

2018-19 Carbondale WRESTLING



**For Boys and Girls – Grades 2nd – 4th begin Nov. 12th
Grades 5th - 8th begin Nov 13th**

Purpose: The program is designed to give youth the opportunity to learn the basic techniques involved in amateur wrestling, increase their level of physical fitness, coordination and self-esteem. It is a good opportunity to stay active over the winter, get in shape, make new friends, have fun, build character and be part of a team. These programs are endorsed by Dennis Ragan, the high school wrestling coach. Last season we had 3 wrestlers qualify and compete in the Illinois state tournament in Rockford. In the past we have had Illinois State champions and State medalists. We aim to continue to build on that success and help prepare athletes to be successful in high school wrestling.

Competition: Participants not only learn how to wrestle but will optionally compete in weekend tournaments. Participants practice and compete with those of similar weight, age and ability.

Location: All GRADES: Carbondale High School Gym - upper balcony wrestling room.

Practice Times:

GRADE	PRACTICE DAY	PRACTICE TIME	SEASON
2 nd – 4 th grades	Monday, Wed.	7-8pm (M), 5:30-6:30pm (W)	Nov 12 – Feb 28
5 th – 8 th grade	Tues., Wed., Thurs.	6-7:30pm (T, TH), 6:30-8:00pm (W)	Nov 13 – Feb 28

Cost: The cost is \$60 - checks payable to Carbondale WC. This includes an IKWF card (a \$40 membership necessary for insurance and tournament participation) and a T-shirt. Tournament fees are extra, though several tournaments/duals including the state series will be covered by the club. Note that tournaments are on the weekend. It is not required to participate in any tournament, but we do encourage those kids that are ready to compete to participate. The Carbondale Wrestling Club is member of the Illinois Kids Wrestling Federation (IKWF). All Carbondale coaches are certified by USA Wrestling and the IKWF, have been coaching kid's wrestling for many years, and were wrestlers in high school.

Attire: T-shirt, shorts, socks, and wrestling shoes. Head gear will be provided. All attire should be clean!

Not Sure? Come by the 1st practice and watch. Parents come by to get your questions answered. You can pay at the next practice if you want to participate.

Parents Meeting: Parents meeting for 2nd-8th grade parents will be scheduled at the first practice.

Coaches: 5th -8th: John Daly (618) 534-2903, Karl Williard (williard@siu.edu; 618-534-5965), Kris Taylor (618-351-6489)
2nd-4th: John Daly (john.daly@sih.net; 618 534-2903), Scott Wright (618) 559-8696

*** All NEW 2nd-8th grade participants must bring a copy of their birth certificate to the first practice. This waiver and a separate IKWF application (available at practice) must be completed by a Parent/Guardian.**

Name _____ **Birthdate** _____ **Grade** _____

Address _____ **City** _____ **Zip** _____

Phone _____ **Email** _____ **T-shirt size** _____

Disclaimer/Waiver

I/we give permission for my/our child, named above, to participate in the Carbondale Wrestling Club and verify that the child has had a recent medical examination and is able to engage in strenuous physical activity. I/we hereby agree that the Carbondale Wrestling Club, its members, coaches, or officers, and the Carbondale C.H.S.D No. 165 shall not be liable for any injury or loss which my child or children may sustain while participating in activities of any kind, whether sponsored by or under the supervision of the Carbondale Wrestling Club and I/we agree to indemnify and to hold harmless the Carbondale C.H.S.D. No. 165, Carbondale Wrestling Club and its members, coaches, officers or designates of any kind from any claim whatsoever.

Parent/Guardian Signature _____ **Date** _____