

Youth Wrestling 2020-2021



Parents' Name _____

Cell Phone: _____

Is it okay to text? Yes _____ No _____

Wrestler's Name _____

Age: _____ Grade _____ Years of Experience: _____

Shirt Size: _____

Cost is \$30 for the season

Checks can be made payable to Northwestern Wrestling.

Youth Wrestling

Sign-Ups

2020-2021

It's time for the Northwestern Youth Wrestling sign-ups. It's an exciting time to enroll your son or daughter in an activity that is better than any other for teaching discipline, hard work, and a healthy lifestyle. The sport of wrestling requires confidence, self-assurance, and mental toughness. It's a great activity and we will have a lot of fun working on exercising, core strength, and body control. This sport is great for all other activities in which children participate.

The sign-up and registration will be on Tuesday, November 10, 2020, from 6-7 pm in the wrestling room in the community field house by the football stadium. Anyone who cannot attend the registration should submit all paperwork to the elementary or high school secretaries, and they will forward all information appropriately. During the registration, Coach Meek will discuss the upcoming season and expectations.

We will start practicing for all 4th-6th graders from 6-7:30 on Tuesdays and Thursdays in the field house starting Tuesday, December 3, 2020, and we will run through March 7, 2021. 2nd and 3rd graders will start Tuesday, January 5, 2021, and practices will be from 6-7:30 pm on Tuesdays and Thursdays in the community field house. The few extra weeks with the older wrestlers will allow them to move more quickly when all ages are practicing together in January. I would like to limit participants to 2-6th graders. Those who start earlier and much more apt to be burned out and unwilling to wrestle in junior high and high school. Also, it allows practice to run more smoothly because the older wrestlers are able to listen and comprehend information better. Wrestlers need clean shoes and apparel without any zippers on them for practice. Water bottles, headgear, wrestling shoes, and knee pads are also recommended (We have some used equipment for use if needed).

Because of COVID-related issues, we will not have parents or siblings stay in the room for practices. All are more than welcome to stay in the hallway or weight room, but we are trying to limit the number of people gathering in our practice facilities. We also ask that if your child is not feeling well to keep him/her home. Please contact me with any questions: Joey Meek 330-641-9240.