

LMWC REGISTRATION (2023-24)



Purpose: To promote area wrestling emphasizing the fundamentals of the sport.

Who Can Join: Any interested female or male wrestler in grades K - 8th, all schools & kids welcome!

Location: L-M HS Wrestling Room. Enter Door #7 on the East side of the building behind the main gym.

Days & Times: Level 1 / Monday only / 6:45pm – 7:45pm, starting **November 6th, 2023**

Level 2 / Tuesday & Thursday / 6:30pm – 7:30pm, starting **November 7th, 2023**

Level 3 / Tuesday & Thursday / 7:45pm – 9:15pm, starting **November 7th, 2023**

Membership: Level 1 (Beginner): **\$80.00** – K to 2nd grade, 0 – 1 year experience, Season: **Nov. 6th to January 30st**

Level 2 (Intermediate): **\$150.00** – 1st to 4th grade, 1 – 3 years experience, Season: **Nov. 7th to March 2nd**

Level 3 (Advanced): **\$150.00** – 5th to 8th grade, min. of 3 years experience, Season: **Nov. 7th to March 2nd**

**Membership fee listed is for first child in the family,
additional children in the same immediate family is \$60 for Level 1 & \$120 for Level 2 or 3*

-----See below or the back of this form for a description and objective of each club level----

Club membership includes a Linn-Mar Wrestling T – Shirt and free entry to the Linn-Mar H.S. home dual meets (when accompanied by a parent). Scholarships are available to help with club fee. Contact Coach Streicher if your family needs to apply for a financial hardship scholarship.

Information: Bring this registration form and payment to the: (checks payable to Linn-Mar Wrestling)

PARENT & WRESTLER MEETING

Monday – October 30th, 2023 @ 6:30pm

Linn - Mar High School – Lower Commons

For additional information contact: Doug Streicher, High School Head Coach

Phone: 447-3052 **Email:** linnmarwrestling@gmail.com

Visit the Linn-Mar Wrestling Web site at: www.linnmarwrestling.com



The following criteria should help you in deciding which practice level is appropriate for your athlete. Other factors that could influence this decision would be the age and size of the athlete. The club coaches can also help you decide which practice to sign your wrestler up for. We can also move kids up and down after the season starts to make sure every wrestler in our program has the best experience possible.

Level 1 - Beginner (K to 2nd Grade, 0-1 years of wrestling experience)

This level is designed for the beginner in the sport of wrestling. This group covers the most fundamental and basic skills/ concepts of wrestling at the youth level. Practices for this group will be held one night a week for an hour. This level is meant to introduce wrestling to the beginner wrestler and create a fun environment to peak interest in the sport. Wrestlers at this level should compete at 2 or 3 Developmental Tournaments in the area during the season. The Linn-Mar Developmental tourney is Sunday, December 17th.

*****Turn Over to Finish Form*****

The Intermediate group is for a wrestler with a little bit of experience that would benefit from a slower progression of wrestling skills and concepts. In this group basic skills and fundamentals will continue to be developed at a moderate pace. The focus will be on more basic positioning in the top, bottom and neutral positions. This group will practice twice a week for 60 minutes. Wrestlers in this group should compete at 1-2 Developmental Tournaments in the area and 2-3 regular wrestling tournaments in the area during the season. Athletes in this group would have the option to attend the district meet and qualify for the AAU state tournament (grades 3-8) or the Super Pee-Wee AAU state tournament (grades K-2) at the end of the season if they are ready for that level of competition.

The Advanced level is designed for experienced wrestlers who have demonstrated their understanding and skill in wrestling fundamentals. This group will be run with a faster progression throughout the season while still keeping the emphasis on fundamentals. This group will progress into more complex positioning and moves that will enhance a wrestlers' skill set. The Advanced group will also emphasize more in strength and conditioning than our Beginner and Intermediate Levels. Wrestlers in this group should compete in at least 4 to 5 local tournaments in the area during the season. Wrestlers in this group will have the option to attend the AAU district meet and qualify for the AAU state tournament at the end of the season if they are ready for that level of competition.

We will be picking 5 tournaments/ weekends throughout the season that we will be sending the LMWC coaches to. We encourage our club wrestlers to attend these tournaments so that our wrestlers have fun together while they learn how to compete in the sport of wrestling. This list of tournaments will be finalized in November. We host our competitive kids tourney on Sunday, January 7th, 2024. We will also have club coaches at the district and state meets to coach our athletes who sign up and qualify.

Signature of Parent or Guardian: _____ Date: _____