



Registration for the 2025-2026 season is now open at www.conestogawrestling.com

Conestoga Youth Wrestling is for boys and girls in Kindergarten - 8th grade. All skill levels are welcome at all ages.

PRACTICE:

- Practices are twice weekly at T/E Middle School and Valley Forge Middle School, beginning early November and running through mid March.
- Wrestlers will be broken into practice groups based on age, years of experience, and ability.
- We usually have three groups and each group either practices Tuesday/Thursday or Monday/Wednesday.

COMPETITION: There are two types of competition your wrestler will participate in: MEETS and TOURNAMENTS.

- In MEETS (typically held on Saturdays), the entire club wrestles one or more other clubs in our league, the Inter-County Wrestling League, which has over 40 member clubs from six counties.
- TOURNAMENTS are optional. All wrestlers are encouraged, but not required, to participate in as many tournaments as possible. We will attempt to provide Conestoga coaching for your wrestler at other tournaments if you notify us they have entered.

Please visit www.conestogawrestling.com for more information.