



Parent Resources & FAQ (as outlined at northlions.com)

Club 2025-2026 Objectives - please review our strategic plan document at northlions.com/resources.

Our goals can be summarized in the following focus areas:

1. Wrestler Development - leveraging the sport and the lessons learned to facilitate stronger, more confident and more resilient children and young adults.
2. Community Building / Family Culture - grow the club by 20% (we achieved 35%) and create numerous opportunities for community building.
3. Financial Health - stability -> sustainability -> growth. Three primary fundraising events where we expect all-hands on deck
 - a. [Pints & Pins 11/18 at Sunken Silo](#). \$30 / person includes pint glass and first beverage.
 - b. Scott VanDoren Memorial Tourney 11/22 - [SIGN UP TO HELP HERE](#)
 - c. NJ State Qualifier 2/8/26 - Save Date, Sign-up Link Coming

Pin Club / Sponsorship - all NHWC parents in a position to do so are encouraged to join "Pin Club" and take part in invite-only events, social outings, etc and receive our annual pin club shirt with membership. For those families affiliated with businesses or organizations, sponsorship includes membership to pin club. Details and enrollment can be found at northlions.com/sponsor.

Practice Rooms & Schedule - athletes will be assigned a practice room based on age and experience. General guidelines are below, however at times exceptions are made and athletes may be placed in a practice room outside their typical age or experience level. Parents should have their athlete at practice and ready (shoes on and double knotted, with water bottle, bathroom breaks out of the way, etc.) no less than 10 minutes prior to the start time. **Due to space and safety, parents are not permitted in the practice room.**

- **Gold (Advanced)** - an invite-only room comprised of our most experienced 5th-8 wrestlers. Practice meets 4 times weekly, no less than 90 minutes each, and may include travel to outside clubs and practice facilities (additional fees may apply). Practices meet Monday - Thursday from 7-8:30p. Athletes who are "practice-only" practice only on Mondays and Wednesdays.
- **Black (Intermediate)** - open to athletes with at least 2 years of prior NHWC experience, typically ranging from 2nd - 5th grades. Practice meets 2 times weekly at NHHS for up to 90 minutes on Tuesday & Thursday from 5:30-7p, with some athletes, where appropriate, being invited to the Gold or Green room for extra practice time.

North Hunterdon Wrestling Club is a community-driven, volunteer-led not for profit organization. We believe that by acting on our values through the sport of wrestling, and providing Hunterdon County youth with the opportunity to put team first (FAMILY), act with dedication and discipline (COMMIT), go after personal goals (PURSUE), and learn in both victory and set-back (ACHIEVE), we will not only develop youth competitors into talented & respectful student-athletes, but will achieve our shared vision of making North Hunterdon High School wrestling teams #1 in the state of New Jersey, and among the most respected nationally.

- **Green (Novice)** - open to beginners and those up to 2 years of prior experience, typically in grades K-2. Practice meets on Mondays & Wednesdays for 45 minutes with Kindergarten from 5:30-6:15p and 1st & 2nd from 6:15-7p.
- **Pink (Girls only)** - open to K-8 girls. Girls only practices are on Mondays from 5:30-7p, however athletes may request to attend their age-appropriate boys (Green, Black or Gold) for supplemental practice.

Competition Leagues - we strive for all athletes to learn in both victory and defeat and target a 50-75% winning percentage. All athletes who choose to compete will be placed in at least one, possibly multiple, of the below leagues.

- [Delaware River Wrestling \(novice / developmental K-8\) League](#) - typically Saturday or Sundays
- [Phillipsburg Area \(intermediate K-6\) Wrestling League](#) - typically Thursday evenings
- [North West Jersey \(advanced K-6\) Wrestling League](#) - typically Sundays
- [Jersey Girls \(developmental K-8\) Wrestling League](#) - Saturday or Sundays
- [NJ Grade School \(advanced 5th-8th\) Wrestling League](#) - typically Saturdays

Communication / TeamSnap - the majority of in-season communication is conducted via the TeamSnap messaging and scheduling features. Athletes are typically in one TeamSnap practice room (team) AND at least one TeamSnap competition team. Practice schedules are in the practice room (team) profile while competition schedules are in the competition team profiles. We unfortunately have to keep the scheduling separate and specific like this since age ranges overlap (for example, a 2nd grader could practice in the "Green Room" team but compete with 6th graders on the Northwest Team). **Please download the app and get accustomed to it. It is CRITICAL that you mark your athletes attendance for practice and matches.** The messaging feature can also be used to reach out to coaches. *Insider tip....if you have a question or comment specific to your child that doesn't impact the whole team, do **NOT** use the team chat, but rather send a direct message to the coach. As much as the entire team loves to hear about your dog rampaging your child's homework and making them late to practice, it's probably better that we limit how much we blow up one another's phones via group message.*

Gear & Equipment Needs - athletes should have adequate wrestling shoes and headgear. All athletes with braces must have appropriate mouthguard. NHWC has a free used bin to pull from (fine print, we typically only save used shoes and headgear but if used mouthguards are your thing...umm, eww....p.s. thanks for reading the fine print)

Uniforms - NHWC provides all athletes with a sweatshirt and shorts (to be used as warmup uniform worn overtop singlets on competition days), and singlets. Sweatshirts and shorts are yours to keep, singlets are loaned and require a small check deposit that we hold and return when you return singlets at season's end. Uniform distribution is on either side of the Thanksgiving holiday and prior to the first competitions that start in early December.

Team Store for NHWC swag - northlions.com under resources page or directly at [THIS TEAM STORE LINK](#)

- Other leading brands for gear - Rudis, Addidas, Nike, Asics