

MAT SHARKS WRESTLING CLUB

Ages: K-9th grade, boys/girls, beginner – advanced

Grades 10th-12th : can apply for intern coaching position, for volunteer hours & extra mat time

Where: Colgan HS auxiliary gym (back of school door #18)

When: M*W*F 6:30-8 pm (*schedule may shift to Thursdays on occasion to avoid conflict with school events*)

Season : October 15th - February 28th

Payment options:

- Daily cash admission \$15
- 10 practice punch card \$100
 - **siblings may share punch cards*
 - **no refunds for unused punches*
 - **punches expire at the end of the season*

Required: USAW membership card \$15 (*see website for specific instructions*)

Fees for optional open tournaments not included

Bring: water, head gear, mouthpiece (*if you wear braces*) W

Wear: t-shirt, shorts, wrestling shoes & deodorant

Mat Sharks Wrestling Club Registration

Name: _____

Age: _____ **DOB:** _____

Address:

_____ **City:** _____

Zip: _____ **Email:** _____

Contact # _____

USAW Card ID: _____

Expiration Date: _____

What school do you attend: _____

Grade: _____ **Years of wrestling experience** _____ **Weight:** _____

Have you ever been suspended, in school suspension or expelled for disciplinary reasons? Y N If yes, please

elaborate: _____

Have you been cleared by a pediatric physician to participate in athletics? Y N

Have you had any physical ailments, injuries or surgeries over the past year that we need to be aware of? Y N

Are you currently on medication of any kind? Y N

Have you been prescribed an epi pen or inhaler? Y N

Are you allergic to latex? Y N

If yes to any of the above, please elaborate:

EMERGENCY CONTACT NAME: _____

Contact # _____

I certify that the above registrant has my permission to participate with Mat Sharks Wrestling Club during the 2018-19 season at CHS. I certify that the above athlete has been cleared by a physician to participate in wrestling. I hereby am responsible for his/her behavior and for his/her participation. I will not hold Mat Shark Wrestling Club, CHS or any of their agents responsible or liable for any injuries or accidents during the season and I will be responsible for all damages to the school or private party caused by above entrant. Wrestlers removed from our club for disciplinary reasons will not receive a refund.

Athlete name (PRINT) : _____

Athlete signature: _____

Parent name (PRINT): _____

Parent signature: _____ Date: _____

MSWC Mission Statement

Mat Sharks Wrestling Club was started with the purpose to train intermediate and advanced youth wrestlers who desire to further their knowledge on the mat to prepare for MS, HS and open tournaments. This club is designed for wrestlers who desire to condition hard, focus, motivate each other, practice with intensity and make each other better wrestlers. We do not participate in the Federation or CAWL. We are a private operating foundation that will announce and attend variety of local and out of state tournaments as an option for wrestlers who want to compete.

MSWC Code of Conduct

- All wrestlers and parents must conduct themselves in a respectable manner at all times. Each individual must exhibit good citizenship and high moral conduct towards all athletes, other parents, coaches, spectators and officials.**
- Any varsity student athlete or adult wanting to volunteer is required to have a valid USAW Card to be on the mat with MSWC members.**
- Mat Sharks Wrestling Club will not tolerate any form of physical or verbal abuse or disrespect directed toward any athlete, coach, official or members of staff or tournaments. Removal from the premise or expulsion from the club will be the consequence for such conduct.**
- Wrestling is a contact sport; use your judgement with illness or injury**

➤ Stay home from practice if:

- You stayed home from school due to illness
- You have a fever or have had one within the past 24 hours
- You have vomited within the past 24 hours
- You are coughing up phlegm
- Your nose is continuously running
- You have strep throat/bronchitis: stay home until you have been on RX for 48 hours.
- You have a skin lesion (i.e., ringworm): needs to be brought to the attention of the coaches, covered, treated and if severe enough will require physicians clearance to return to practice.

- ➤ ·MSWC is not a babysitting club. Please pick up your athlete on time. Failure to do so may result in your dismissal from the club.
- ➤ ·Athletes that are a distraction or disruption to teaching/learning will be asked to leave. Athletes that inappropriately or recklessly wrestle/ toss others will be asked to leave.
- ➤ ·MSWC is not a boot camp for athletes with behavioral issues. If your athlete has had behavioral issues in school or athletics in the past, you are required to stay at practice to monitor your athlete.
- ➤ ·All parents/guardians and athletes must abide by these rules and must sign a code of conduct form.
- ➤ ·Personal hygiene is a must with wrestling. Please wear clean clothes, socks and deodorant to practice.

Athlete name (PRINT): _____

Athlete Signature: _____

Parent name (PRINT): _____

Athlete Signature: _____ Date: _____

