

# Wrestling!

K-5 and 6-8<sup>th</sup> grades

Registration Night is Monday, Nov. 21<sup>st</sup> at  
Southridge High School!



**MISSION:** To give young athletes the opportunity to develop both physically (fitness & skill development) and mentally (building self-esteem & determination). Our desire is that all athletes will develop a love for wrestling, competition, and teamwork. **No experience necessary!**

More information can be found at our website  
[www.southridgewrestling.com](http://www.southridgewrestling.com)

**Registration form on back!**

## **REGISTRATION NIGHT- Monday, Nov. 21st**

K-5<sup>th</sup> graders: 6pm

6-8<sup>th</sup> graders: 7pm

Located in the Southridge High School Wrestling Gym- Go in the doors by the main gym, then downstairs. This night will include registration, passing out detailed practice/tournament times, and having a mandatory parent meeting. We will be discussing the details of our new advanced club, parent expectations and have time for you to preview our program and meet our High School and Club Coaches. We will also provide time for your kids to have some fun and wrestle! (Please dress in shorts with no buttons/zippers, a t-shirt, and socks if you don't have wrestling shoes yet). Please bring this completed registration form. If you miss registration night, it's not too late! We would still love to have you in our program, please come to the next practice to register.

## **REGULAR PRACTICE TIMES:**

K-5<sup>th</sup> graders: 6pm-7pm Mondays and Wednesdays

6-8<sup>th</sup> graders: 7pm-8:15pm on Mondays and Wednesdays

Advanced Club: 6pm-7pm on Tuesdays (all middle schoolers and advanced K-5)

## **COMPETITIONS:**

Tournaments- Saturday mornings in Beaverton/Hillsboro area (schedule to follow).

Tentative District Tournament(end of season) will be at Hilhi on Feb. 11th

Possible extra meets, finalized practice schedule and banquet date to follow.

USA Wrestling Tournament Schedule for advanced wrestlers will also be posted on website.

## **COST:**

\$90 all grades AND **\$40 CASH ONLY deposit** for uniform-refundable)

Cash accepted or make checks payable to **Southridge Wrestling**.

\*Price includes- free t-shirt, use of a singlet, and FREE enrollment in our spring club! (Deposits will be returned once gear has been checked in at the end of the season).

Questions? Contact Program Director Randy King at [meneking@aol.com](mailto:meneking@aol.com) or 503-998-8387

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# **REGISTRATION FORM**

I hereby agree to assume all risks involved in participation in the Skyhawk Wrestling Club program and agree not to hold program staff, sponsors and/or officials responsible for any liabilities or injuries to my son arising out of participation and hereby waive any and all causes of action, which may occur to him. The staff will call home immediately in case of an emergency, and is authorized to attend to any health problem or injury my child may incur while attending practice, including emergency treatment if the staff is not able to reach me. Make checks payable to **Southridge Wrestling**.

Wrestler's Name: \_\_\_\_\_ Grade: \_\_\_\_\_

School: \_\_\_\_\_ Years of experience? \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_ Approx. Weight \_\_\_\_\_  
(youth/adult)

Parents' Name(s) \_\_\_\_\_

Email (if not already on list): \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number(s) Home \_\_\_\_\_ Work/Cell \_\_\_\_\_

Medical Insurance Co. \_\_\_\_\_ Group and ID# \_\_\_\_\_

Parent Signature(s) \_\_\_\_\_