



Iowa City West Trojan Youth Wrestling Club



YOUNG TROJAN'S WRESTLING CLUB

Dear Wrestlers and Parents,

Welcome to the 2011-2012 Iowa City West Trojan Wrestling Club. The Young Trojans Wrestling Club is designed for beginner and intermediate level wrestlers.

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 environment is designed to be a supportive, fun, and safe place for young wrestlers to develop their interest in wrestling. 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 8th @ 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 USA Wrestling Limited Folkstyle Card

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

Club Location: Iowa City West HS wrestling room.

Club Practice Time: 6:30 - 7:30 pm.

Club Practice Dates (always on Tues, 11 total)

- **November:** 15th, 29th
- **December:** 6th, 13th, 20th
- **January:** 3rd, 10th, 17th, 24th, 30th
- **February:** 7th, 14th (awards night)

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:

- **Fun Day #1** Saturday, December 3rd from 9:30-12:00
- **Fun Day #2** Saturday, December 17th from 9:30-12:00
- **Fun Day #3** Saturday, January 21st from 9:30-12:00

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: \$90.00 payable to "Trojan Wrestling Club". Registration will be on Tuesday Nov 8th at 6:15 at West High. Club fee includes USA Wrestling Limited Folkstyle membership card, tee-shirt, practices, fun days, 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.

- **Thurs Dec 15th** 5:30pm v Kennedy and Cedar Falls
- **Sat January 7th** 9am SE Polk, St James Academy, etc
- **Sat January 14th** 11am Apple Valley, Marmion, Oak Park River Forest
- **Thursday January 19th** 5:30 Waterloo West, Dub Hempstead (**Club Night)

****Club Night** - Trojan Wrestling Club members will be recognized between the 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:

- **Fun Day Tournaments 1, 2, and 3**
- **Linn-Mar Developmental Tournament** – Saturday December 18th Weigh-ins 11-noon @ Linn-Mar High School. Walk-ins only.
- ***Wild West Tournament** – Tuesday Dec 27th 2-8 pm @ ICW
- ***USA Regional Qualifier** – Sunday Jan 15th @ ICW (no K-2 division)
- **Mt Vernon** – Sunday Jan 30th Weigh-ins noon-1pm @Mt Vernon HS. Walk-ins only. K-2 non competitive
* more competitive and for the more experienced wrestler

AWARDS Night:

Tuesday February 14th from 6:30-7:15 in Wrestling Room Participation awards will be given to athletes that:

- Participate in 9 of 11 practice dates.
- Participate in 2 Green and Gold Developmental Fun Days.
- Compete in 2 tournament

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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