



The Hammerin' Hawks Wrestling Club is a non-profit, parent-run organization dedicated to instructing participants in the basic concepts and techniques of wrestling. All children in grades Pre-K through 8th grade are welcome to join.

REGISTRATION DEADLINE IS OCT. 14, 2014

Please mail registration to:

HHWC

P.O. Box 9234

Cedar Rapids, IA 52404

All children whose registration forms and fees are returned by the deadline will receive a free t-shirt.

Information Night will be held in the Prairie High School study hall at 6:30 pm on Monday, September 22, 2014. Board members and club coaches will be present to discuss the upcoming season and answer questions. There is information on the back side of this form outlining apparel orders, practice dates, times and locations as well as a breakdown of expectation of each practice group.

REGISTRATION IS \$95
• Club registration for one child
• FREE Hammerin Hawks t-shirt
• State registration reimbursement

If you qualify for reduced or free lunches please contact Abbie Kelley for reduced price registration.

If you have any questions, please email Abbie Kelley at secretary@hammerinhawks.com or visit our website at www.hammerinhawks.com or like our Facebook page Hammerin Hawks Wrestling Club.

-----detach here-----

Wrestler's Name _____ Date of Birth _____

Family Email Address _____ Years of Experience _____

(In an effort to control overhead costs, newsletters and other announcements will be emailed and/or put on the website)

School _____ Grade _____ Parent(s) Name(s) _____

Home Phone _____ Alternate or Cell Phone # _____

I Do Do not accept text messages

Child t-shirt size (please circle): YS YM YL AS AM AL AXL AXXL

I Do Do Not give permission for my child's photo or likeness to be used and or posted on the club website by the HHWC.

Yes No I am willing to help with the Hammerin Hawks Christmas Classic on Sunday December 14, 2014.

I understand that accidents may occur in athletic activities even though normal, acceptable safety precautions have been taken. My child has my permission to participate in the Hammerin' Hawks Wrestling Club. I also understand all wrestlers are responsible for their own insurance. I also understand that College Community School District, the Hammerin' Hawks Wrestling Club and Coaching staff shall not be held liable for any personal injuries sustained by my child while participating in the Hammerin' Hawks Wrestling Club. I also understand that my child and I will both follow appropriate conduct according to the Hammerin' Hawk Wrestling Club guidelines.

Signature :

Date:

Apparel:

ALL apparel this year will be placed via the Ironside Apparel website (www.ironside-apparel.com) using the Hammerin Hawks Store. **The store will be open from October 1, 2014-October 22, 2014;** where purchases can be made with a credit/debit card. If paying by cash or check, you will need to stop by Ironside Apparel at 240 Prospect Place SW, Cedar Rapids. The store will have singlets, warm-ups, gear bags, shirts, shorts, hats and more for kids and adults. Once the store closes on the October 22,2014, apparel will not be available for purchase until January 2015. Expected delivery date will be Tuesday, November 18, 2014.

Beginners/Intermediate:

Our primary focus for this group will be to introduce the kids to the sport, build a solid foundation of understanding the basic moves and to have some fun in doing so along the way. Wrestlers in this group are in their first three years of wrestling, understand the basic concepts of wrestling and are ready to take part in some more competition, but not necessarily at the state or regional levels. This group will focus on technique and basic drills with a repetition style.

Wrestling shoes and/or singlet are not required; however, clean gym shoes with shorts and shirts with no zippers, buckles, buttons or straps will be required for a wrestler to practice.

Intermediate/Advanced:

This group is for wrestlers who either have been involved in state and regional competition or are ready to do so. Wrestlers who wish to continue on to the AAU District and State Tournaments will transfer to the Advanced group for the remainder of the season. The Advanced group is only for the very serious and committed wrestler. These practices are high-intensity, fast-paced and difficult. Wrestlers in the Advanced group must be authorized by a club coach to be involved.

Practice Schedule: Start Monday 10/13/14 for advanced room and Tuesday 10/14/14 for beginner room

<u>Day</u>	<u>Times</u>	<u>Skill Group</u>	<u>Practice Location</u>
Monday:	6:30–8:30 PM	Advanced	High School Practice Room
Tuesday:	6:30-7:30 PM	Beginners	Prairie Point Practice Room
	6:30-8:30 PM	Intermediate and Advanced	High School Practice Room
Thursday:	6:30-7:30 PM	Beginners	Prairie Point Practice Room
	6:30-8:30 PM	Intermediate and Advanced	High School Practice Room

If there is a scheduled no school day or if school lets out early or cancels because of bad weather there will not be practices. Other practice changes will be communicated by email, listed on the website, or on the club Facebook page.

Prairie Point activity directors request that the elevator not be used unless there is a handicap; and the siblings of the wrestlers be with their parent's/family members at all times. Let's respect their request so we can continue to practice in their building. Thanks