



Join the CM Youth Wrestling Program (For all students grades PreK-12)



WHO: PreK-12th Grade Wrestling
WHEN:

- Session I

Who: PreK-5th grade beginners only

Goals: This session is being offered to K through 5th grade kids with little or no prior wrestling experience. This session will focus on teaching the basic fundamentals of wrestling. This includes learning the proper starting positions as well as basic takedowns, escapes, and pinning combinations.

This session will prepare the beginning wrestler for youth tournaments and helps the wrestler and parents determine if they want to go to the next level. If you decide you want your wrestler to continue on to Session II or III after this session, contact one of the coaches or board members at that time.

Season Dates: Nov. 6th through Dec 12th

Practice: Once a week, Monday evenings, 6:00pm to 6:45pm at the High School Wrestling room.

Includes: 6 weeks of practice, Tshirt, and entry to 12/3 Bondurant youth tournament

Registration Fee: \$30

- Session II

1st and 2nd grade wrestlers with prior experience, 3rd-12th grade wrestlers.

- Goals: This session is being offered to 1st through 12th grade wrestlers. This session will start out teaching the fundamentals of wrestling and continue to build each week. Wrestlers will learn several different takedowns, multiple escape/reversal maneuvers, and different pinning combinations. This session will prepare wrestlers to compete in youth tournaments, learn more advanced moves and technique, and teach them the skills to move to the next level.

Season Dates: Nov. 6th through Jan 11th

Practice: Twice a week, Monday and Wednesday evenings,

- 6:00pm to 7:00pm for 1st-2nd grade group. (are welcome to stay until 7:30pm)
- 6:00pm to 7:30pm for 6th-12th grade at the High School Wrestling Room
- Includes: 10 weeks of practice, Tshirt, and entry to 12/3 Bondurant youth tournament

Registration Fee: \$40

- Session III

1st and 2nd grade wrestlers, 3rd-12th grade wrestlers

- Goals: This session is a continuation of Session II for those wrestlers that want to participate in Super PeeWee State and AAU Districts/State. Wrestlers that choose Session III will continue practicing after Session II ends on Jan 11th. This session is designed for the serious and dedicated youth wrestlers. The intensity level will increase after Session II has ended and will continue to build until the AAU District and State tournaments. The session is focused towards preparing the serious and dedicated wrestlers for the District and State level tournaments by teaching more advanced techniques and maneuvers.

Season Dates: Nov 6th through Super PeeWee/AAU state.

Practice: Twice a week, Monday and Wednesday evenings

- 6:00pm to 7:30pm for 1st -12th grade group at the High School Wrestling Room.
- Includes: Approx 17 weeks of practice Tshirt, and entry to 12/3 Bondurant youth tournament.

- Registration Fee: \$50

WHERE: Maxwell Wrestling Room

COST: \$30.00, \$40.00 or \$50.00 (make checks payable to CM Rec Program)

Mail form to: Tawnia Leslie
65784 330th St
Maxwell, IA 50161

DUE: October 30, 2017

_____ Yes, I will coach – or - volunteer

Participants will learn wrestling techniques, agility skills, and general body conditioning. They will also be given the opportunity to compete in matches against other youths and in local tournaments.

Name: _____ Grade: _____

Parent/Guardian Names: _____

Address: _____ City: _____

Phone: _____ Text: Yes / No

Email Address: _____

_____ (Child's name) has my permission to participate in the C-M Parks and Rec Program. I understand that my child is not insured through the C-M Parks and Rec Program, C-M School District, Baxter School District or the Cities of Collins, Maxwell or Baxter for any medical attention that may be needed as a result of this program. I hereby, for myself, my child and our heirs waive any and all rights and claim to damages we have against the C-M Parks and Rec Program, C-M School District, Baxter School District or the Cities of Collins, Maxwell or Baxter, their subcommittees, agents, representatives and assigns whether employed or volunteer. I also give authority to my child's coach or supervisor to seek medical attention for my child if it is deemed necessary under the circumstances.

Yes or No Publish photo on C-M website

Parent/Guardian Signature _____ Date _____