



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. Season runs from Oct. to March/April.

REGISTRATION DEADLINE IS NOV. 20th PRACTICE HAS STARTED SO JOIN US IN THE POINT WRESTLING ROOM.

Please mail registration and fee of **\$105.00** to:

HHWC

2709 Dawn Ave SW

Cedar Rapids, IA 52404

OR BRING REGISTRATION TO PRACTICE!

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

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](#).

Practice Schedule: Start Monday 10/19/15 for advanced room and Tuesday 10/20/15 for beginner room

| Day | Times | Skill Group | Practice Location |
|-----------|--------------|---------------------------|-----------------------------|
| 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.

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 13, 2015.

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:

