**CITY HIGH MATPAC REGISTRATION 2022-2023**

Wrestler’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade: \_\_\_\_\_\_\_\_ Age: \_\_\_\_\_\_\_

School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Gender (Circle): Boy Girl Wrestling Ability: Beginner /Advanced

Parent/Guardian(s) Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_City: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Zip: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone: Home: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cell: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Wrestlers T-Shirt Size (Circle Size): YS YM YL YXL S M L XL XXL

I certify that the student named above has my permission to participate in the City High MatPac Wrestling Club. In the event of injury, if I cannot be reached, I hereby give consent to the attending physician, trainer, and coaches to secure and administer medical aid if necessary. I understand that I am responsible for carrying health and/or accident insurance for this activity because insurance is not provided by the Iowa City School District or the MatPac Wrestling Club.

Signature of Parent/Guardian: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_

**CITY HIGH MATPAC WRESTLING CLUB 2022-2023 SEASON**

**PARENTS MEETING:** SUNDAY, OCTOBER 30TH 6:30-7:30 pm in City High Lower Cafeteria by Wrestling Room.

**Cost:** Cost is $100 for all wrestlers. Scholarships are available upon request, contact Coach Connell! Free trial available to see if MatPac Wrestling is right for you!

**Give Registration & Ways to Pay:** Bring Registration form to practice or send it to: City High Wrestling

1900 Morningside Dr.

Iowa City, IA 52245

**Ways to Pay:**

* Cash: Bring to Parents Meeting or Practice
* Check: Made Payable to City High MatPac in Mail, Parents Meeting or at Practice
* Venmo: @City-Wrestling
* PayPal: [cityighwrestling@gmail.com](mailto:cityighwrestling@gmail.com)

**Schedule:***(FIRST PRACTICE WILL BE WEDNESDAY, NOVEMBER 2)*

* We will practice mainly Monday’s & Wednesday’s 6:30-8:15 but we are going to try and add a 3rd practice each week on a Sunday or Thursday depending on weekly schedule of the City High men’s and women’s schedules

**Purpose:** To promote the great sport of wrestling and to emphasize the fundamentals that will allow our wrestlers the opportunity to succeed. The skills that will be taught and developed in this club will be necessary for success at the elementary, junior high, and high school levels. Be a part of one of the top youth wrestling programs in the nation!!!

**Who Can Join:** Any interested students in grades Kindergarten through 8th grade. Size makes no difference in wrestling. Your opponents are the same weight and age as you. EVERYONE GETS TO PARTICIPATE!

**BOYS & GIRLS:** All boys and girls are welcome!!! We will practice together for this year, as we grow the girls program, we are hoping to offer separate practices in the future.

**Location:** New City High Wrestling Room at City High 1900 Morningside Dr. Park in the southwest parking lot close to the big staircase near the athletic facility. Enter lower south doors past the parking gate and the wrestling room is just inside the entrance.

**Types of Practices:**

* **Mondays:** All wrestling abilities. Focus on technique, drills, positioning, and situational wrestling.
* **Wednesdays:** For wrestlers looking to push themselves to a higher level and compete.
* **Other Nights:** Will be communicated what kind of practice it will be.

**Advice on what days to wrestle:** If you’re a beginner wrestler (no competition experience), start with Mondays and go from there. You can always add Wednesdays if your wrestler is looking for more. Wrestlers looking to compete should attend Monday and Wednesday workouts as much as possible. If you have any questions on what nights to attend, just ask a coach before or after practice. These are all just recommendations, feel free to join us once or twice a week.

**JUNIOR HIGH WRESTLERS:** The 7th-8th graders have the option of attending the MatPac practices, and/or attending the high school practices before the junior high season starts. Joining the high school practices with other junior high teammates and partners will enhance your skill level and make your transition to high school easier. Contact Coach Connell if you would like more information or have any questions.

**SCHOLARSHIPS AVAILABLE:** Contact coach Cory Connell for MatPac Scholarships to cover some or all registration costs.

**QUESTIONS?** If you have any questions about our program, please see [**www.littlehawkwrestling.com**](http://www.littlehawkwrestling.com)**,** [**www.iowacitymatpac.com**](http://www.iowacitymatpac.com)or contact coach Cory Connell through email: [connell.cory@iowacityschools.org](mailto:connell.cory@iowacityschools.org) or at his cell phone at 319-321-9097

**Like us on Social Networks:**

 “Iowa City MatPac Wrestling Club” “City High Wrestling”

“@cityhighwrestle”  “cityhighwrestling1”