

## 2012 KNIGHT'S WRESTLING CLUB

The objective of the Knight's Wrestling Club is to give young wrestlers a chance to increase their wrestling knowledge. It also gives them experience to help them at the upcoming open tournament.

Wrestling Club is to learn and improve on wrestling techniques. Practices are two nights a week from 6:00-7:30 on Monday and Wednesday. Cost is \$25.00 and includes a t-shirt, use of club singlets and instruction.

**\*\*NOTE:** If school is cancelled or released early because of weather there will be NO CLUB that night.

**LOCATION: All Knight's Club practices are held at the OHS multi-purpose room**

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### 2012 ORION KNIGHT'S WRESTLING CLUB SIGN UP SHEET

Wrestler's Name \_\_\_\_\_ Grade \_\_\_\_\_ Age \_\_\_\_\_

Phone \_\_\_\_\_ Approximate Weight \_\_\_\_\_

Cost: \$25.00 (January-March) (two or more same family 2<sup>nd</sup> member would be \$15.00)

Make Checks Payable to: Orion Knight's Wrestling Club

T-shirt size: (circle one) Youth: S M L OR Adult: S M L XL

In case of emergency and you cannot be reached please call:

Name \_\_\_\_\_ Phone \_\_\_\_\_

Mail forms to Dan Diamond, Orion Middle School, PO Box 129, Orion, IL 61273

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Helpers Needed: I would be willing to help with the following during the year. (Check if interested):

\_\_\_\_\_ Coaching at practice \_\_\_\_\_ Coaching at tournaments \_\_\_\_\_ "Behind the Scenes" if needed

Items to bring: workout clothes and shoes (no street clothes or shoes)

Dates: **Knights Club**

JAN 4, 9, 11, 16, 18, 23, 25, 30

FEB 1, 6, 8, 13, 15, 20, 22, 27, 29

MAR 5, 7, 12, 14, 19, 21, 26, 28

APR 2 (Award's Program)

Please check the dates for practice. If you have any questions please call Dan Diamond (236-7006).

Orion's Open Tournament will be March 31, 2012. We will pass out other tournament forms at practices.

DD/WR1