

Wrestling Program

"It takes 100 good people to make a great program"

In-Season

Recreation Wrestling

Publications:

Website

Pre-season Team booklet

Dual meet program

Season in review

Bulletin boards

Newspapers:

Home News Tribune

Asbury Park Press

Star-Ledger

Suburban

Sunday Roll-arounds

Statistics

Scouting :

Newspaper results

Meets

Managers/scorekeepers

Meetings:

Wrestling coaches

Parents

County

Region

State

Old Bridge Wrestling Association

Seeding/All-star selections

USA Wrestling – New Jersey

Team Banquet

Tournament Director:

East Tournaments

Practice:

Stretch and warm-up

Instruction

Drill

Scrimmage

Conditioning

Line-up

Attendance

Injuries

Home Meets:

Setup/Breakdown

Weigh-ins

Video-taping

Equipment

Concession stand

Out-Season

Spring program:

Roll-arounds

Freestyle club

Tournaments/Trips

Clinics

Record keeping/awards

OBWF

Trenton

Publications: Newsletters

Weight Lifting Programs:

Fall

Spring

Summer

Tournament Director:

Future Champions Tournament

USAW-NJ Freestyle tournament

All-Seasons

Fund Raising

College contacts

Public appearances:

Civic groups

Cable TV

Recreation

Middle schools

Freshman