

Lake Stevens Freestyle Wrestling Club

Spring Session: February 21 through May 3rd.

First Practice will be on Thursday Night at 6:00

Practice Times: Middle School and High School: 6:30 to 8:00

Monday and Wednesday Nights

Grade School Wrestlers: 5:00 to 6:15 Monday and Wednesday Nights

Place: Lake Stevens High School Wrestling Room

Cost: \$125 (this does not include USA card or tournament fees)

General Information: Practices will take place twice a week to start, adding a third practice sometime after the first couple of weeks. We will have an estimated 30 practices during this session. Technique and practice will be geared toward the highest level athletes in the room and trying to get athletes ready for national level competition. Coach(s) will commit to attending State FS and Greco Tournaments, NW Regionals and Cadet World Team Trials but may not be at many of the local tournaments. Wrestlers must purchase a USA card prior to practicing which can be done on-line at

<http://www.washingtonstaterestling.com/>. We will be limiting the Junior/Cadet group to approximately 40 wrestlers.

Club contact Brent Barnes at brent_barnes@lkstevens.wednet.edu.

Release Statement

As a participant in the Lake Stevens Wrestling Club, I hereby agree that I will assume the risk of injury or death from participating in this wrestling program. I understand that there are injuries inherent to all sports related activities. Therefore, I release Lake Stevens School District and Lake Stevens Wrestling Club, it's employees, it's elected officials, agents, and volunteers and coaches from any liability resulting from my/or my family's participation in this sports club.

Wrestler _____ **USA Card #** _____

Parent/Guardian _____

Signature _____ **Telephone** _____