

BECOME A WRESTLER!



JOIN THE STERLING MIDDLE SCHOOL WRESTLING PROGRAM!!!!

Registration for the Sterling Middle School Wrestling program, for students in 6th thru 8th grade (experienced 5th graders will be considered), has begun. This program is for students in the Sterling High School sending district. **ABSOLUTELY NO EXPERIENCE IS NECESSARY!!!** Just bring energy and enthusiasm!

Students will learn basic and advanced wrestling techniques along with general conditioning, proper warmups and stretching routines. There will also be matches and tournaments, which will prepare them for wrestling at the high school level.

This program is FREE! Instruction will be provided by Coach Jason Kangas, a Sterling High School teacher and previous Sterling High School JV/Varsity assistant coach. Additional help will be provided by the Sterling High School wrestling coaches and wrestlers.

An approved sports physical is required! Please submit it to the school nurse ASAP!

Interested students should complete this form as soon as possible:

[2022-23 Middle School Wrestling Interest Form](#)

If you have any questions, please reach out to Jason Kangas @ jkangas@sterling.k12.nj.us

GO KNIGHTS!!!