

# PATRIOT WRESTLING CLUB

*"Building Champions in Wrestling, Family, School and Life"*



## Wrestling Teaches Life Skills

- CONFIDENCE
- DISCIPLINE
- STRENGTH
- SPEED
- BALANCE
- COURAGE
- TOUGHNESS
- LOYALTY
- PERSERVERANCE
- CHAMPIONS



**OUR CLUB:** Patriot Wrestling Club is a non-profit organization dedicated to youth wrestling. Our goal is to provide instruction in the fundamentals of wrestling for the beginner as well as improving the art and skill for those with prior wrestling experience. A strong emphasis is placed on health and exercise. We teach the three wrestling styles depending on the season: Folkstyle, Freestyle, and Greco.

**OUR COACHES:** Our coaching staff is USA certified, insured and each have elite level experience as both coaches and competitors.

**WE WORK HARD, WE PLAY HARD:** Every practice our wrestlers work hard for 60-90 minutes. Practice is fast paced and challenging as our coaches focus on teaching wrestling fundamentals, however expect practices to be fun and positive. We play lots of games including Slam Ball, King of the Mat, Bulldog, balance competitions, Sumo Wrestling and feats of strength and agility are routine at each practice. Our games reinforce the skills wrestlers are learning in practice as well as kinesthetic awareness and fundamental strength training.

**WE COMPETE:** Beginning in November there are local tournaments every Saturday until the State Tournament at the end of April. Beginner wrestlers are encouraged to attend at least four tournaments while Novice and Elite wrestlers are encouraged to attend all tournaments.

### Dates and Details

**Season Starts:** January 15th, 2018 - April 30, 2018

**Location:** Centennial High School Wrestling Room  
12400 W. McMillan Road, Boise, ID 83713

#### Costs:

Club Registration Costs (Includes T-Shirt):.....\$90.00

- Sibling discount available at Onsite Registration dates

USA Wrestling Membership Card:.....\$45.00

- Available at [www.usawmembership.com](http://www.usawmembership.com)

#### Weekly Practice Schedule:

**Beginners:** Monday and Wednesday 6:00pm-7:00pm

**Novice:** Monday and Wednesday 7:00pm-8:00pm

**Elite:** Tuesday and Thursday 6:00pm-7:30pm (Dec. 12th)  
Wednesday 6:00pm-7:00pm (Functional)

#### Contact Information:

**Website:** [www.patriotwrestling.org](http://www.patriotwrestling.org)

**Email:** [watson.jon@westada.org](mailto:watson.jon@westada.org)

**Mailing Address:** 5097 N Morninggale Way, Boise, ID 83713

### Registration Options

**Register Online:** [www.patriotwrestling.org](http://www.patriotwrestling.org)

- Click on the PWC REGISTRATION link and pre-register at our Trackwrestling 2018 Patriot Wrestling Club Registration page; Or
- Visit [trackwrestling.com](http://trackwrestling.com)\Events\Search Events\State held in: Idaho and Search. Find our 2018 Patriot Wrestling Club Registration link and click Pre-register on the far right.

**Early Onsite Registration:** A table will be set up in the Centennial HS Social Center during 3 CHS home wrestling duals...Come sign up and cheer on the CHS Patriots:

- December 6, 2017 - 6:00pm-7:00pm
- December 13, 2017 - 6:00pm-7:00pm
- February 7, 2018 - 6:00pm-7:00pm

**Onsite Registration:** A table will be set up outside the wrestling room during the first week of practice:

- January 15th, 2018 at 6:00pm

\*Sibling discounts only offered at Onsite Registration dates\*

# 2018 Patriot Wrestling Club Registration

## Wrestler Information #1:

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Birthdate: \_\_\_\_\_

Years Experience: \_\_\_\_\_ Weight: \_\_\_\_\_

T-Shirt Size (Circle One) :

YOUTH SIZE: YXS YSM YMED YLG YXLG

ADULT SIZE: SM MED LG XLG XXLG

## Wrestler Information #2:

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Birthdate: \_\_\_\_\_

Years Experience: \_\_\_\_\_ Weight: \_\_\_\_\_

T-Shirt Size (Circle One) :

YOUTH SIZE: YXS YSM YMED YLG YXLG

ADULT SIZE: SM MED LG XLG XXLG

## Parent or Guardian #1:

First and Last Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

Email Address: \_\_\_\_\_ Telephone: \_\_\_\_\_

## Parent or Guardian #2:

First and Last Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

Email Address: \_\_\_\_\_ Telephone: \_\_\_\_\_

**Sign Release and Waiver:** Please read this form carefully and be aware in registering your child for participation in our programs, you will be waiving and releasing all claims for injuries you or your minor child/ward might sustain arising out of our program or use of our facilities. I recognize and acknowledge that there are certain risks or physical injury participants in wrestling programs and agree to assume the full risk of any injuries, damages, or loss regardless of severity I or my minor child/ward may sustain as a result of participating in any and all activities connected with or associated with such program(s).

I agree to waive/relinquish all claims I or my minor child/ward may have as a result of participating in the programs against the Patriot Wrestling Club and its officers, agents, servants and employees. I do hereby fully discharge the Patriot wrestling club and its officers, agents, servants, and employees from any and all claims from injuries, damage, loss that I or my minor child/ward may have or that may accrue to me or my minor child/ward arising out of, connected with, or in any way associated with activities of the programs. I further agree to indemnify and hold harmless and fend the Patriot Wrestling Club and its officers, agents, servants, and employees from any and all claims resulting injuries, damages, and losses sustained by me and my minor child/ward arising out of connected with or in any way associated with the activities of the programs.

In the event of emergency, I authorize Patriot Wrestling officials to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed necessary for me or my minor child/ward's immediate care and agree that I will be responsible for payment of all medical services rendered.

PARENT or GUIARDIAN SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

## Payment Information:

- Register 1 Wrestler = \$90.00
  - Register 2 \*Sibling Wrestlers = \$150.00
  - Register 3 \*Sibling Wrestlers = \$200.00
- \*Sibling discount offered only at Onsite Registrations

## Payment Received:

- Check Amount & Check #: \_\_\_\_\_
- Cash Amount: \_\_\_\_\_
- Online Payment Invoice#: \_\_\_\_\_
- Other: \_\_\_\_\_