

2008 Westside Wrestling Club Application:

Please Print Clearly

Name: _____

Address: _____

Home Phone #: _____

Age: _____ Grade: _____

School: _____

- Club T-Shirt with each completed club application.

T- Shirt Size: Circle One

Youth: S M L XL

Adult: S M L XL XXL

Make checks payable to: “Westside Wrestling Club”

Medical Information:

Insurance Company: _____

Contract Group #: _____

* I certify that my child has no injury or illness which could jeopardize their well being by participating in the wrestling activities of the Westside Wrestling Club.

I understand wrestling is a physical sport and as with any activity injury is always a possibility. I accept full responsibility and give the above mentioned (participant) my permission to participate in all club activities.

I release Greece Athena H.S., Greece Central School District, Westside Wrestling Club and representatives of the above mentioned from any liability in the event of injury regardless of the magnitude of injury.

Parent / Legal Guardian Signature:

Date: _____

Westside Wrestling Club



3 – STYLES:

- Folkstyle

- Freestyle

- Greco-Roman



Club Information:

- The club will meet Tuesday and Thursday evenings at Greece Athena High School (wrestling room).
- Club sessions will begin Thursday, 3/20/08, conclude 6/5/08.
- 2008 club sessions:
 - 6:00 pm – 7:00 pm (Grade 1 – 6)
 - 7:00 pm – 8:30 pm (Grade 7 – 12)
- Each club member will receive a “team issue” T-shirt with their 2008 club membership.
- Club fees; \$30.00 (Grade 1 – 6), \$60.00 (Grade 7 – 12)
 - * Make checks payable to: “Westside Wrestling Club”
- Parents / legal guardian are expected to attend all club practice sessions with their athletes (Grade 1 – 6).
- What to bring; sneakers / wrestling shoes, shorts / sweats, T-shirt / sweatshirt.
 - * Clothing should be comfortable and not restricting.
 - * Headgear are NOT mandatory but suggested for all participants.
- Club sessions (can) will include; warm-up, technique, conditioning and “live” wrestling sessions.
- At any time during your participation in the program you have questions, please see or contact the club director at your earliest convenience.

Club Goal & Objectives:

- To educate athletes in the concepts, technique and rules regarding the sport of amateur wrestling (3 – styles). Attention will always be focused on providing a safe environment for all participants. The program will provide athletes with the skill set to participate in wrestling competitions (Folkstyle, Freestyle, Greco-Roman).
- Note; participation in wrestling competition is NOT mandatory for participation in the club.

Location:

Greece Athena Senior High School
800 Long Pond Road, Rochester, NY

Club Contact:

Mike Rowntree: 585-225-3587
coachrowntree@yahoo.com

