

Cadillac



Wrestling

How do we sign-up?

The sign-up form is on the back of this paper. But we **strongly prefer** that you sign-up using the online form at www.cadillacwrestling.com.

Eligibility

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

Equipment

Wrestlers will need shoes and headgear (youth or adult depending on size) before the first meet. These can be bought at sporting goods stores or online. Clean socks can be worn at practice until shoes are obtained. Wrestlers practice in shorts and a t-shirt. We will be issuing uniforms for wrestlers to wear in meets. All wrestlers will get a warm-up shirt to keep.

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. It’s also a lot of fun!

When, where, and how much?

Competitive Season— December 4th to February 23rd. Ages 7-14 as of December 31st 2018. Practices are from 6-7:30 on Tuesdays and Thursdays usually in the JR High Cafeteria (enter by the lake). There is an opportunity to wrestle in 7-8 meets. Meets are held on Saturdays, usually within an hour drive, and the cost to participate is typically \$11 per wrestler. The club fee is \$50 for the first kid and \$30 for the second kid and includes the novice and JR High season, if they are old enough and want to participate. This season is recommended for experienced wrestlers or new wrestlers who are already aggressive and whose parents are willing to travel.

Novice Season— January 30th to March 16th. Ages 5-14 as of December 31st 2018. Practices are from 6-7:30. There are 4 weeks of Wednesday only practices followed by 4 weeks of Tuesday and Thursday practices. Practices will usually be held in the JR High Cafeteria (enter by the lake). There is an opportunity to wrestling in Saturday meets at Benzie Central, Manton, and Pine River. The cost to participate is usually \$5-10 per wrestler. The Club fee is \$30. This season is recommended for wrestlers who want to learn the basics before trying a longer and more competitive season.

Jr. High Club— January 21st to March 16th. Grades 6-8. Practices will be held in the Jr. High/High School and the location will vary by day. Practice time will be from 3-5 p.m. There is an opportunity to wrestle in weekday meets, usually in neighboring towns, and three weekend novice meets. Wrestlers will not pay a fee to participate in weekday meets, but will pay \$5-10 for weekend meets. The club fee is \$50. This season is recommended for all 6-8th grade wrestlers.

Note: Parents must transport and supervise kids at meets for all seasons. We expect all wrestlers to participate in fundraising.

Cadillac Wrestling Club Sign-Up Form

We strongly prefer that you register online at www.cadillacwrestling.com

Wrestler's Name: _____

Weight: _____

Age as of 12/31/2018: _____

Birthdate: _____

School & Grade: _____

T-shirt Size: _____

Parent #1 Name: _____ #2 _____

Parent #1 Phone Number : _____ #2 _____

Parent #1 Email Address: _____ #2 _____

Mailing Address: _____

_____ Competitive Season Only

_____ Novice Season Only

_____ Competitive & Novice Season

_____ Jr. High Club (Includes novice season meets)

_____ Competitive & Jr. High Club (includes novice season meets)

A CWC Board meeting and Competitive Season Parent Meeting will be held Sunday December 2nd at 5 p.m.
In Jr. High Cafeteria

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

We are in need of help with coaching, fundraising, home meet workers, and serving on our board. Also, we are looking for businesses to sponsor for as little as \$50. If you can help, please tell us how:

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 wrestler's name in the memo**, and mail it to Cadillac Wrestling Club 8178 Colleen Drive. Cadillac, MI 49601.

For questions, call/text Chad Philips at 231-846-1482 or email cadillacwrestlingclub@gmail.com.

For JR High Club questions call/text Mark Cronkhite at 269-993-008 or email coachcronk72@gmail.com