW.org for updates and information throughout the season!

Additionally, be sure to follow us on Facebook at [TJ Youth Wrestling](#) and Instagram at [tjyouthwrestling](#)

Best,

TJ Youth Wrestling Association

