



# WRESTLING CLUB

We encourage anyone interested to come out and participate in the world's oldest and greatest sport, wrestling! 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 Chuck Vankirk along with a staff of wrestlers and coaches with state and national credibility will be leading you through this experience that will see you adopt characteristics that you can carry with you throughout life. The Mountaineer Wrestling Club always stresses a wrestler's growth, respect, positive attitude, good sportsmanship, and high level of competition. There will also be a component of the club called the Mountaineer Elite Wrestling club that will be for the older club members and more advanced wrestlers. This will be discussed further when we start.

## **CLUB BENEFITS**

- Teaches the beginner to the advance wrestlers
- Learn from the best instructors
- Train in the 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

## **MISSION STATEMENT**

To provide a safe, fun, and challenging wrestling experience to all participants regardless of individual differences. We strive to promote the physical, mental, social, and emotional development of our members through hard work, commitment, competition and camaraderie. The concepts of self-discipline, growth, respect, positive attitude and good sportsmanship are inherent for success in athletics and life.

## CLUB DETAILS

\*Registration will be held before the start of the first practice on Tuesday, October 20th from 5:00 – 5:45 PM in the hallway in front of the University HS wrestling room. (Entrance at rear of building).

\*Sessions begin Tuesday October 20th, 2015 and run through the beginning of March.

\*Club meets Every Tuesday and Thursday from 6:00 – 7:30 PM (You get approx. 30 sessions! PLUS coaching at tournaments!)

\*Who is eligible: Boys and Girls grades K through 7. (Kids will be split up by age group)

\*Location will be at the University HS wrestling room

\*Cost - \$175 plus have a USA wrestling card (for insurance) To obtain USA wrestling card go to [www.usawmembership.com](http://www.usawmembership.com)

\*You MUST have a USA wrestling card before you begin practice

\*All participants will receive a t-shirt

\*Contact Coach Chuck Vankirk at (304) 685-8153, [cwrestler130@gmail.com](mailto:cwrestler130@gmail.com) or UHS Wrestling Coach Ken Maisel at (304) 692-6526, [kmaisel@comcast.net](mailto:kmaisel@comcast.net)

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### Mountaineer Wrestling Club Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

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

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

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

USA wrestling card number \_\_\_\_\_

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 Mountaineer Wrestling Club for the 2015 - 2016 season. I understand that there are risks inherent to wrestling, and agree not to hold the club, its coaches or volunteers, University HS or Monongalia County Schools liable for any injury to my child or damage or loss to his/her equipment.

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

**Make all checks out to Bad Bird Wrestling Club**