

LION WRESTLING CLUB (2016- 2017)



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

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

Location: Brand New L-M HS Wrestling Room. Enter Door #7 in the back of the building behind the main gym.

Days & Times: Level 1 / Monday only / 6:45pm – 7:45pm, starting **November 7th, 2016**
 Level 2 / Tuesday & Thursday / 6:30pm – 7:45pm, starting **November 8th, 2016**
 Level 3 / Tuesday & Thursday / 7:45pm – 9:15pm, starting **November 8th, 2016**

Membership: Level 1 (Beginner): \$50.00 – K to 2nd grade, 0 – 1 year experience, Season: **Nov. 7th to January 24th**
 Level 2 (Intermediate): \$90.00 – 1st to 4th grade, 1 – 3 years' experience, Season: **Nov. 8th to Mar 2th**
 Level 3 (Elite): \$90.00 – 3rd to 8th grade, min. of 3 years' experience, Season: **Nov. 8th to Feb 23th**

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

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) and season end pizza party.

Information: Bring this registration form and payment to the: (checks payable to Lion Wrestling Club)

PARENT'S MEETING
Tuesday - November 1st, 2016 @ 6:00pm
 Linn - Mar High School – Commons Area

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



***** Cut Here & Return Bottom Section Only! *****

2016-17 LION WRESTLING CLUB REGISTRATION

Child's Name: _____ Grade: _____ School: _____

Shirt Size: (circle one - sizes run small) Youth: 10 - 12 14 - 16 or Adult: S M L XL XXL

Parent(s) Name: _____ Home Phone: _____ Cell Phone: _____

Address: _____ City: _____ ZIP: _____

Email Address: _____ Wrestler's approx. weight: _____

Practice Level (Circle one): **Level 1/ Beginner** **Level 2/ Intermediate** **Level 3/ Elite**

I would be willing to help at the annual Linn-Mar Lions Wrestling Tourney – Sunday, January 8th, 2017 YES NO

I certify that the child named has my permission & is physically able to participate in the Lions Wrestling Club. I accept full responsibility for his/her behavior and participation. I waive all claims for injury against the Lion Wrestling Club, club members, coaches & Linn-Mar School District. I understand that I am responsible for carrying health and/or accident insurance for this activity and that the Linn-Mar School District or the Lion Wrestling Club does not provide primary insurance.

Signature of Parent or Guardian: _____ Date: _____

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 designated 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 18th.

Level 2 - Intermediate (1st to 4th Grade, 1-3 years of wrestling experience)

The Intermediate group is for a wrestlers 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 are continued 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 an hour and fifteen 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 state tournament at the end of the season if they are ready for that competition level.

Level 3 - Elite (3rd to 8th Grade, at least 3 years of wrestling experience)

The Elite Level is designed for experienced wrestlers who have demonstrated their understanding and skill in wrestling fundamentals. This group will be ran 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 Elite group will also emphasize more in strength and conditioning than our Beginner and Intermediate Levels. Wrestlers in this group should compete in 4 to 5 local tournaments in the area during the season. Wrestlers in this group will have the option to attend the district meet and qualify for the state tournament at the end of the season if they are ready for that competition level.

We will be picking 5 tournaments throughout the season that we will be sending the Lion Wrestling Club 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 will also have club coaches at the district and state meets to coach our athletes who sign up and qualify.