www.jeffersondragonwrestling.com/usa

Club Registration 2009-10

Athlete: _____ Age_____ DOB_____

Father's name _____

Phone _____ email_____

Mother's name_____

Phone_____ email_____

In case of Emergency: _____ Ph#_____

Year's wrestled_____ Approx weight _____

Each year we host a tournament in support of USA wrestling. It is the primary fundraiser for our Club. We encourage you to have your child participate, and ask you to help us volunteering. **Please initial the all appropriate items below**.

____ I will be available to help between 7:30 – 1:30 (morning session)

____ I will be available from 1:00 – 6:00 (afternoon session)

____ I will help set up Friday night

____ I will help clean and tear down following tournament

____ I will help with food items (all please check you will be contacted with specifics)

Please provide an email address above. Due to large numbers of participants email is our only way to contact all parents efficiently. Please check your email daily to ensure you receive any changes to schedules or practice times. If you change your email please let us know immediately so that there is no lapse in communication.

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Items to participate in Jefferson USA Wrestling

The following must be turned in prior to your child being able to participate.

1. USA Card ***
    a. Purchase your card at https://www.teamgeorgiawrestling.com/cards
2. Medical Waiver
    a. Attached
    b. Also available at www.jeffersondragonwrestling.com/usa
3. Club Registration Form (pages 1)
4. Club Fee $65.00/ child

PRACTICE TIMES 6:30-8:00 PM Mon & Thur

Proper attire

a. Any combination of T-shirt, shorts, sweat pants/ shirt
b. No jeans or clothing with exposed buttons, snaps or zippers
c. Wrestling shoes (socks are permitted until shoes can be obtained)
    i. Please see below for places to purchase
d. Head gear ***
e. Mouth guard For any child with braces ***

*** **Mandated at all USA tournaments** You should also have a copy of your child's Birth Certificate at any tournament to provide proof of age if questioned.

Wrestling Room RULES & advice 6:30-8:00 PM Mon & Thur

1. NO STREET SHOES BEYOND DOOR Rack is provided by main door
    a. This is to help keep the mats clean and aid in bacteria (ie: staff) prevention
2. No drinks (except water in sealable container) or food
3. No climbing or playing around rolled up mats
4. Please use the restroom before you arrive. There is none available in the wrestling room.
5. Please bring your child a water bottle. We will allow water breaks during practices.
6. No one is permitted in the main Gym except in emergency situations.
7. Bath immediately with antibacterial soap upon returning home. This will help limit the possibility of bacteria (ie: staff) and spreading them.
8. Parents of any child 6 or under must remain during practice. *Just in case.*

Additional information

Wrestling gear web sites these are only a sampling there are many others as well.

http://www.takedownshop.com/ Lawrenceville GA

http://www.usawrestlingproducts.com/

http://www.ccathletic.com/

http://www.sunflowerwrestling.com/index.cfm

Please direct all questions that may arise to jeffersondragonwrestling@gmail.com .