

# 2018 Carbondale Jr. Sports WRESTLING



## For Boys and Girls Grades K – 1st Begins Monday Nov. 5<sup>th</sup>

**Purpose:** The program is designed to give youth the opportunity to learn the basic techniques involved in amateur wrestling and increase their level of physical fitness, coordination and self-esteem. It is also a good opportunity to stay active over the winter, make new friends, and have fun.

**Competition:** Participants practice and compete with those of similar weight, age or ability. Unlike other club wrestling programs, Carbondale Junior wrestling does not encourage participants at this age to compete in open tournaments.

**Practice Times:** Practices start Monday, Nov. 5<sup>th</sup> and will be every Monday at 6:00 to 7:00 pm for K-1<sup>st</sup> through Dec. 17<sup>th</sup>. Parent participation during practice is encouraged.

Contacts for information: Karl Williard ([williard@siu.edu](mailto:williard@siu.edu)) (618-534-5965)  
John Daly ([john.daly@sih.net](mailto:john.daly@sih.net)) (618-534-2903)

**Location:** Carbondale High School Gym - upper floor wrestling room.

**Cost:** \$30 (Bring to the first practice along with form). Make checks payable to Carbondale Wrestling Club.

**Attire:** T-shirt, shorts, and socks. Wrestling shoes and headgear is optional.  
A Carbondale wrestling t-shirt will be awarded to all kids completing the program.

**Not Sure?** Kids come by the 1<sup>st</sup> practice and watch. Parents come by to get your questions answered. You can pay at the next practice if your child wants to participate.

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**Name** \_\_\_\_\_ **Birthdate** \_\_\_\_\_ **Grade** \_\_\_\_\_

**Address** \_\_\_\_\_ **City** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Phone** \_\_\_\_\_ **Email** \_\_\_\_\_ **Weight** \_\_\_\_\_ **T-shirt size** \_\_\_\_\_

### Disclaimer/Waiver

I/we give permission for my/our child, named above, to participate in Carbondale Junior Sports Wrestling 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 Carbondale Junior Sports Wrestling, 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 Carbondale Junior Sports Wrestling and I/we agree to indemnify and to hold harmless the Carbondale C.H.S.D. No. 165, Carbondale Junior Sports Wrestling and its members, coaches, officers or designates of any kind from any claim whatsoever.

**Parent/Guardian Signature** \_\_\_\_\_ **Date** \_\_\_\_\_