



Burlington Wrestling Club

Boys and Girls Ages 5 to 14

Key Points for Parents:

- Wrestlers compete in age groups (6, 8, 10, 12, and 14 years of age and under) and in weight classes so they are wrestling other students of the same age, same weight, and many times the same ability level (new vs. new, experienced vs. experienced).
- Wrestling builds self-esteem, self-confidence, and self-discipline more than any other youth sport offered today.
- Wrestling develops cross-over skills that greatly improve athletic performance in other sports!
- **Parents are needed to help with our local tournament on January 19, 2025.**
- Parents are encouraged to get involved with their child and learn the sport at the same time.
- Lead Coaches are Bronze Certified by USA Wrestling with SafeSport background checks.

Key Points for Students:

- Wrestling is FUN!!!
- You wrestle people that are your weight and age.
- Everyone is a starter in wrestling. No one sits on the bench.

AGES: Boys and Girls ages 5 to 14

REQUIRED PARENT MEETING & 1st NIGHT OF PRACTICE: Tuesday, December 10th @ 6:00 pm in the High School Wrestling Room.

- **REGULAR PRACTICES:** Tuesdays and Thursdays
 - Ages 5-8 (NOVICE/ < 3 years of experience) from 6:00 – 6:45 p.m. /Ages 8+ - 14 (EXPERIENCED) from 6:00 – 7:30 p.m.) in the High School Wrestling Room. Please enter through the Northwest Activity Entrance.

BURLINGTON WRESTLING CLUB

- FULL SEASON** Fee: \$75 per wrestler plus \$25 REFUNDABLE uniform deposit (Two Separate Checks) comes with registration to four area tournaments
- SHORT SEASON** Fee: \$45 per wrestler plus \$25 REFUNDABLE uniform deposit (Two Separate Checks)

NAME: _____ BIRTHDATE: _____

ADDRESS: _____

PHONE NUMBER: _____ EMAIL: _____

Consent to Participate

I, the undersigned, do hereby acknowledge that we are aware that in all sports, there is the potential for injury. Some accidents could conceivably result in injuries that are very serious and/or life threatening. We further acknowledge that the participant listed above is physically able to participate in youth wrestling program by the USD #244 Recreation Commission.

List any medical condition/concerns: _____

Parent/Guardian Signature

Date