

# BAD BIRD WRESTLING CLUB

We encourage anyone interested to come out and participate in the world's oldest and greatest sport! The club is a feeder for the University High School wrestling Program. University HS has been one of the top wrestling programs in the state for the last 10 years. The goal of the club is to produce **CHAMPIONS** both on and off of the mat. The club will focus on the most important areas of wrestling as well stressing teamwork, sportsmanship and making sure kids have fun! Team coach Shane Bartolo along with a staff of wrestlers and coaches with state, national, and world credibility will be leading you through this experience that will see you adopt characteristics that you can carry with you throughout life.

## Club Benefits

- Teaches the beginner to the advance wrestlers
- Learn from the best instructors
- Train in the "NEW" State of the art University HS wrestling room
- Personalized instruction available
- Discipline, hard work, teamwork, sportsmanship and having fun will be taught as much as technique

## Club Details

\*Registration will be held Monday, November 9<sup>th</sup>, and Tuesday, November 10<sup>th</sup> from 6:00 – 7:30 PM in the University HS gym lobby (Entrance at rear of building).

\*Sessions begin Tuesday November 17<sup>th</sup>, 2009 and run through the end of February

\*Club meets Every Tuesday and Thursday from 6:00 – 7:30 PM

\*Who is eligible: Boys and Girls 5-13 years old

\*Location will be at the "New" University HS wrestling room

\*Cost will be \$40 plus \$25 for USA card (for insurance)

\*All participants will receive a t-shirt

\*Contact Coach Shane Bartolo at (304) 290-3901 or

UHS Wrestling Coach Ken Maisel at (304) 692-6526

Notes: All participants will be given a calendar at registration showing when all the practices will be. There are tournaments all over the area that are held on weekends. Participation in these tournaments is optional. The coaches will give all participants a listing of all tournaments. The coaches will pick one or two tournaments that we will go to as a team and the parents will decide whether or not they will attend. Wrestlers and parents may also attend any tournaments that we do not go to as a team. Trophies are awarded for 1<sup>st</sup> – 4<sup>th</sup> place in most tournaments. Tournaments are broken down by age groups (usually 2 year increments) and by weight class (usually 5 pound increments). If any parent is interested in assisting our coaches please contact Coach Maisel at (304) 692-6526.

# BAD BIRD WRESTLING CLUB

## REGISTRATION FORM

**First Practice:** Tuesday, November 17<sup>th</sup> - 6:00 – 7:30 PM

**Sessions run:** Every Tuesday and Thursday – 6:00 – 7:30 PM

Through the end of February (Schedule is subject to change with notice)

**Cost:** \$40 plus \$25 for USA wrestling card (insurance)

(you can write ONE check to Bad Bird Wrestling Club for \$65.00)

All participants will receive a free t-shirt

---

### Bad Bird Wrestling Club

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

e-mail (very important) \_\_\_\_\_

Home Phone \_\_\_\_\_ Age \_\_\_\_\_ Weight \_\_\_\_\_

Mother's Name \_\_\_\_\_

Father's Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

T-shirt size (Circle one) Youth sizes – S, M, L, XL Adult sizes – S, M, L, XL

Any known medical conditions that the coaches should be aware of

\_\_\_\_\_

I give my permission for my child to participate in the Bad Bird Wrestling Club for the 2009 - 2010 season. I understand that there are risks inherent to wrestling, and agree not to hold the club, its coaches or volunteers, or University HS liable for any injury to my child or damage or loss to his/her equipment.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

**Make all checks or money orders out to**

**Bad Bird Wrestling Club.**