

Falcon Wrestling

The Dighton Rehoboth youth wrestling program is for grades K-8. We are open to anyone in Dighton, Rehoboth and surrounding towns. We concentrate on building fundamental wrestling skills in our new wrestlers and helping our experienced wrestlers progress to the next level. This is a no pressure club.

Though it is encouraged, kids are not required to compete in tournaments. Tournament competition is encouraged because that is where the kids really learn how fast and hard the sport is. It's also where kids tend to put together moves and realize just how much they can do.

Wrestling is not just for boys. Womens wrestling has been one of the fastest growing sports in the country and growing everyday! We have a good number of tough and skilled girls on the team right now and are looking to add more.

We now have 4 state champs in the room! If your on the fence come check out a practice and give it a try.

The only gear required to wrestle is headgear and wrestling shoes. These are easy to find at most sporting goods stores or online. Mouth guards are required for anyone with braces.