

PAL WRESTLING 2023-24



PAL wrestling 2017 Future Stars League Champions!

GL Varsity Wrestling
2023 Sectional Champions!



- Build power, endurance and confidence!
- Mental strength that transfers to other sports
- Be part of the fastest growing and most successful program in town!

- Grades K to 8
- Berkeley Heights & Mountainside
- Practices weeknights at GL
- Optional Weekend Competitions

To Register: BHPAL.org

Questions: Bfaxon@bhpal.org