

Why wrestle?

Wrestling is a great sport that develops agility, strength, and mental toughness. Wrestling is a great sport to build a “base” of athleticism for other sports. Unlike some sports, a player’s size is not a limitation because there are many weight classes. It’s also a lot of fun!

When, where, and how much?

Competitive Season– December 5th to February 24th.

Ages 7-12 as of December 31st 2017. We will expand the age each year. Cost is \$40. There is an opportunity to wrestle in 7-8 meets. Recommended for experienced or new wrestlers who are already aggressive.

Novice Season— February 20th to March 17th. Ages 5-12.

Cost is \$30. There is an opportunity to wrestling in 2-3 meets. Recommended for wrestlers who want to learn the basics before trying a longer more competitive season.

Wrestlers must either attend CAPS Schools, live in the CAPS district, or get permission from the CWC executive board.

Cadillac



Wrestling

How do we sign-up?

The sign-up form is on the back of this paper. You can also get a sign-up form online by going to www.cadillacwrestling.com.

What does my child need for wrestling?

Wrestlers will need wrestling shoes and headgear. These can be bought at sporting goods stores or online. See www.cadillacwrestling.com for more information. Wrestlers practice in shorts and a t-shirt. We will be issuing singlets for wrestlers to wear in meets.

Where do we wrestle?

We practice in the Junior High cafeteria from 6-7:30 typically on Tuesdays and Thursdays. The meets are held in towns usually within an hour’s drive. Meets usually begin around 9 a.m. on Saturday mornings and wrap up in the early afternoon. At this level this is an individual sport, so wrestlers can wrestle in as few meets or as many meets as they want. The cost to participate in each meet is around \$11. Parents must transport and supervise kids at meets.

Cadillac Wrestling Club Sign-Up Form

Wrestler's Name: _____

Weight: _____

Age as of 12/31/2017: _____

Birthdate: _____

School & Grade: _____

T-shirt Size: _____

Parent Name(s): _____

Parents Phone Number (s): _____ Do you text? _____

Parent Email Address(es): _____ (please write clearly)

Mailing Address: _____

_____ Competitive Season– December 5th to February 24th. Ages 7-12. Cost is \$40 plus a commitment to participate in fundraising. Parent/Board meeting Sunday December 3rd at 5 p.m. Payment should be mailed with form. Contact us if price is an issue.

_____ Novice Season– February 20th to March 17th. Cost is \$30. Ages 5-12. Wrestlers can do both.

*We prefer to have received your sign-up form at least one week prior to the start of the season.

We will be in need of help with coaching, fundraising, and serving on our committee. Additionally, we are looking for businesses to sponsor for as little as \$50. If you can help, please tell us how on the line below.

My child has recently been seen by a physician and is healthy enough to participate in rigorous physical activity. I will hold harmless the Cadillac Area Public Schools, Cadillac Wrestling Club, and the Northeast Michigan Wrestling Association and its coaches, employees, or members from any injuries or accidents that occur as a result of participating in wrestling.

Parent Signature

Date

Make payment out to **Cadillac Community Schools, put Cadillac Wrestling Club in the memo**, and mail it to Cadillac Wrestling Club at 8178 Colleen Drive. Cadillac, MI 49601.

For questions, call or text Chad Philips at 846-1482 or email him at cadillacwrestlingclub@gmail.com