



Iowa City West Trojan Youth Wrestling Club



TROJAN WAR HAMMER - BEGINNER CLUB

Dear Wrestlers and Parents,

Welcome to the 2009-2010 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. Last season, West High finished second in both the Iowa State High School traditional and dual team tournaments. This marks the fifth consecutive year that West High has finished 1st or 2nd at these tournaments. Additionally, West High was ranked nationally in the top 40 for a fourth year in a row. Our team's success over the years is a result of the skills developed through the dedication of its members and the family atmosphere that is part of the Trojan Wrestling Club programs. We invite you and your child to become a part of this tradition by joining the **Trojan Wrestling Club's War Hammer - Beginner Club**.

The Trojan Wrestling Beginner 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.

Trojan Wrestling Club's War Hammer - Beginner Club program includes:

Club Members: Kindergarten through 6th grade athletes with two 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 High wrestling room.

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

Clinic Practice Dates: November 9, 10, 11 and 12.

Club Practice Dates: Tuesday nights.

- November 17 and 24.
- December 1, 8 and 15.
- January 5, 12, and 19.

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:

Saturday, November 14 from 9:30 am to 12:00 pm. The fun day will provide the athlete and parents an opportunity to experience a tournament within the friendly confines of the Iowa City West wrestling room. After weigh-ins, athletes will be paired for matches with other club member of similar weight and grade.

Club Fee: \$75.00 payable to "Trojan Wrestling Club". See form for available discounts. Club fee includes membership card, tee-shirt, clinic, practices, fun day, varsity dual meet admission, and recognition night. Mail completed form with check to: **Michael Colleran, 116 Washington Park Rd, Iowa City, IA 52245**

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

We look forward to seeing you,

Mark Reiland
Club Advisor

Mike Colleran
Club Director and Coach

Jake Halvorsen
Beginner Club Coach

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



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TROJAN WAR HAMMERS

Athlete 1 Information			Club		Beginner		Competitive Session 1		Competitive Session 2		
Name							Years of Experience				
Date of Birth			Grade				Weight (Approximate)				
Shirt Size	Youth S	Youth M	Youth L	Adult S	Adult M	Adult L	Adult XL				
Athlete 2 Information			Club		Beginner		Competitive Session 1		Competitive Session 2		
Name							Years of Experience				
Date of Birth			Grade				Weight (Approximate)				
Shirt Size	Youth S	Youth M	Youth L	Adult S	Adult M	Adult L	Adult XL				
Athlete 3 Information			Club		Beginner		Competitive Session 1		Competitive Session 2		
Name							Years of Experience				
Date of Birth			Grade				Weight (Approximate)				
Shirt Size	Youth S	Youth M	Youth L	Adult S	Adult M	Adult L	Adult XL				
Father's Information											
Name						E-Mail					
Address						Phone					
City			State						Zip		
Mother's Information											
Name						E-Mail					
Address						Phone					
City			State						Zip		
I give permission for my child to participate in the Trojan Youth Wrestling Club. I understand that Iowa City West High School and the Trojan Youth Wrestling Club are not responsible for any injury or loss of personal property occurring during this training.											
Athlete 1 Name						Parent/Guardian Signature					
Athlete 2 Name											
Athlete 3 Name											
Club Fees: \$75.00 for Beginner and \$65.00 / session for Competitive, payable to "Trojan Wrestling Club". .											
Multiple Athlete Discount: \$10 discount for second child and \$20 discount for third child.											
Multiple Session Discount: \$10 discount for registering simultaneously for Sessions 1 and 2.											
Mail completed form with check to Michael Colleran, 116 Washington Park Rd, Iowa City, IA 52245.											