

Reeths-Puffer Youth Wrestling 2022/2023



MYWAY Competitive Team

The Competitive Team focuses on the wrestler who is determined to refine wrestling skills for a higher level of competition. Competitive Team wrestlers have the option to compete weekly in MYWAY tournaments and have the opportunity to compete at the Regional, State, and National levels.

- 1st Competitive team practice December 5th
- Competitive Team will practice every Monday & Wednesday, 7:30-8:30 pm
- All practices will be held at Reeths-Puffer Middle School Wrestling Room
- Mandatory strength and conditioning training incorporated into normal practice time.
- RPW coaching staff reserves the right to move wrestlers to the Recreational Team if additional instruction is required.

For More Information

Jason Hernandez

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Reeths-Puffer Youth Wrestling

[Facebook page](#)

Competitive Team

- Open to 1st-8th Grade
- **Season starts December 5 through March 26**
- \$60 registration- includes t-shirt, MYWAY registration card & RP Tournament Entry.
- Singlets can be purchased
- Practice Mondays and Wednesdays, 7:30-8:30
- Strength and conditioning training with each practice
- Optional opportunity to compete at the Regional, State, and National Level. Practice held after Regionals is for those competing at State and National.

What to Wear/Bring to Practice

- T-shirt and shorts to practice in
- Wrestling shoes are required, headgear at practice is optional but required for MYWAY tournaments.
- Water Bottle

>>>>>Click [HERE](#) to register<<<<<<

Reeths-Puffer MYWAY 2022/2023

–Practice Dates–

December 5, 7, 12, 14, 19, 21, 26, 28

January 4, 9, 11, 16, 18, 23, 25, 30

February 6, 8, 13, 15, 20, 22, 27

March 6, 8

Reeths-Puffer Middle School Wrestling Room