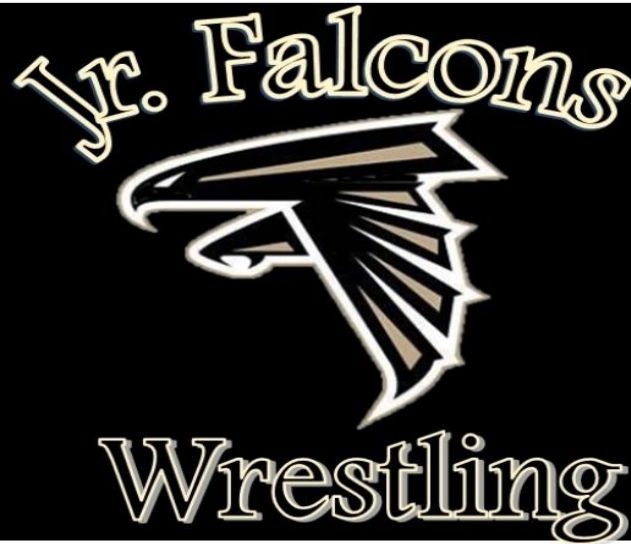


TINTON FALLS RECREATION  
PRESENTS



## "MAT RATS"

Join us for our 2022/2023 Wrestling Season!

This program is available for Tinton Falls children in grades Kindergarten through Grade 5.

Practice sessions will be held Tuesday's and Thursday's at Monmouth Regional High School from 5:45 pm-7:15 pm. Practices will start Tuesday, November 8th.

Matches will be held mid-week or on a weekend. Our season will run November through early February.

**ALL PARTICIPANTS WILL NEED TO PURCHASE WRESTLING SHOES AND HEAD GEAR. A MOUTH PIECE IS REQUIRED IF YOUR CHILD HAS BRACES, OTHERWISE IT IS OPTIONAL.**

Register on our Community Pass Registration Program,  
<https://register.communitypass.net/TintonFalls>

Registration: October 28th through November 4th.  
Fee: \$125.00

**COACHES ARE NEEDED!**