



CITY HIGH MATPAC REGISTRATION 2015-2016

Wrestler' Name: _____ Grade: _____ Age: _____

School: _____ Preferred Wrestling Group (Circle One) Beginner Advanced

Parent/Guardian(s) Name: _____

Address: _____ City: _____ Zip: _____

Phone: Home: _____ Cell: _____ / _____

Email(s) : _____ / _____

Wrestlers T-Shirt Size _____ Wrestlers Short Size (If you need new ones from last year) _____

I certify that the student named has my permission to participate in the City High MatPac Wrestling Club. In the event of injury, if I cannot be reached, I hereby give consent to the attending physician, trainer, and coaches to secure and administer medical aid if necessary. I understand that I am responsible for carrying health and/or accident insurance for this activity because insurance is not provided by the Iowa City School District or the MatPac Wrestling Club.

Signature of Parent/Guardian: _____ Date: _____

BRING TO PARENTS MEETING OR SEND FORM AND \$100 TO:

Joe Williams
PO BOX 851
North Liberty, IA 52317

PARENTS & WRESTLERS MEETING!!! We would like everyone to attend our parents/team meeting on **Tuesday, October 20th in the City High Commons.** We will have a soup dinner for the whole family and apparel orders from 6:00-6:30 pm. Parent meeting and registration from 6:30-7:15. If you have any questions about our program, please see www.littlehawkwrestling.com or contact: Coach Cory Connell connell.cory@iowacityschools.org or Coach Joe Williams— joe@williamstrainingacademy.com

****The first 2 weeks of practice is free to anyone interested in trying wrestling out to see if they like it.****

FIRST PRACTICES: EVERYONE will practice together for two weeks and then be split into groups. The first practice will be on Monday, November 2nd. Practice schedule for this period will be Monday, Tuesday and Thursday from 6:30pm-8:00pm. A new practice schedule will take effect on Monday, November 16 and be dependent on which group your athlete will practice with. See 2nd page for practice schedule starting November 16th to the end of the season.

SCHOLARSHIPS AVAILABLE: Contact Coach Cory Connell for scholarships to cover some or all registration costs.

CITY HIGH MATPAC WRESTLING CLUB 2015-2016 SEASON

Purpose: To promote the great sport of wrestling and to emphasize the fundamentals that will allow our wrestlers the opportunity to succeed. The skills that will be taught and developed in this club will be necessary for success at the elementary, junior high and high school levels. Be a part of one of the top youth wrestling programs in the Nation!

Who Can Join: Any interested student in grades Kindergarten through 8th grade. Size makes no difference in wrestling. Your opponents are the same weight and age as you. **EVERYONE GETS TO PARTICIPATE!**

Location: City High Wrestling Room, Iowa City High School.

Grouping:

WHITE: Designed for first year wrestlers and wrestlers who have limited experience on the mat. Basic fundamentals will be the focus as well as having a good experience and having fun.

RED: For the more experienced wrestler as well as for the wrestler that wants to develop skills to have success in competition.

BLACK: For experienced wrestlers wanting to compete for State and National Championships. Wrestlers will be chosen to this group.

Schedule for Groups Starting November 16th Through End of Season (Subject to Change)

- **White** – Monday's 6:30-7:15 and Thursday's 6:30-7
- **Red** – Monday's 6:30-8:30, Tuesday's 6:30-8:15, Thursday's 6:30-7:45
- **Black** – Monday's 6:30-8:30, Tuesday's 6:30-8:15, Thursday's 6:30-7:45, Friday's 6:15-7:15 AM

JUNIOR HIGH WRESTLERS: This year 7th-8th graders will have the option of attending the MatPac practices or the high school practices when they start on November 16th. This will help further your skills and make your transition to high school easier. Contact Coach Connell if you would like more information or have any questions.

Coaching Staff:

Joe Williams: 3X NCAA Champ, 4X All-American, 5th in Olympics, Won Bronze in the World Championships

Nate Barnes: 3rd place at the State Tournament on a State Championship team at City High.

Cory Connell: Will help coordinate the MatPac kids club, he was a NCAA National Runner-up, All-American, Iowa Coach of the Year in 2010

City High assistant coaches and current wrestlers will also be on hand at practices.

For any questions about MatPac Wrestling please contact

Coach Joe Williams at: joe@williamstrainingacademy.com or at 815-978-7636

Coach Cory Connell at: connell.cory@iowacityschools.org or at 319-321-9097

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 "@cityhighwrestle"

 "City High Wrestling"

 "cityhighwrestling"