

Grinnell Wrestling

2017

Tiger Mat Club

2018

We will offer three sessions of instruction this season. Sign up for one or all!

Period 1 - The Best Technique

Mondays and Thursdays

November 20-December 22 (8 Sessions)

K-2nd Grade 5:45-6:30

3-6th Grade 6:30-7:30

Period 1 is the starting point for everyone. We will start with fundamental technique and condition our bodies to compete in matches, including our home tournament and other local area competitions.

Period 2 - The Best Shape

Mondays and Thursdays

January 8- February 1 (6 Sessions)

K-8th Grade 6:00-7:30

Period 2 is for wrestlers who want to further their skills and challenge themselves with more live wrestling, strength and conditioning activities. Wrestlers in this session will be training for USA Kids State (1/28) and AAU Districts. (Early Feb.)

Period 3 - The Biggest Heart

K-8 TBD

February 5 - February 27

Period 3 will be higher intensity practice for kids working toward championships. Intended for wrestlers who have qualified for State tournaments or who are interested in competing at regional and National post-season tournaments including area takedown tournaments, Corn Cob Nationals and Freestyle/Greco tournaments.

***The GHS wrestling room is directly across the hall from the main gym. Please use the athletics entrance then take the first left to enter from the East side of the room.

Bring Registration form to the first practice.

Name: _____ **Address:** _____

Phone: _____ **E-mail:** _____ **Grade:** _____

T-Shirt size: YS YM YL AS AM AL AXL **Periods:** 1 2 3

Fee: \$35 for Period 1 or 2, \$55 for Period 1 & 2. **(Period 3 TBD)**
(Checks Payable to: *Grinnell Wrestling Club*)

Parents Names: _____

I certify that the above information is correct and the individual listed above has my permission to participate in the Grinnell Wrestling Club. Grinnell schools, wrestling club, coaches, volunteers, or representatives will not be responsible for any injuries, loss of properties, or any accidents during participation.

Parents Signature: _____

"The 1st period is won by the best technician. The 2nd period is won by the kid in the best shape. The 3rd period is won by the kid with the biggest heart." -Dan Gable

We prepare to win all three!