

## Registration Form 2016-2017 Season



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 - 8<sup>th</sup> grade are welcome to join.

**Please bring completed registration form with fees to parent meeting, or practice. Or, you may mail registration and fees to:**

HHWC  
6408 Palmetto Circle SW  
Cedar Rapids, IA 52404

**REGISTRATION DEADLINE IS THURS. OCT 27<sup>TH</sup>.  
Cost for the year is \$115. (Make checks payable to HHWC)**

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

Parent Meetings:			
Day	Time	Skill Group	Meeting Location
Tuesday October 18 <sup>th</sup>	6:30 PM	Beginners	High School Study Hall
Monday October 24 <sup>th</sup>	6:30 PM	Intermediate and Advanced	High School Wrestling Room
<b>Practice Schedule Begins Tuesday 10/25/16 for ALL skill groups!!!</b>			
Day	Times	Skill Group	Practice Location
Monday	7:00-8:30 PM	Advanced	High School Wrestling Room
Tuesday	6:00-7:00 PM	Beginners	High School Wrestling Room
	7:00-8:30 PM	Intermediate and Advanced	
Thursday	6:00-7:00 PM	Beginners	High School Wrestling Room
	7:00-8:30 PM	Intermediate and Advanced	

**Wrestler's Name** \_\_\_\_\_ **Date of Birth** \_\_\_\_\_ **Years of Experience** \_\_\_\_\_

**Email Address(es)\*** \_\_\_\_\_

\*please provide an email for all parents, to ensure communication is received\*  
(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.

**All parents are expected to volunteer for the Hammerin' Hawks Christmas Classic on Sunday December 18<sup>th</sup> 2016.**

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:** \_\_\_\_\_

# Parent Conduct Contract

## 2016-2017 Season

Hammerin Hawks Wrestling Club believes that the essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: Trustworthiness, Respect, Responsibility, Fairness, Caring, and Good Citizenship. The highest potential of sports is achieved when competition reflects these “six pillars of character”.

I therefore agree that...

- I will not force my child to participate in wrestling.
- I will remember that children participate to have fun and that the sport is for youth not adults.
- I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
- I will learn the rules of wrestling and the policies of the Hammering Hawks Wrestling Club.
- I will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy and by demonstrating positive support for all wrestlers, coaches, officials and spectators at every practice, tournament or other event.
- I will not engage in any kind of unsportsmanlike conduct with any official, coach, athlete or parent such as booing and taunting, refusing to shake hands or using profane language or gestures at any time.
- I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
- I will teach my child to obey the rules and to resolve conflicts without resorting to hostility or violence.
- I will demand that my child treat other wrestlers, coaches, officials and spectators with respect regardless of race, creed, color, gender or ability.
- I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a match or his/her performance.
- I will praise my child for competing fairly and trying hard and make my child feel like a winner every time.
- I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
- I will emphasize skill development at practices and how they benefit my child over winning.
- I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
- I will respect the officials and their authority during competition and will not confront coaches during a match.

Your Athlete(s) Name(s): \*

Parent or Guardian Name: \*

Date: \*

Right of Refusal: Hammerin Hawks Wrestling Club reserves the right to refuse participation in any event for any parent, coach, wrestler, or spectator. Each episode will be handled on a case by case basis. If these rules are violated at any time during the season Hammerin Hawks reserves the right to dismiss your child from the club

# HAMMERIN HAWKS

## WRESTLING ORDER FORM 2016/17



Singlet size chart:  
 XXXS: 40-55 lbs  
 XXS: 55-75 lbs  
 XS: 75-100 lbs  
 S: 100-130 lbs  
 M: 130-165 lbs  
 L: 165-200 lbs  
 XL: 200-235 lbs  
 XXL: 235+

Fight Short Sizing  
 YXS: 40-55 lbs  
 YS: 55-70 lbs  
 YM: 70-90 lbs  
 YL: 90-110 lbs  
 S: 110-140 lbs  
 M: 140-175 lbs  
 L: 175-210 lbs  
 XL: 210-245 lbs  
 XXL: 245+

(Add name optional)



Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Item	Color	Cost
Camo Hex T-Shirt	Black (YS - AXXXL)	\$15.00
Hooded Sweatshirt	Charcoal (YS - AXXXL)	\$35.00
Womans Triblend T-Shirt	Charcoal (S - AXXXL)	\$15.00
Fight Short	Blk/Org (YXS- XXXL)	\$50.00
Dri-fit Open bottom Sweatpants	Black (YS - XXXL)	\$28.00
Asics Gear Bag	Black	\$35.00
Sublimated 1/4 Zip	Blk/Org (YS - XXXL)	\$55.00
Sublimated Singlet	Blk/Org (XXXS - XXXL)	\$50.00



Item	Size	Qty	Cost

Add Name  
(on bag)  
 Add Name  
(on Singlet)

(+\$6)  
 (+\$5)

total

(Make Checks payable to Hammerin' Hawks Wrestling Club)