



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 _____	WT _____	Grade _____	Last Name _____ MI _____
Age (DOB) _____	Parents/Guardian First Name _____	Last Name _____	T-Shirt Size YS YM YM AS AM AL	Phone # _____
Phone # _____	Parents/Guardian First Name _____	Last Name _____	Last Name _____	
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 clubs 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 _____

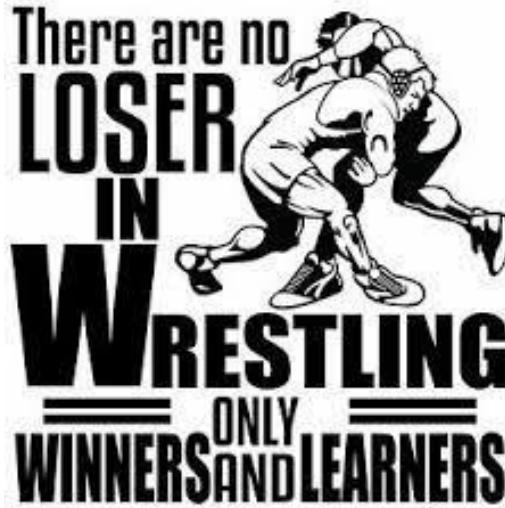
Who We Are?

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



Valders Wrestling Club

2021-2022 Season



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

