CMS & Deerfield Wrestling- Berkeley Heights & Mountainside

Middle School wrestlers become GL Champion Wrestlers!



CMS wrestling is open for Berkeley Heights and Mountainside MIDDLE SCHOOLERS.

Combined CMS & Deerfield SCHOOL SPONSORED program

CMS Wrestling - Open to both Deerfield and CMS students. Dec-Feb
Great way for baseball and lacrosse players to get in shape for spring!

BENEFITS OF WRESTLING:

Strength Fitness Discipline Athleticism Accountability

These attributes of wrestling are transferable to all other sports and aspects of life!

To sign up for CMS wrestling: https://www.bhpsnj.org/o/cms/page/sports-registration

CMS Wrestling Questions : turnerhaddad@gmail.com