

Cougar Mat Club Wrestling Sign-Up



Wrestlers and Parents,

Our first youth wrestling practice of the year will be **Monday, November 18th**. Practices will run as they have in the past with Grades K-2 on Monday nights and Grades 3-8 on Monday and Tuesday nights. Please go to the link provided and complete the form to register your child/children. Please complete 1 form per wrestler. If you are interested in helping with practices, you are welcome to stay when bringing your child.

Registration Form: <https://forms.gle/SJDqWkd1bJjZ7wFY8>

Practice schedule (Wrestling is for both boys and girls!!!)

Grades K,1,2 - Mondays 6-7

Grades 3,4,5,6 - Mondays 7-8 and Tuesdays 6:30-8

Cost: Payable the 1st night of practice

- \$25 per wrestler - Includes club shirt
- Optional singlet purchase/rental for an additional \$25. Will receive a custom club singlet for the season. Welcome to keep the club singlet at the conclusion of the season. Deposit will be returned for those returning singlets.

A Few Reminders:

- If school is dismissed early or canceled due to weather -no practice
- Shower after each practice at home. Come to practice with/in clean workout clothes. Wrestling shoes are not required but are encouraged. Some wrestling shoes are available in the wrestling room to borrow.
- Be on time and ready to practice/parents be on time for pick up please.
- Join us on Facebook for news/updates at AGWSR Cougar Mat Club

If you have any questions feel free to contact me at jabbas@agwsr.org