



Bayonne Fighting Bees Youth Wrestling Program

Bayonne Community Education

The Bayonne Fighting Bees Youth Wrestling Program empowers young athletes in grades K-8 to become strong, disciplined, and well-rounded individuals through competitive wrestling experiences. We foster a supportive environment that emphasizes:

- **Technical Development:** Building a strong foundation of wrestling skills through focused training.
- **Sportsmanship & Teamwork:** Encouraging respect for opponents, fostering camaraderie within the team, and celebrating individual and collective achievements.
- **Resilience:** Developing the mental and physical toughness to overcome challenges and achieve goals.
- **Personal Growth:** Instilling discipline, work ethic, and a growth mindset, preparing our wrestlers for success on and off the mat.
- **Community Pride:** Representing Bayonne with integrity and sportsmanship, fostering a sense of community pride.

We offer programs designed to meet the needs of various ages and experience levels:

Developmental Wrestling (K-8th Grade)

- **Description:** This program is designed for beginner and novice wrestlers. You'll develop essential skills like takedowns and escapes, while improving your strength, agility, and coordination.
- **Practices:** Held twice a week. Schedule TBD
- **Scrimmages:** Novice wrestlers may be selected to participate in scrimmages in the **Twin County Wrestling League** and select novice tournaments. Scrimmages are invite only.
- **Season:** Practices begin in early November and end in late January.
- **Equipment:** Singlets will be provided for scrimmages. Wrestlers must provide their own headgear and wrestling shoes.

Advanced Wrestling (K-8th Grade)

- **Description:** This program is designed for advanced K-8th graders based on their demonstrated skills, maturity, and readiness for a more competitive environment.
- **Practices:** Mandatory and held three times a week.
- **Scrimmages/Districts:** Wrestlers will be selected to participate in **Twin County League (TCWL)** scrimmages on weekends and may be selected for the end-of-the-year TCWL District tournament. Please note that the district tournament is **by invitation** only.
- **Season:** Practices begin in early November and end in late February
- **Equipment:** We provide singlets. Wrestlers must provide their own headgear and wrestling shoes.

Travel Team (4th-6th Grade)

- **Description:** This program is designed for experienced wrestlers who have shown progress in our developmental program. It offers more advanced training. While primarily intended for 4th, 5th, and 6th graders, it may be suitable for select K-3rd graders who have demonstrated exceptional skills and maturity.
- **Practices:** Mandatory and held three times a week.

- **Competitions:** Wrestlers compete in the **Central Jersey Youth Wrestling League**, with league tournaments and optional open tournaments.
- **Scrimmages/Districts:** Wrestlers may also be selected to participate in **Twin County League (TCWL)** scrimmages on weekends and the end-of-the-year TCWL District tournament. Please note that the district tournament is **by invitation** only.
- **Season:** Practices begin in early November and end in late February
- **Equipment:** Singlets will be provided for competitions and scrimmages. Wrestlers must provide their own headgear and wrestling shoes.