

Communication

BAND APP

<https://band.us/n/a9acA3Dem8jfU>

Winter Season

Monday, November 17, 2025, to Thursday,
February 19th, 2026

Spring Season (\$100 fee)

March 2nd 2026 through May 21st 2026

Competitions

King Of the OC

K-2 Group will have the opportunity to compete in our 3 local tournaments as well the NYWAY Qualifier/States (not mandatory)

Our 3rd-6th grade group will have more opportunities to compete in tournaments provided we have the interest level to travel.

We will be putting out these dates as they become available.

Hudson Valley Regional Qualifier

Date – TBD

All wrestlers wishing to compete at the NYWAY Championships must compete at the Qualifier.

NYWAY State Championships

March 13-15th

Training Calendar

All training sessions held for

K-2

MIDDLETOWN HIGH SCHOOL

Gardner Ave Ext

Middletown NY, 10940

Enter through the lower loop of MHS

All training sessions held for

3-6

MONHAGEN MIDDLE SCHOOL

555 County Rt 78

Middletown NY, 10940

Entrance nearest the football field

Female Wrestling!

Middletown Athletics has added Female Wrestling as a JV and Varsity sport! Now is the right time to start your daughter in youth wrestling!

#GROWTHESPORT

The sport of female wrestling has seen over a 50% jump in participation numbers since 2021 and has been sanctioned by most states in America!

Order from the team store per the team store link below

[Team Store!](#)



For ALL
Middletown students
in grades K - 6

November-March

Nov 17th start date Grades 3-6

Nov 18th start date Grades K-2

Contact Coach Noboa
(845) 742-3307
[BearCaveWrestling@yahoo.com](mailto: BearCaveWrestling@yahoo.com)

'LIKE' us on Facebook @

Middletown Wrestling

&

THE BEAR CAVE WRESTLING

For more information and sign-up dates

Register at www.nyway.org.
Registration will open on 10/01/25

Wrestling is one of the fastest growing sports in the United States. It is a sport that develops strength, agility, speed, toughness, work ethic, and encourages athletes to live a healthy lifestyle.

Bear Cave Youth Wrestling Club Objectives:

- 1.) To introduce the sport of wrestling to new athletes
- 2.) To develop wrestling skills in a safe and fun environment
- 3.) Reinforce good habits and a healthy lifestyle
- 4.) HAVE FUN!

Wrestling is the only sport where it doesn't matter how big you are or how strong you are! Wrestlers are grouped in practice and competition based on weight.



**2023 High School Nationals
Virginia Beach**

Bryson Tibbs – 3rd place – 215lbs

**Stephan Monchery
NATIONAL CHAMPION – 285lbs!!!!**

The Bear Cave Wrestling Club is open to students in grades K through 6.

It's OK to join if you have no wrestling experience or even if you've been wrestling already for years. All that matters is that you are open to learning and that you want to have fun!



Each session will include warm-up exercises, stretching, technique demonstration and drilling, along with opportunities for live wrestling.

Club members will be paired with wrestlers their own age, size and skill level.



**Fee structure for 2025-2026 Season
ONLINE REGISTRATION ONLY
Registration will open on 10/01/25**

**Grades K-2
(Ages 5-7)**

\$110 – Includes:

**Custom shirt, shorts and singlet
2 training sessions per week.**

**Grades 3-6
Ages (8-12)**

\$160 - Includes:

**Custom shirt, shorts and singlet
3 training sessions per week.**

(\$50 fee for non ECSDM students)

Bear Cave Wrestling Club Staff

Club Director & K-2 Coach

Jason Lichtenstein '00

☐ Head Wrestling Coach - MHS

Head Coach & Grades 3-6 Coach

Eugene Noboa '93

☐ 2024 Section IX Asst. Coach of the Year

☐ Former Middle Wrestler!

☐ Copper Level USA Wrestling Coach

☐ NYWAY Certified Coach

Assistant Coaches:

Jack Cassel

Pat Doty '03

Dom Paredi '98

Jamien Randolph '19

Jared Rosado '08

Bobby Mangano '08

Current Middies will also assist!

Equipment:

All club members must have a t-shirt, shorts and wrestling shoes (suggested) for every session.

**Scan the QR Code below to join our
Band App Chat.**

