



CITY HIGH MATPAC REGISTRATION 2016-2017

Wrestler's Name: _____ Grade: _____ Age: _____

School: _____ Preferred Wrestling Group (Circle One) 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 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: _____

BRING TO PARENTS MEETING OR SEND FORM AND \$100 TO:

Cory Connell
1900 Morningside Dr.
Iowa City, IA 52245

PARENTS & WRESTLERS MEETING!!! We would like everyone to attend our parents/team meeting on **Sunday, October 23rd in the City High Commons.** We will have a soup dinner for the whole family and apparel orders from 6:00-6:30 pm. Parent meeting and registration from 6:30-7:15. If you have any questions about our program, please see www.littlehawkwrestling.com, www.iowacitymatpac.com or contact: Coach Cory Connell connell.cory@iowacityschools.org or Coach Marcus Kurtz kurtz.marcus@iowacityschools.org.

****The first 2 weeks of practice is free to anyone interested in trying wrestling out to see if they like it!****

FIRST PRACTICES: EVERYONE will practice together for two weeks and then be split into groups. The first practice will be on Tuesday, November 1st. Practice schedule for this period will be Tuesday's and Thursday's from 7:00pm-8:30pm. A new practice schedule will take effect on Monday, November 14th and be dependent on which group your athlete will practice with. See 2nd page for practice schedule starting November 14th to the end of the season.

SCHOLARSHIPS AVAILABLE: Contact Coach Cory Connell for scholarships to cover some or all registration costs.

CITY HIGH MATPAC WRESTLING CLUB 2016-2017 SEASON

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 student 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!

Location: City High Wrestling Room, Iowa City High School.

Grouping:

Beginners: Designed for first year wrestlers and wrestlers who have limited experience on the mat. Basic fundamentals will be the focus as well as having a good experience and having fun.

Advanced: For the more experienced wrestler as well as wrestlers wanting to compete for State and National Championships.

Schedule for Groups Starting November 14th Through End of Season (Subject to Change)

- **Beginner** – Monday's 7:00-8:00 and Thursday's 6:00-7:00
- **Advanced** – Monday's 7:00-8:30, Tuesday's 7:00-8:30, Thursday's 7:00-8:30

JUNIOR HIGH WRESTLERS: The 7th-8th graders have the option of attending the MatPac practices or the high school practices when they start on November 14th. This will help further your skills and make your transition to high school easier. Contact Coach Connell if you would like more information or have any questions.

Coaching Staff:

Marcus Kurtz: IIAC Champion, NCAA National Qualifier, 16 years as Assistant Coach at Coe College

Matt Egeland: NCAA National Runner-up at Iowa, All-American, State Champion in High School

Nate Barnes: 3rd place at the State Tournament on a State Championship team at City High.

Cory Connell: Is the head high school wrestling coach and will help coordinate the MatPac kids club, he was a State Champion, NCAA National Runner-up, All-American, Iowa High School Coach of the Year in 2010
City High assistant coaches and current wrestlers will also be on hand at practices.

For any questions about MatPac Wrestling please contact

Coach Marcus Kurtz at: kurtz.marcus@iowacityschools.org or at 319-530-6400

Coach Cory Connell at: connell.cory@iowacityschools.org or at 319-321-9097

Or our MatPac E-mail Account: IowaCityMatpac@gmail.com

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 "@cityhighwrestle"

 "City High Wrestling"

 "cityhighwrestling"