

Register for Panther Wrestling!

Registration Date: Monday November 6, 2017

Century High School Wrestling Room

Walk in anytime from 6:00 PM to 8:00 PM

www.rpwc.net



The Rochester Panthers Wrestling Club's mission is to provide an opportunity for young people to learn the sport of wrestling. We provide a wrestling development program to youth, Pre-K through 6th grade, who plan on attending Century High School. Our Goal as an organization is to:

- Foster good sportsmanship
- Give instruction in strong fundamental competitive wrestling skills
- Promote and develop a good competitive spirit
- Promote friendship and respect for others
- Have "FUN"!

Free Intro to Wrestling Session

This season we will again be offering an introductory session for those who are new to wrestling. This is a great opportunity for those that want see what wrestling is about. All wrestlers are encouraged to sign up for our regular season sessions after completion of the intro session.

- Tuesdays & Thursdays in the Century HS wrestling room
- November 7th, 9th, 14th & 16th, 6:00-7:00 PM
- Pre-K to 6th graders that are new to wrestling or are rusty and want to get back in!

Veteran club members free session

We ask that our veteran wrestlers to not come to the Free Intro Session above so we can focus on teaching them very basics to be our future wrestlers. We know everyone is excited and eager to get back on the mat so we are offering our veteran club wrestlers free sessions to get warmed up and be ready to go hard the first night of regular season.

- Tuesdays & Thursdays in the Century HS wrestling room
- November 7th, 9th, 14th & 16th, 7:00-8:00 PM
- K to 6th graders that have wrestled, are a little rusty, and want to get back in the groove!

Season Details *** New practice times ***

- **Beginners Sessions \$45.00**
 - 1st year wrestlers age 1st grade and below
 - Monday nights 6:00pm – 6:45pm
 - Practice will begin Monday December 4th
- **Intermediate wrestler session \$75.00**
 - K to 2nd grade with min. 1 year experience
 - Practice will be Tuesday and Thursday from 6:00 PM – 7:00 PM
 - Practice will begin Tuesday November 28th.
- **Advanced Wrestler session \$75.00**
 - 3rd – 6th grade with 3 year min. experience (exceptions can be made based on coaches recommendations)
 - Practice will be Tuesday and Thursday from 7:15 PM – 8:30 PM
 - Practice will begin Tuesday November 28th.
- **Advanced Technique: No cost for registered Youth**
 - Advanced Technique for those that wish to work in a more intense workout.
 - 3rd to 6th grade 6:45PM – 8:00 PM (exceptions can be made based on coaches recommendations)
 - Practice will begin Monday December 4th

We encourage all interested families to stop in and register on Registration night Monday November 7th. You may also complete the registration form, include the registration fee, and mail it to: Todd Heins, Rochester Panthers Wrestling Club, 1916 48th Str NE, Rochester MN, 55906.

A free Panther Wrestling T-Shirt will be handed out at registration. Any questions please contact Coach Todd Heins (507) 421-7581, by email at rpwc@outlook.com or log onto www.rpwc.net and click Contact Us.

Important dates

- Monday November 6th from 6-8pm is Pre-registration night at Century High School wrestling room. Walk-in anytime
- November 7th, 9th, 14th, and 16th from 6-7pm are free intro sessions and 7-8pm free warm up session for our veteran wrestlers at the Century High School wrestling room.
- Tuesday November 28th, Practice begins for Intermediate and Advanced wrestlers at the Century High School wrestling room.
- **Thursday November 30th is Picture Night.** Wear your Participation t-shirt you received at registration. Singlets will be available if you wish for your child to wear a singlet for individual pictures. **All wrestlers (beginner, intermediate, and advanced) should show up by 5:45 PM to line up to be in the group picture.** Youth individual pictures will follow the group picture.
- Monday December 4th Practice Begins for our *beginner* wrestlers at the Century High School wrestling room.
- Monday December 4th Advanced Technique practice for our more experienced wrestlers or wrestlers looking to be challenged begins.

Fundraising

We make every effort to keep our registration costs down and this year we are making an effort to eliminate fundraising by hosting tournaments for income. Parent volunteers are essential to making these tournaments run smoothly and generate income. We are asking all parents to put hold these dates on their calendar and help out if you are available. As in the past, our wrestlers will wrestle in our tournament at no cost.

- Sunday December 10th we will host an early-bird wrestling tournament.
- Sunday January 28th is our Panther Showdown tournament date.

Important update on practice gear

We **will** require our advanced group to wear head gear while they are on the mat. It is inexpensive to purchase for protection from cauliflower ear. There is no requirement on color or style, but we do recommend Navy Blue or Grey panther colors. This will be enforced the second week of practice.

We **will not** require head gear for our Beginners or Intermediate wrestlers but we do recommend that they wear it for protection.

Contact info

Parent's Name(s): _____

Primary E-mail _____

Alternate E-mail _____

Home Address: _____

Home Phone: _____

Wrestler's Name: _____ Yrs of Experience _____

Grade: _____ School: _____

Shirt Size: (circle) Youth: S M L Adult: S M L XL

Session: Free Intro _____ Beginner (\$45) _____ Experienced (\$75) _____ **Total \$** _____
(Monday Nights) (Tues/Thurs night)

Wrestler's Name: _____ Yrs of Experience _____

Grade: _____ School: _____

Shirt Size: (circle) Youth: S M L Adult: S M L XL

Session: Free Intro _____ Beginner (\$35) _____ Experienced (\$65) _____ **Total \$** _____
(Monday Nights) (Tues/Thurs night)

Wrestler's Name: _____ Yrs of Experience _____

Grade: _____ School: _____

Shirt Size: (circle) Youth: S M L Adult: S M L XL

Session: Free Intro _____ Beginner (\$35) _____ Experienced (\$65) _____ **Total \$** _____
(Monday Nights) (Tues/Thurs night)

ROCHESTER PANTHERS WRESTLING CLUB

ASSUMPTION OF RISK, WAIVER, RESEASE OF LIABILITY AND MEDICAL CONSENT

IN CONSIDERATION FOR the opportunity to participate in the events described below, the participant acknowledges, agrees and affirms the following:

1. The following words will have the meaning indicated:
 - a. "RPWC" – Rochester Panthers wrestling club, and it's board members and committees.
 - b. "events" – RPWC practices and tournaments.
 - c. "participant" – the individual who competes or is involved in the events, parents, legal guardians, and/or personal representatives.
 - d. "personal injury" – any bodily injury: permanent, temporary, total, or partial disability; paralysis; dismemberment; or death.
 - e. "property damage" – damage or destruction to participant's gear, equipment, or other personal property or belongings.
 - f. "medical treatment" – all emergency medical treatment, hospitalization or other care rendered to participant in connection with or resulting from participation in events.
 - g. "loss" – any and all liabilities, losses, damages and claims (reasonable costs and fees) which are suffered or result directly or indirectly from personal injury, property damage, and/or medical treatment to participant which are incurred or in the course of participation and/or preparation for an event.
2. Participant understands the risks of serious injury that may occur in the sport of wrestling in the preparation or participation of, which may involve risks, including personal injury.
3. Participant assumes all risks of loss and all legal/financial responsibility therefore.
4. Participant releases, waives claims and promises not to sure RPWC with respect to any loss incurred in connection with any event, except and loss which is the result of gross negligence and/or misconduct by RPWC.
5. Prior to participating in any event, the participant shall have the right to inspect the facility and/or equipment. If participant discovers and condition unsafe, participant will immediately advise RPWC of such condition and not participate as long as such conditions exists.

By signing this document, participant acknowledges having read and understood its meaning and contents.

Print Name of Participant _____ Age _____ Grade _____

Print Name of Participant _____ Age _____ Grade _____

Print Name of Participant _____ Age _____ Grade _____

Print name of Parent/guardian _____

Signature of Parent/guardian _____

Date _____

Name of Primary Insurance Company: _____

Family Physician: _____ Phone: _____

Medications? _____ if so, please list: _____

Drug allergies: _____

Special Medical Conditions: _____

Emergency Contact: _____ Phone: _____