

Madison Youth Wrestling Program

Details about Our Program and Season

Our Coaches

The head coach of the program is Bill Wilt, with vital support coming from Madison and collegiate wrestlers Russell Boardman, and Steve Coppolla. We'll benefit from visits by former Madison wrestlers and other local collegiate wrestlers who enjoy sharing their passion for the sport. We will work to ensure that all athletes learn "the basics" with plenty of advanced moves taught to the experienced wrestlers.

K-3 Program

The K-3 Program is run with oversight by the high school coach Mike Goodwin. The program is not competitive and meets once per week, typically on Thursday nights for one hour. Wrestling gear (shoes, headgear) is not required for this program.

The main objective of this program is to introduce the wrestlers to the sport and allow them to get "a feel" for the sport while having fun.

Novice Program

Our Novice Program meets 3 days per week for one hour from mid-November to early February. The typical wrestler will be in grades 2-5 and be in their first or second year of the sport (not counting K-3 experience). There is some fluidity in this program. Mature first graders may be able to wrestle in the Novice Program, and some true novices (those in their 1st or 2nd year) may be skilled enough to wrestle in the Dodger Program. Coaches will make the decisions on these moves after consultation with the parents.

Dodger Program

The Dodger Program meets 3 days per week for 1.5 hours from mid-November to mid-February. We will be fielding two teams in two leagues, essentially a "varsity" league (the [Northern New Jersey Youth Wrestling League](#)) and a JV league ([New Jersey Future Stars](#)).

The Dodger Program is competitive with spots won, or lost, based on wrestle-offs and coaches' discretion. Here too there will be some fluidity between the teams based on our numbers and league rules. **Rest assured, there will be plenty of wrestling for everyone!**