



Iowa City West Trojan Youth Wrestling Club



Dear Wrestlers and Parents,

We hope you have been enjoying the beginner wrestling club. Our goal remains the same; create a safe environment for young athletes to learn the fundamentals of wrestling.

This week we will be having picture day on Wednesday, **November 5th**. We will be distributing the club t-shirts at the start of practice and taking the club picture some time shortly after the start of practice. The picture will be placed on the youth wrestling web page at www.icwestwrestling.com.

Next Monday, **November 10th** the competitive phase of the youth wrestling club will begin. The competitive club is designed to combine practice during the week and competition on weekends in a sincere attempt to help interested wrestlers improve and achieve success. Practices will continue to emphasize mastery of fundamentals skills and moves. Practices will be held on Monday and Wednesday nights from 6:30 pm to 8:00 pm in the West High Wrestling Room. Any beginning wrestler is welcome to join the competitive club; we ask that participants commit to being a part of the competitive schedule. The schedule for beginning competitors is as follows:

- **December 14:** Ultimate Warrior Kids Wrestling Tournament at Washington, Cedar Rapids.
- **December 21:** Iowa City Regina Wrestling Club Tournament at Regina, Iowa City.
- **December 27:** Wild West Wrestling Tournament at West High, Iowa City.
- **January 4:** City High Matpac Wrestling Tournament at City High, Iowa City.

The first night of the competitive club is going to be an open house with practice going from 6:30 pm to 8:00 pm. Please feel free to come by and participate. Competitive club registration forms will be available before and after the open house practice. Monday night's clinician will be former Hawkeye Luke Eustice; as a Hawkeye Luke was a national finalist. Luke will be the club clinician each Monday night throughout the competitive season.

Thank you for being a part of our beginner club,

The Trojan Youth Wrestling Club Coaches and Assistants



Iowa City West Trojan Youth Wrestling Club



NOVEMBER 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 BEGINNERS CLUB Practice ICW Wrestling Room 6:00 pm to 7:15 pm	4 BEGINNERS CLUB Practice ICW Wrestling Room 6:00 pm to 7:15 pm	5 BEGINNERS CLUB Practice ICW Wrestling Room 6:00 pm to 7:15 pm	6 BEGINNERS CLUB Practice ICW Wrestling Room 6:00 pm to 7:15 pm	7	8
9	10 WAR HAMMER CLUB Session 1 Practice ICW Wrestling Room 6:30 pm to 8:00 pm	11 NO SCHOOL	12 WAR HAMMER CLUB Session 1 Practice ICW Wrestling Room 6:30 pm to 8:00 pm	13	14	15
16	17 WAR HAMMER CLUB Session 1 Practice ICW Wrestling Room 6:30 pm to 8:00 pm	18	19 WAR HAMMER CLUB Session 1 Practice ICW Wrestling Room 6:30 pm to 8:00 pm	20	21	22
23	24 WAR HAMMER CLUB Session 1 Practice ICW Wrestling Room 6:30 pm to 8:00 pm	25	26 NO SCHOOL	27 THANKSGIVING	28	29

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



Iowa City West Trojan Youth Wrestling Club



DECEMBER 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1 WAR HAMMER CLUB Session 1 Practice ICW Wrestling Room 6:30 pm to 8:00 pm	2	3 WAR HAMMER CLUB Session 1 Practice ICW Wrestling Room 6:30 pm to 8:00 pm	4	5	6
7	8 WAR HAMMER CLUB Session 1 Practice ICW Wrestling Room 6:30 pm to 8:00 pm	9	10 WAR HAMMER CLUB Session 1 Practice ICW Wrestling Room 6:30 pm to 8:00 pm	11	12	13
14 WAR HAMMER CLUB Tournament C.R. Washington High Cedar Rapids, Iowa	15 WAR HAMMER CLUB Session 1 Practice ICW Wrestling Room 6:30 pm to 8:00 pm	16	17 WAR HAMMER CLUB Session 1 Practice ICW Wrestling Room 6:30 pm to 8:00 pm	18 HIGH SCHOOL MEET Linn-Mar & Fairfield 5:45 PM	19	20
21 WAR HAMMER CLUB Tournament Iowa City Regina Iowa City, Iowa	22	23	24 CHRISTMAS EVE	25 CHRISTMAS	26	27 WAR HAMMER CLUB Wild West Tourny Iowa City West Iowa City, Iowa Weigh-in: 7:00 am
28	29	30	31 NEW YEARS EVE			

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

WILD WEST WRESTLING TOURNAMENT

SATURDAY, DECEMBER 27, 2008
IOWA CITY WEST HIGH SCHOOL GYM
2901 MELROSE AVENUE, IOWA CITY

ENTRY FEE: \$12.00 with entry form, nonrefundable, received by December 20
\$15.00 at the door on December 27 Make checks payable to Wild West Wrestling
No Call-ins will be Accepted **Limited to 350 entries**
Walk-ins not accepted when entries reach 350

WEIGH-INS: 8:00 a.m. – 9:00 a.m.
Wrestling begins ASAP

WEIGHT CLASSES: Determined day of tournament

DIVISIONS: Pee-Wee: 1st & 2nd grade
Bantam: 3rd & 4th grade
Juniors: 5th & 6th grade
Novice: 7th & 8th grade

FORMAT: 4-man round robin

MATCHES: 3 one-minute periods

AWARDS: Medals to all four place winners

RULES: Iowa High School rules apply
No lockers will be provided
Anyone misbehaving will be sent home

ADMISSION: \$4.00 for adults \$2.00 for students **FOOD:** Concessions will be available

INSURANCE: Wrestlers must have their own insurance

MAIL ENTRY AND FEE TO:
Mark Reiland
1907 Kathlin Drive
Iowa City, IA 52246

QUESTIONS: Mark Reiland

319-358-7827 (Work)
trojanwrestling@mchsi.com

WILD WEST WRESTLING TOURNAMENT DECEMBER 27, 2008

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

WEIGHT: _____ GRADE: _____ RECORD: _____

Circle Division: Pee-Wee (1st & 2nd) Bantam (3rd & 4th) Juniors (5th & 6th) Novice (7th & 8th)

In consideration of your acceptance of this entry, I intending to be legally bound hereby for myself, my heirs, executors and administrators, waive and release the Wild West Wrestling Club, Iowa City West High School, Club West representatives, committees and members from any and all claims or regrets to damage for injuries or losses suffered by me directly or indirectly, in training or traveling to the Wild West Wrestling Tournament.

Participant's Signature

Parent/Guardian Signature