



Iowa City West Trojan Youth Wrestling Club



TROJAN WAR HAMMER - COMPETITIVE 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 - Competitive Club**.

The Trojan Wrestling Competitive 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 - Competitive Club program includes:

Club Members: 2nd through 8th grade athletes with more than two 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.

Club Practice Time: 6:30 - 8:00 pm.

Club Practice Dates: Monday and Wednesday nights.

- Session 1:
 - October 19, 21, 26 and 28
 - November 2, 4, 16, 18, 23, and 30.
 - December 2, 7, 9, 14, 16, and 21.
- Session 2:
 - January 4, 6, 13, 18, 20, 25, and 27.
 - February 1, 3, 8, 10, 15, 17, and 22.
 - March 1 and 3.

An optional practice will be conducted on February 24 for those athletes not attending the Iowa High School Traditional Tournament. Additional training sessions will be scheduled in March for athletes competing in the AAU State and USA National Folkstyle tournaments.

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

Club Fee:

\$65.00 payable to "**Trojan Wrestling Club**". See form for available discounts. Club fee includes membership card, tee-shirt, practices, 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

Justin Swafford
Competitive Club Coach

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

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 3 - Cedar Rapids Jefferson
- December 10 - Waterloo West / North Scott
- January 14 - Cedar Rapids Kennedy (****Club Night**)
- January 28 - Dubuque Wahlert / Keokuk

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

Tournaments: Competitive club athletes are encouraged to wrestle in the following tournaments:

- **Wild West Wrestling Tournament** - December 28, 2:00-9:00 pm, @ Iowa City West High School.
- **USA Folkstyle Regional Tournaments** - Sites and dates vary.
- **AAU District Tournament** - March 13, 2010.

Club Singlet:

State place winners or National All-Americans will earn club singlet.

Club Recognition Night:

Participation awards will be given to athletes that:

- Participate in 24 Session 1 and 2 practices.
- Attend four varsity meets.
- Compete in Wild West Wrestling Tournament.
- Compete in USA Folkstyle Regional and AAU District Tournament.
- Compete in two additional tournaments.



Iowa City West Trojan Youth Wrestling Club



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		
<p>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.</p>											
Athlete 1 Name						Parent/Guardian Signature					
Athlete 2 Name											
Athlete 3 Name											
<p>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.</p>											
<p>Mail completed form with check to Michael Colleran, 116 Washington Park Rd, Iowa City, IA 52245.</p>											