



Iowa City West Trojan Youth Wrestling Club



YOUNG TROJAN'S WRESTLING CLUB

Dear Wrestlers and Parents,

Welcome to the 2010-2011 Iowa City West Trojan Wrestling Club. Our club has a tradition of producing national champions, national All-Americans, state champions, and state placers. Additionally, club members have established Iowa City West High School as one of the top wrestling programs in the state and the country. West High has been ranked nationally in the top 40 for five years in a row and The Trojan Wrestling Club has produced Individual National Champions each of the last six years, no other program in the country can make that claim. Our success over the years is a result of the dedication of club members and their families. We invite you and your child to become a part of this tradition by joining the **Young Trojan's Wrestling Club**.

The Young Trojan's Wrestling Club is designed to teach wrestling by providing developmentally appropriate opportunities through intelligently structured practices and a well balanced competitive schedule. The fundamental skills developed through participation in this club will lead to success in youth, junior high, and high school wrestling.

****Parent Orientation and Registration Meeting held at West High****

Tuesday Nov 30 @ 6:15; registration will be after the meeting.

Club Members: Kindergarten through 6th grade athletes with three or less years of competitive experience.

Club Membership Card: Each athlete will be issued a club membership card.

Club Tee-Shirt: Each athlete will be issued a club tee-shirt.

Club Location: Iowa City West HS wrestling room.

Club Practice Time: 6:15 - 7:15 pm.

Club Practice Days and Dates (11 total):

- December: Thurs 2nd, Tues 7th, and Thurs 16th
- January: Tues 4th, Tues 11th, Thurs 20th, Thurs 27th
- February: All on Thursday 3rd, 10th, 17th, and 24th

As a general rule, if school is cancelled or dismissed early for bad weather, there will not be practice.

Green and Gold Developmental Fun Day's:

- Saturday, December 11 from 9:30 am to 12:00 pm
- Saturday, January 15 from 9:30 am to 12:00 pm
- Saturday, February 5 from 9:30 am to 12:00 pm

Fun Day's are designed to provide the athletes and parents with an opportunity to experience a tournament within the friendly confines of the Iowa City West wrestling room. After weigh-ins the athletes will be paired for matches with other club member of similar weight and grade.

Club Fee: \$75.00 payable to "Trojan Wrestling Club".

Registration will be on Tuesday Nov 30 at 6:15 at West High. Club fee includes membership card, tee-shirt, clinic, practices, fun days, varsity dual meet admission, and awards night.

Iowa City West High Varsity Dual Meets:

Club membership card will allow free admission for the athlete to the following Iowa City West home dual meets.

- December 9 – City High
- January 6 – CR Jefferson / Dubuque Wahlert
- January 13 – CR Washington / CR Prairie (****Club Night**)

****Club Night** - Trojan Wrestling Club members will be recognized between Junior Varsity and Varsity meets. Club members should wear club tee-shirt for Club Night.

Tournaments: Young Trojan's are encouraged to wrestle in the following tournaments:

- **Regina Wrestling Tournament – usually Dec 19th**
12:00-5:00 pm @ Iowa City Regina High School.
- **Linn-Mar Developmental Tournament – Saturday**
January 9th 11-4pm @ Linn-Mar High School
- **Mount Vernon Developmental Tournament - Mid to late January** @ Mount Vernon High School.
- **Solon Wrestling Tournament – Late February** with a non-scoring k-2 division

AWARDS Night:

Tuesday March 1st from 6:15-7:15

Participation awards will be given to athletes that:

- Participate in 9 of 11 practice dates.
- Participate in 2 Green and Gold Developmental Fun Days.
- Attend 2 varsity meets.
- Compete in 2 tournaments.

If you have any questions, please contact Mike Colleran by phone (319-248-9812) or e-mail (colleran9@yahoo.com).

Mark Reiland
Club Advisor

Jeff McGinness
Club Coach

Jake Halvorsen
Club Coach

Mike Colleran
Club Coach and Club Director

Check out the West High Wrestling Home page at www.icwestwrestling.com.



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