



VIKING WRESTLING CLUB

2009-2010 Registration Information

francishowellwrestling.com

The Viking Wrestling Club is an open enrollment, *non profit* club that exists to get kids interested and involved in the sport of wrestling. We strive to promote good sportsmanship, work ethic, and commitment for anyone that is currently in the 1st (or 6 years of age) through the 8th grade (must not turn 15 years old prior to January 1, 2010) who wish to learn the sport of wrestling.

Why Wrestle?

- 1) Promotes Self Confidence
- 2) Enhances Physical Development
- 3) Teaches Discipline and Self Control
- 4) Increases Body Awareness
- 5) Develops Strength and Leverage
- 6) Heightens Balance and Agility
- 7) Improves Speed & Reaction Time

Registration Date & Time Information:

Oct 20th & Oct 27th from 6:00 to 7:30 PM at Francis Howell HS Multi purpose room. If possible please complete the Wrestler Registration Information form prior to registration.

First Year Wrestlers are REQUIRED to bring a copy of their Birth Certificate at the time of registration.

Registration Fees:

The registration fee is \$125.00 for the first wrestler, \$100.00 for second wrestler and \$75.00 for each additional wrestler. Price Includes Competitors Cards, Team Shorts & T-shirt. You will need two (2) separate checks; (1) for the Registration Fee & (1) for singlet deposit. (Your deposit check of \$50.00 will be returned at the end of year when the singlet is returned)

Practices:

Practices will be held on Monday/ Tuesdays for all ages at the Francis Howell High School wrestling room from 6:00 to 7:30 pm. **(First Practice will be Monday 11/09/2009)**

Tournaments:

Tournaments for wrestlers are on a **pay as you go basis**, you can participate in as many or few tournaments as you choose to participate in. The cost for each tournament is usually between \$10 and \$15. Participants are grouped by age, weight and in some tournaments ability or how many years the participant has wrestled.

Contact Information:

For more information or to answer any questions that you may have regarding the Viking Wrestling Club please visit us on the web www.francishowellwrestling.com or contact: Kevin Stroh 314-374-7941