



How do you get started with Wrestling?

- All grades welcome, practice is geared towards grades 4K-4
- Boys and Girls are encouraged
- All Skill levels
- Show Up – The club has Wrestling shoes and headgear that can be borrowed for the season.
- **Registration & Parent Meeting is Dec. 14 6:00pm at the Elementary School Cafeteria**
- Cost is \$20.00 – Get \$10.00 off if you bring a friend to sign up! If signing up additional wrestlers there is a \$5.00 discount for each additional wrestler.

Valders Wrestling Club Registration Form

Wrestler's First Name _____ Last Name _____ MI _____
 Age (DOB) _____ WT _____ Grade _____ T-Shirt Size _____ YS YM YL AS AM AL
 Parents/Guardian First Name _____ Last Name _____ Phone # _____
 Parents/Guardian First Name _____ Last Name _____
 Phone # _____
 Home Address _____ Email _____
 Cost \$20.00. If signing up additional wrestlers there is a \$5.00 discount for each additional wrestler.
 - Get \$10.00 off if you bring a friend to sign up_ Name _____
 List any Allergies or concerns _____
 Emergency Contact and Phone # _____

Parent Waiver: In consideration of my child's acceptance into the Valders Youth Wrestling Club, I my heirs, executors, and administrators waive and release parents, coaches, sponsors, their agents, representatives, committees, and members from and all claims or the rights to damages for injuries arising from training, competing, or traveling to and from this wrestling club's practices. All liability for injuries or accidents will be assumed by the parents and/or guardian of the individual whose name appears on this form.

Child's Name (print) _____
 Parent's Name (Print) _____
 Parent's Signature _____ Date _____



Free
T-Shirt!

Registration &
Parent Meeting
is Dec.14 6pm

Valders Wrestling Club

2021-2022 Season

Who We Are?

**Valders Wrestling Club will
focus on Fun, Good
Sportsmanship, Discipline, Self-
Confidence, Team Building,
Lifelong Friends, Physical
Fitness**



Why Wrestling

Here are a couple of ideas...

Personal Growth and Development-

Sports are a great way to establish and reinforce positive personality traits and characteristics. Wrestling

embraces and teaches an array of life lessons that may not be as strongly promoted in other sports:

Self-Confidence-When you wrestle, you can't rely on anyone but yourself. You *have* to be accountable for your

own successes and failures. For this reason, wrestlers must be confident.

Wrestlers learn to count on themselves, gaining confidence on and off the wrestling mats.



Skill Level?

No matter your skill level, height, weight, or age- there is a place in wrestling for you. Our coaches are here to encourage fun, fairness and participation.

"The Best decision I ever made in my life was joining Wrestling"

Commitment to Wrestling:

Joining a club is a commitment but as a club we try to make it as easier as possible.

When: Practices start January 4, 2022. Every Tuesday and Thursday Nights from 5:45pm-7:00pm.

Where: High school wrestling room. Our Practice is a closed practice, but you may wait for your wrestler outside the wrestling room. Or use the open weight room to get your own exercise in while you wait. You may also drop them off and returned at the end of practice.

Tournaments, Do I have to attend?

There are a few tournaments during our season, however your wrestler can pick and choose how many and if any tournaments that they want to attend. Most are less than 30 miles that we attend. **They are NOT required.**



Parent Involvement:

As a club we raise money during our season with limited fundraisers and concession stands at our tournaments, we do ask for parents to help, so our club can raise the money for new equipment, end of season banquet, and awards.

We ask for volunteers to help at our concession stand for the tournament in sessions of an hour or two, and not when your child is wrestling.

Question???

Please reach out to our club with any questions.

Email: valdersyouthwc@gmail.com

Phone: 920.901.1128

