



JR RAMS WRESTLING CLUB



WHO: Students in Grades PreK – 8th (no experience necessary)

WHERE: Sign-ups will be held at the Middle School Cafeteria Wednesday, November 1st 6:00pm - 8:00pm

If unable to make to registration please contact Heath (309)314-4184 or Aron (309)235-6760

Our Goal: The goal of the Riverdale Wrestling club is to build champions both on and off the wrestling mat. The Club is an intense program that builds confidence, self-esteem, coordination and integrity of character for each of our members. Each club member will be instructed by qualified coaches who are former wrestlers themselves. Members will be taught the technical skills needed to be successful on and off the mat.

Practice dates: 4th-8th Practice begins 11/06/2017 6:00pm-7:30pm @ the middle school
Pre-K-3rd Practice beings 12/04/2017 6:00pm-7:15pm @ the middle school

Practices will be held on Mondays and Wednesdays for all grades.

Pre-K & K parents must be present at practices

PLEASE follow us on FACEBOOK for reminders and updates!

Price: Club membership will include T-shirt and entry to our tournament

Pre-K-4th - \$45

5-8 grade- \$25

*Family Discount Ask Staff

If you wish to rent singlets there will be a \$30 deposit for the equipment.

MAKE CHECKS PAYABLE TO: Jr. Rams Wrestling

Wrestler's Name _____

Address _____

City _____ State _____ Zip _____

Grade _____ Age _____ DOB ____/____/____ Weight _____ Years Experience _____

Parents/Guardians: _____

Phone (Cell) Mom: _____ Phone (Cell) Dad: _____

E-Mail (Mom) _____
(Used as a means of communication)

E-Mail (Dad) _____
(Used as a means of communication)

Emergency Contact _____ Emer. Phone _____

T-Shirt Size (CIRCLE ONE): YS YM YL AS AM AL AXL

Singlet (CIRCLE ONE): YS YM YL AS AM AL AXL **Paid (staff use):** Yes No

Please List Any Medications / Med. Conditions / Allergies: _____

I am fully aware that Jr Rams Wrestling engages in intense physical activity such as live wrestling, running, and calisthenics. I understand that there is an inherent risk associated with these activities and I permit my child to participate in these activities without restriction. I agree to hold Jr. Rams Wrestling harmless for any accidents-medical or dental- or any other expenses incurred as a result of my child's participation with the team. I also agree to authorize the instructors to act accordingly to their best judgment in any emergency requiring medical attention.

PARENT/GUARDIAN SIGNATURE

DATE

GO RAMS!