



# CITY HIGH MATPAC REGISTRATION 2018-2019

Wrestler's Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Age: \_\_\_\_\_  
 School: \_\_\_\_\_ Wrestling Ability (Circle one) Beginner/Intermediate/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: \_\_\_\_\_

## **BRING \$ TO PARENT MEETING OR SEND FORM AND MONEY TO:**

**City High Residents write/send \$100 check to:**  
 MatPac Wrestling Club  
 1164 Hampton Ct.  
 Iowa City, IA 52240

**Outside of City High Residents write/send \$100 check to:**  
 Marcus Kurtz  
 1164 Hampton Ct.  
 Iowa City, IA 52240

**PARENTS & WRESTLERS MEETING:** We would like everyone to attend our parents/team meeting on **Sunday, October 21st 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](http://www.littlehawkwrestling.com), [www.iowacitymatpac.com](http://www.iowacitymatpac.com) or contact: Coach or Coach Marcus Kurtz [kurtz.marcus@iowacityschools.org](mailto:kurtz.marcus@iowacityschools.org).

**\*\*Free trial for 2 weeks to see if this sport, or the MatPat program, is the right fit for your athlete!!!\*\***

### **PRACTICE SCHEDULE:** *(FIRST PRACTICE WILL BE MONDAY, OCTOBER 22)*

**Mondays: 6:45-8:30pm (6-8pm 1st two weeks, otherwise no change)**  
**Wednesdays: 6:45-8:30pm (6-8pm 1st two weeks & 6:30-8:30pm once HS competitions start)**  
**Thursdays: 6:45-8:30pm (6-8pm 1st two weeks & 6-8pm on nights HS has away meets)**

**Note:** Practice times may be earlier before the high school wrestling season starts. In addition, practice times on Wednesday and Thursday may be earlier once high school competitions start **(We will communicate any and all changes in advance).**

\*\*\*With our end time being later in the evening, it is perfectly alright for our younger athletes to leave practice early.

**SCHOLARSHIPS AVAILABLE:** Contact coach Cory Connell for MatPac Scholarships to cover some, or all of, registration costs: [connell.cory@iowacityschools.org](mailto:connell.cory@iowacityschools.org)

# CITY HIGH MATPAC WRESTLING CLUB 2018-2019 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 8<sup>th</sup> grade. Size makes no difference in wrestling. Your opponents are the same weight and age as you. EVERYONE GETS TO PARTICIPATE!

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

## Types of Practices:

**-Mondays:** All wrestling abilities. Focus on technique, drills, positioning, and situational wrestling.

**-Wednesdays:** For our intermediate and advanced wrestlers looking to push themselves to a higher level of competition.

**-Thursdays:** a good mix of Monday and Wednesday schedules

**Advice on what days to wrestle:** If you're a beginner wrestler (less than 2 years of wrestling experience, no tournament experience), start with Mondays and go from there. You can always add Thursday if your wrestler is looking for more. If you are an intermediate wrestler (3-4 years of wrestling experience, compete in a few local tournaments a year), start with Mondays and Thursdays, and you can always add in, or substitute, Wednesday. Advanced wrestlers (more than 4 years of experience, compete in several tournaments), should attend all 3 practices. 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, twice, or three times a week.

**JUNIOR HIGH WRESTLERS:** The 7<sup>th</sup>-8<sup>th</sup> 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 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.

## Coaching Staff:

**Marcus Kurtz:** MCAC Champion, IIAC Champion, 2x NCAA Qualifier, Coe College assistant for 16 years

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

**Cory Connell:** City High School head wrestling coach, helps coordinate the MatPac kids club, State Champion, NCAA National Runner-up, All-American, Iowa High School Coach of the Year in 2010

**City High coaches and current wrestlers:** May also help develop our young athletes at practices.


For any questions about MatPac Wrestling please contact  
Coach Marcus Kurtz at: [kurtz.marcus@iowacityschools.org](mailto:kurtz.marcus@iowacityschools.org) or at 319-530-6400

## Like us on Social Networks:

 "Iowa City MatPac Wrestling Club"

 "@cityhighwrestle"

 "City High Wrestling"

 "cityhighwrestling"