



www.katyareawrestlingclub.com

August 2015

Dear Wrestler Parents:

The 2015-2016 youth Folkstyle Wrestling Season is about to get under way! We have a few changes this year and we are excited.

First Practices & Parents Meetings. Our first practice this season is September 29, 2015. All wrestlers (little wrestlers, beginners & advanced/open) are invited to attend this first practice. Please arrive a little early to turn in your application forms. We will also have a parent meeting 15 September 2015 at Cinco Ranch HS starting at 6 PM.

2015-2016 Local Tournament Schedule. New this year we have changed our program to be a competition focused club like the rest of the South Region wrestling clubs. For first year wrestlers, all tournaments are voluntary although highly encouraged (red shirt season). Competition will now be MANDATORY for all wrestlers in at least their second year of wrestling. These wrestlers shall compete in at least 4 or more local tournaments plus Houston Nationals. Local tournaments includes all Texas USA Wrestling sanctioned folkstyle wrestling tournaments held within the boundaries of the South Region of Texas (other region tournaments are acceptable alternatives). Failure to compete in such tournaments, may have his/her membership and privilege to participate with KAWC canceled.

2015-2016 Practice Schedule:

- Mondays, 6:30-8:30, at Tompkins High School ADVANCED ONLY – NO TOTS
- Tuesday and Thursday, Cinco Ranch High School. Tots (5 and under), Beginners (including Tots) and Intermediate will practice 5:30-7:00. Advanced will practice 6:30-8:30.

This year we plan on dividing practices into two groups: one group for Tots/Beginners/Intermediate and one group for Advanced, wrestlers with 4+ yrs. of experience. If wrestlers are in the Tot division (5 and under), practice will run an hour to an hour and fifteen minutes. This way we can have a more effective practice for beginners and advanced wrestlers. All scheduling subject to change.

Monday practices are only open to active competitors (No Tots). We encourage our wrestlers to compete at tournaments because it allows them to apply the technique that they learn in practice. Wrestling is a competition sport! Virtually every weekend there will be a local tournament. Over the last several years we have grown from a club that took 10 wrestlers to local events to the largest club in the South Region. Last season we regularly had more than 20+ kids competing in events on any given Saturday.

Head Coach David Newton and Dean Manibog will be working with the advanced group. This group is generally for 4th grade or older and with 4+ years experience. **On occasion a younger or less experienced wrestler may be allowed to practice with the advanced group (Participation with the Advanced Group is solely within the discretion of the Head Coach)**

To avoid distractions of our coaches and wrestlers during practice, starting October 12, 2015, practices will be closed to parents. However, the first Tuesday practice of each month will be designated as "Parents Night" so parents can see the progress of their wrestler. If a parent wants to volunteer to coach then they will be allowed into the practice and must assist with coaching all wrestlers in their child's group and not just their own child. Volunteer coaches must have an active USA Wrestling coaches card (must be provided for validation). We NEED volunteer coaches, so please see Kimberly Newton for details and paper work on becoming a coach.

Practice Attire. Wrestlers must wear shorts, t-shirts, and wrestling shoes to practice. T-shirts **must** be tucked in. All wrestlers will need wrestling shoes and head gear for practices. No zippers, buttons, pockets or other accessories are allowed on any wrestling attire **for the safety of our wrestlers.** We encourage you to get your wrestling shoes as soon as possible. Academy carries a good selection. If you have a Tot wrestler, Velcro-strap style wrestling shoes are worth the extra money.

We require all wrestlers to wear head gear during practice. This rule will not be enforced during first several practices to allow wrestlers the opportunity to buy head gear. A good place to buy head gear is Ken Chertow's Wear and Gear (www.wearandgear.com). The 'Tornado' style is recommended. Please mention in the comment section that you are with The Katy Area Youth Wrestling Club in Katy, Texas. Ken Chertow has donated money to our club in the past.

Volunteer Time. **Family support is critical in this program.** Our club is run by volunteers and we are in need of team directors and helpers at tournaments and events. Please be prepared to help out. **By registering your child, you agree to work at tournaments and events in which your child competes and at the Houston National and Bayou City Duals, regardless of whether your child competes at that event. Your failure to work at tournaments, as mandated above, may result in the termination of your wrestler's membership and privilege to participate with KAWC.** Contact Kimberly Newton with questions.

Other Sports. If your child is still finishing football, fall baseball or soccer; do not worry. We can work them in once that season is complete.

The bold documents must be completed in order to practice:

- a) **Registration Form**
- b) **Medical Authorization Form**
- c) **Release and Waiver (Katy Area Wrestling Club and Katy I.S.D.)**
- d) **USA Wrestling Medical Information and Waiver Forms**
- e) **Texas Age, Division, and Experience Level Certification (required for regionals and state)**
- f) Wrestling Rules
- g) Off Practice Workout
- h) Coaches Letter – Becoming a Coach
- i) Team Flyer to pass out to anyone interested

It is important to have all the forms completed, to have a copy of the birth certificate and all completed forms turned in and have the registration fee paid prior to the start of the season. They are necessary to obtain USAW Cards for the wrestlers. The USA Card must be in place for insurance purposes. K.I.S.D. mandates insurance to be able to use their facilities.

Please pass on this information to others who may be interested in wrestling! They may also check out our website www.katyareawrestlingclub.com or Facebook.

Sincerely,

Katy Area Wrestling Club



2015-2016 WRESTLING REGISTRATION FORM

PROGRAM IS SANCTIONED BY USA WRESTLING & OPEN TO BOYS AND GIRLS AGES 5 year old through Jr. High.

Wrestler's Name: _____ Age (on Aug. 31, 2015) _____

DOB ____/____/____ Weight: _____ Home Phone _____ - _____ - _____ Grade _____

Wrestling Experience (Month and year of first wrestling match of any style any location): _____

Address: _____ City _____ State _____ Zip _____

Email address (main e-mail) _____ (will be used for club communication)

Father: _____ Cell/Work # _____ - _____

Mother: _____ Cell/Work#. _____ - _____

School: _____

This is my wrestlers first year, and I understand that competing is voluntary during the 2015-2016 season. I understand that, if we join KAWC next year, competition will be mandatory. _____ Parents Initials.

This is at least my wrestler's second year of wrestling. I understand that competition is mandatory and that my wrestler shall compete in 4 or more local tournaments plus Houston Nationals. Local tournaments include all Texas USA Wrestling sanctioned folkstyle wrestling tournaments held within the boundaries of the South Region of Texas (other region tournaments are accepted as replacement). Failure or refusal to compete in such tournaments, may have his/her membership and privilege to participate with KAWC canceled without further notice.
_____ Parents Initials.

Note: Approximate registration cost is \$15 for each local tournament and \$35 registration cost for Houston Nationals.

NO REFUNDS WILL BE PROVIDED.

REGISTRATION INFO: Registration will take place September 15 (parent meeting also at 6 PM), and 16, 22 and 23, from 5:30PM – 7:30PM, at Cinco Ranch High School wrestling room. The cost is \$175. If you register after these dates, the cost is \$225. If you have questions, please e-mail Tommy Daniels, membership coordinator, at thomasrdaniels@katyisd.org. **Make checks payable to Katy Area Wrestling Club. Car decals will also be included with registration as long as supplies last.**

FUNDRAISING BOND: Our fundraising bond will be \$100 due at the time of registration. This bond will be returned to you when you have raised at least \$100 in either corporate sponsorship(s) or local community sponsorship(s). We will discuss the bond and sponsorships in further detail at the parent meeting.

Family support is very important in this program. Our club is run by volunteers and we are in need of team directors and helpers at tournaments and events. By registering your child you agree to work at tournaments and events in which your child competes and at the Houston National and Bayou City Duals, regardless of whether your child competes at that event. Your failure to work at tournaments, as mandated above, may result in the termination of your wrestler's membership and privilege to participate with KAWC. Also note that anyone who would like to help coach is welcome. See Kimberly Newton for more information.

I give permission for USA Wrestling or any of its affiliates to publish my child's name or picture on the internet.

Being the parent or guardian of the above named wrestler, I certify that the above information is true and correct and give approval to his/her participation in any and all of the activities of the above season. I assume all of the risks and hazards associated with club activities including transportation to and from the activities. I understand that it is recommended by The Katy Area Wrestling Club (KAWC) to have some type of hospitalization or medical insurance coverage. However, if I do not have insurance coverage, I do not consider it necessary or advisable for the wrestler to have such insurance in order to participate in any of the KAWC sponsored sports activities. I understand that my payment is strictly an enrollment fee. I certify that the date of birth and wrestling experience are correct. By registering the wrestler, I agree to work at wrestling events, as needed. I understand that falsification of any portion of this application may result in the wrestler being declared ineligible to participate. **A non-returnable copy of the birth certificate must be submitted with the application.**

_____ Date: _____

Parent/Guardian

If my child needs medical attention it is my wish that I be contacted before any medical procedures are taken, unless immediate treatment is necessary to save my child's life or to prevent further injury.

Signature of Parent or Guardian

Date



2015-2016 WRESTLING MEDICAL AUTHORIZATION

Wrestler Name: _____ Birthday: _____

Address: _____

Emergency Contact Name _____ Number _____

Other persons authorized to pick the Wrestler up from events and practices:

Name: _____

Wrestler's Health Problems (including allergies), if any: _____

Wrestler's Physician: _____

Health Insurance Information: _____

Authorization:

I hereby authorize any representative of The Katy Area Wrestling Club who presents this authorization, to secure emergency medical treatment for the Wrestler named above during the 2015-2016 Wrestling Season in the event of my absence and I agree to be responsible for paying for any services rendered by any provider of such treatment.

_____ Date: _____

Parent/Guardian

INDEMNITY, RELEASE AND WAIVER

_____, ("Wrestler") and _____ ("Parent or Guardian of Wrestler") (individually and collectively the "Releasing Parties") for valuable consideration, including the permission to participate in wrestling and club activities with the KATY AREA WRESTLING CLUB ("KAWC") and/or USA Wrestling, Inc.:

1. **Release, Waiver and Covenant Not to Sue.** Releasing Parties individually and on behalf of their heirs, executors, administrators, personal representatives, subrogees, successors and assigns **FULLY RELEASE, DISCHARGE, WAIVE and COVENANT NOT TO SUE** KAWC, United States of America Wrestling Association, Inc. ("USA Wrestling"), Texas USA Wrestling, Incorporated, Katy Independent School District, and their respective agents, employees, officers, directors, representatives, successors, assigns, affiliates, subsidiaries, members, and volunteers, as well as any and all participants, Head Coaches, assistant coaches, helpers, officials, sponsoring agencies, sponsors, advertisers, and lessors (collectively the "Released Parties") from any and all loss, injury, liability, claim, demand, cause of action, or damage to person or property (including, without limitation damages for personal injury, death, survival damages, disfigurement, disability, paralysis, mental anguish, and property damage), **whether existing now or arising in the future**, arising out of or related to a Releasing Parties' participation in, attendance at, preparation for, or traveling to or from any wrestling practices, tournaments, and other club activities, including loss or damages caused by the **SOLE OR PARTIAL NEGLIGENCE** of Released Parties (collectively the "Released Claims"). Releasing Parties agree that this release and the term Released Claims as used herein shall be construed as broadly as possible and include all legal or equitable claims, demands, and causes of action of any nature, whether arising in negligence, representation, premises liability, strict liability, contract, warranty, tort, or by statute or otherwise.

2. **Acknowledgement and Assumption of Risk.** Releasing Parties understand and acknowledge that wrestling activities and the sport wrestling in general have inherent risks and dangers that no amount of care, caution, training, instruction, supervision or expertise can eliminate. Each participant will be engaging in activities that involve risk of serious injury, including permanent, temporary, total or partial disability, disfigurement, paralysis, death and many other losses to person or property. Injuries or losses may result not only from Releasing Parties' own actions, inactions or negligence, but also from actions, inactions or negligence of others (notwithstanding the rules of play) or conditions of the premises or of any equipment used. Coaches, referees, officials, volunteers, participants and others at practices, tournaments, and other club activities are not trained medical doctors and may not be capable of administering emergency treatment in case of injury. Further, Releasing Parties acknowledge and fully understand that there may be other associated risks with such practices, tournaments, and other club activities, which are not known or not reasonably foreseeable at this time. Releasing Parties **assume all risks and liabilities** arising out of or related to attendance at or participation in practices, tournaments, and other club activities, including risk of personal injury, mental anguish, death, total or partial, temporary or permanent disfigurement, disability or paralysis, and any other losses, injury or damage to person or property.

3. **INDEMNITY, HOLD HARMLESS.** Releasing parties shall indemnify, defend and hold harmless the Released Parties from any and all claims, demands, causes of action, liabilities and damages arising out of or related to any Released Claim, including without limitation, claims, demands, causes of action, liabilities and damages **CAUSED OR ALLEGED TO BE CAUSED BY THE SOLE, CONCURRENT OR PARTIAL NEGLIGENCE OR OTHER ACTS OR OMISSIONS OF ANY OF THE RELEASED PARTIES.**

4. **Capacity of Parent or Guardian of Wrestler.** Parent or Guardian of Wrestler executes this Indemnity, Release, and Waiver individually, in the capacity of Parent or Guardian of Wrestler, and on behalf of and as the act of Wrestler.

5. **USA Wrestling Release Form.** To purchase a USA Wrestling, Inc. membership for your child, the KAWC must obtain your agreement and acknowledgment to the USA Wrestling, Inc. form Release Waiver, Assumption of Risk and Indemnity Agreement with Parental Consent which states as follows:

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT WITH PARENTAL CONSENT ("AGREEMENT")

IN CONSIDERATION of being permitted to participate in any way in any event ("Activity") at any time during the current calendar year I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of the Activity and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further agree and warrant that if, at any time, I believe the conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. FULLY UNDERSTAND that: (a) THIS ACTIVITY INVOLVES RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("Risks"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the conditions in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS or SOCIAL AND ECONOMIC LOSSES either not known to me or not readily

foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation ,or that of the minor, in the Activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the sanctioning organization(s), their administrators, directors, agents, officers, members, volunteers, and employees, other participants, officials, rescue personnel, sponsors, advertisers, owners and lessees of Premises on which the Activity is conducted, (each of the forgoing shall be considered one of the RELEASEES herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED, OR ALLEGED TO BE CAUSED, IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may be incurred as the result of such claim.

I ACKNOWLEDGE THAT I AM OVER THE AGE OF 18 YEARS, HAVE READ THIS AGREEMENT AND FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE, AND I INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Minor Release

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF THE ACTIVITY AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEE'S FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED, OR ALLEGED TO BE CAUSED, IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIMS AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR ANY COST THAT MAY OCCUR AS A RESULT OF ANY SUCH CLAIM.

By executing this release, you acknowledge that you have had sufficient opportunity to review the provisions of the above and understand its purpose, meaning and intent. You also authorize and instruct The KAWC to make the same acknowledgement on your behalf on USA Wrestling, Inc.'s website and other applicable forms and methods.

6 Understanding, Material Agreements, Termination and Governing Law. Releasing Parties acknowledge that they have fully read and understood this Indemnity, Release, and Waiver and execute the same of their own free will. Releasing Parties further acknowledge and agree that their promises and agreements contained in this Indemnity, Release, and Waiver are material to the Released Parties and that, without such promises and agreements, Wrestler would not be allowed to participate in the club's practices, tournaments, and other activities. This Indemnity, Release, and Waiver is perpetual and irrevocable. Any attempt to revoke or terminate this Indemnity, Release, and Waiver must be in writing and be delivered to Head Coach, David Newton. If Wrestler is under age eighteen (18), this Indemnity, Release, and Waiver is effective if executed solely by Wrestler's Parent or Guardian. If any part of this Indemnity, Release, and Waiver is deemed invalid, the remaining parts will remain fully enforceable. This Indemnity, Release, and Waiver is governed by the laws of the State of Texas (without regard for conflicts of laws). Venue for any dispute arising from or related to this Indemnity, Release, and Waiver or to any wrestling practices, tournaments of other activities of KAWC lies exclusively in Fort Bend County, Texas.

AGREED TO BY:

WRESTLER:

PARENT OR GUARDIAN OF WRESTLER

Signature

Date

Signature

Date

Printed Name

Printed Name

USA Wrestling Medical Information and Waiver Forms

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT WITH PARENTAL CONSENT ("AGREEMENT")

IN CONSIDERATION of being permitted to participate in any way in any event ("Activity") at any time during the current calendar year I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of the Activity and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further agree and warrant that if, at any time, I believe the conditions to be unsafe, I will immediately discontinue further participation in the Activity.
2. FULLY UNDERSTAND that: (a) THIS ACTIVITY INVOLVES RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("Risks"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the conditions in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS or SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation, or that of the minor, in the Activity.
3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the sanctioning organization(s), their administrators, directors, agents, officers, members, volunteers, and employees, other participants, officials, rescue personnel, sponsors, advertisers, owners and lessees of Premises on which the Activity is conducted, (each of the forgoing shall be considered one of the RELEASEES herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED, OR ALLEGED TO BE CAUSED, IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may be incurred as the result of such claim.

I ACKNOWLEDGE THAT I AM AGE 18 OR OLDER, HAVE READ THIS AGREEMENT AND FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE, AND I INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

PRINTED NAME OF PARTICIPANT: _____

PARTICIPANT'S SIGNATURE: _____

ADDRESS: _____
(Street) (City) (State) (Zip)

PHONE: _____ DATE: _____

MINOR RELEASE: (must be completed by Parent/Guardian for any participant under the age of 18)

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF THE ACTIVITY AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED, OR ALLEGED TO BE CAUSED, IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR ANY COST THAT MAY OCCUR AS A RESULT OF ANY SUCH CLAIM.

PRINTED NAME OF PARENT/GUARDIAN: _____

PARENT/GUARDIAN SIGNATURE (if participant is under the age of 18): _____

ADDRESS: _____
(Street) (City) (State) (Zip)

PHONE: _____ DATE: _____



Texas USA Wrestling

Age, Division, and Experience Level Certification

2015-2016

Wrestlers Name _____ Club: Katy Area Wrestling Club

Date of Birth _____ Age as of August 31, 2015 _____

Divison (Circle One)

- Tot (Ages 4-5 - Born September 1, 2009 to August 31, 2011)
- D1 (Ages 6-7 – Born September 1, 2007 to August 31, 2009)
- D2 (Ages 8-9 - Born September 1, 2005 to August 31, 2007)
- D3 (Ages 10-11 - Born September 1, 2003 to August 31, 2005)
- D4 (Ages 12-13 - Born September 1, 2001 to August 31, 2003)
- D5 (Ages 14-15 - Born September 1, 1999 to August 31, 2001)
- D6 (HS - Born before September 1, 1996 and enrolled in high school)

Experience Level (Circle one)

- Rookie 1st year wrestler; no wrestling match any style, anywhere, prior to March 15, 2015.
- Novice 2nd year wrestler; no wrestling match any style, anywhere, prior to March 15, 2014.
- Open 2+ year wrestler.

Note: "No wrestling match any style, anywhere" means the wrestler has not wrestled any wrestling match of any style including folkstyle, collegiate, freestyle, Greco Roman, or beach wrestling in any state or country. "wrestling match any style, anywhere" does not include practices where no matches are wrestled or other styles of martial arts such as jiu jitsu, submission grappling, sambo, Shuai jiao, tae kwon do, kung fu, karate, or other styles that include striking, kicking, punching or joint locking techniques.

I, _____, parent/guardian of the above named wrestler have provided the coach/administrator of the above named wrestling club with either a photocopy or certified copy of the birth certificate of the above named wrestler. I certify that it has not been altered in any way. I also certify that the experience level indicated above is accurate. I understand that falsification of any information on this form will result in disqualification of the above wrestler from participating in any activity with KAWC and Texas USA Wrestling for the remainder of the 2015-2016 season.

Parent/Guardian

Date

I, _____ coach/administrator of the above named wrestling club certify that I have received a copy of the above named wrestlers birth certificate and have verified that the birth date stated on this form is accurate. I also certify that I have discussed with the parent/guardian the experience level of the above referenced wrestler. I understand that falsification of any information on this form will result in disqualification from the above wrestler participating in any activity with Texas USA Wrestling for the remainder of the 2015-2016 season.

Coach/Administrator

Date



Wrestling Rules

1. **Good Grades and Good Behavior At School is Mandatory** – Wrestling is a luxury. School performance is a requirement.
2. **Excellence And Hard Work Is Required At Practice** – Practice is not supposed to be fun – It is to make us better wrestlers. The fun comes when we are successful at tournaments.
3. **Drilling Is Required** – We only get better through drilling thousands of reps, which is the most important part of becoming a successful wrestler
4. **Treat Coaches With Highest Respect** – Answers should always be “Yes Sir,” and no talking back. You should also treat your parents with the same respect.
5. **No Talking During Practice** – No talking during drilling or during coaching class room at all. If you have questions raise your hand, and ask a coach to help you.
6. **Proper Attire Required At All Times** – Shirts tucked in and no buttons, zippers, or pockets. Head gear required for all drilling and live wrestling.
7. **Wrestling Shoes Only On The Mats** – Wrestling shoes should never be worn outside. Outdoor shoes should never be worn on the mats. Outdoor shoes on mats spread diseases.
8. **No Crying** – If you are crying, then we will assume you must be hurt or injured. If you are hurt or injured, then you must sit out.
9. **Be At Practice And Ready 10 Minutes Early** – Must have shoes on and be ready for practice.
10. **Water Is Only When Coaches Allow** – Can never leave the room or take water, unless the coaches release you to have water. You must bring your own water bottles to practice.
11. **Use Restroom Before Practice** – If you use restroom during practice, you will have an extra workout after practice.
12. **Do Off-Practice Workout** – You must complete the off-practice workout every night that you don’t have wrestling practice or a tournament. This includes the weekends!
13. **No Fighting** – No punching, kicking, or biting EVER!!! (your privilege to participate will be terminated!)
14. **No Horseplay** - Practice is to make us better wrestlers. Games at end of practice must be earned.
15. **Stay Off Equipment** – You are only allowed to be on the equipment when told to by your coaches.
16. **Basketball Court-** The basketball court is off limits. We are very privileged to use the high school wrestling rooms.

NOTE: Not complying with the above rules will result in special workouts for the individual or the entire team!

Parent signature _____ Wrestler _____



Off Practice Workout

Your wrestler should perform this routine every day that they do not have practice including weekends.

- 100 Bouncing Lunges – Alternating legs, don't let knee touch ground but come close
- 100 Push Up – Keep body straight and head up
- 100 Sit Ups – Hands under chin and not behind head, keep chin up
- 100 Jump Squats – Head up, hands reach to ceiling, head up, jump high
- 100 Pull Ups – Can be assisted with partner hold up feet, or use bands under legs
- 100 Wrestling Burpees – When go down keep head and chest up and arch back
- 100 Hip Heists – Do ten one direction and then ten the opposite direction

Note: Recommend your wrestler does 20 of each exercise in each set with 5 total sets to get to 100 for each. This workout should take around 30 minutes and there should be no rest between each exercise or each set.



Coaches Letter – How to Become a Coach

2015-2016 Season

Coaches,

Introduction

I hope all of you will be coaching with The Katy Area Wrestling Club this year. For those that were with us last year, THANK YOU. I was very lucky to have your help. With your assistance we can make Katy Area Wrestling Club a powerhouse among Texas wrestling clubs.

Last year, about 85 wrestlers signed up for the Club. The first year with The Ranch Wrestling Club, we only had about 50. That first year, of those 50 **only about ten (10) had ever set foot on a wrestling mat before**. Each year we have more returning wrestlers and I hope to have a lot more returning wrestlers this year. Additionally, I have been receiving inquiries all summer about our program, many of whom plan to join. Finally, I hope to do some advertising/recruiting to bring in new wrestlers.

I look forward to seeing all of you again or for the first time. Discussed below are some additional details.

2015-2016 Practice Schedule

2015-2016 Folkstyle season practice begins at Cinco Ranch High School on Tuesday September 29, 2015. All wrestlers should attend the first practice at Cinco Ranch High School. Thereafter, practices will occur at both locations every Monday, Tuesday, and Thursday nights. Practice times are being finalized.

- Mondays, 6:30-8:30, Tompkins High School **COMPETITORS ONLY – NO TOTS**
- Tuesday and Thursday, Cinco Ranch High School. Tots (5 and under), Beginners and Intermediates will practice 5:30-7:00. Advanced will practice 6:30-8:30. All scheduling is subject to change

David Newton is the club's head coach and will primarily run the Advanced group along with Coach Dean Manibog. This group is generally 4th grade or older, 4+ years of experience, and the willingness to commit. On occasion a younger or less experienced wrestler may be allowed to practice with the advanced group (Head Coach's Discretion on Advanced group attendance).

This year we plan on dividing practices into groups. There will be a regular rotation of coaches to work the little guys and beginners group. This way we can hopefully have more effective practices for beginners and advanced wrestlers.

Our curriculum is based on the Purler Wrestling Academy program. Each coach will get a copy of the beginner's core technique list and descriptions.

Becoming a Coach

Becoming a USA Coach is a three (3) step process. First, you must pass a background check. Background checks are good for two (2) years. Second, you become at least Copper Certified. This is a level of coach's education. There are also Bronze and Silver levels if you want to further your education. Third, you must become a USA Member as a Coach. These "Coach's Cards" are good for only one year. They expire every August 31st.

Because of the background check process, I am asking that, if you want to help coach this year, each of you (i) obtain your background check and, upon passing the background check, (ii) take the Coach's Copper Course, and obtain a Copper Card (if you do not already have one) and (iii) purchase your USA Coach's Card (USA coach's membership) for the 2015-2016 season. If you are an active and regular coach, the Club may reimburse you for the background check (~\$17.00) and the 2015-2016 USA Coach's Card (~\$45.00). This requires more than merely being a coach for your kids. **It is the Head Coach's sole discretion whether to reimburse you.**

Mandatory Background Checks. USA Wrestling requires background checks for all coaches. Those checks are good for two (2) years. Accordingly, you may need to be re-checked. The process involves the applicant/coach submitting information (name, address, social security number, past addresses, prior convictions, etc.) to a screening company: TC logiQ, Inc. TC logiQ, Inc. conducts the background check and then notifies USA Wrestling whether the applicant passed the screening process by meeting USA Wrestling's

criteria. In this manner, the applicant's personal information is kept confidential (neither I nor any other coaches learn about any convictions, etc.). I will only learn that an applicant "passed" if, in fact, they pass. If they do not pass, they cannot be a coach, and I must keep them off of the mat.

According to the USA Website, the following disqualifies a person from being a coach:

"Conviction of, imposition of a deferred sentence for, or any plea of guilty or no contest at any time, past or present, or the existence of any pending charges, for (i) any crime involving sexual misconduct, (ii) any crimes of abuse against children, (iii) any crimes involving firearms, and (iv) any offense involving distribution or intent to distribute illegal drugs or substances, (v) felonious assaults or batteries."

"Any requirement to register as a sex offender of any type."

To obtain the background check, go to the www.Themat.com and go to the Membership Section. Then follow the link to Join USA Wrestling or Renew Membership. The website is pretty self-explanatory and will take you through becoming a Coach or renewing a Coach membership. Renewing coaches need to log in using your last year's USA Coach's ID. If you need that number, let me know. Once you log in, follow the links to perform the background check. It will take you to the TC logiQ website (which is connected to the USA Website). Complete the TC LogiQ process. Once you have been "approved" you can then go back into the USA Website and purchase the USA Coach's Card (membership). **Be certain to affiliate with The Katy Area Wrestling Club, as part of the South Region of Texas USA Wrestling. It affects our voting and other issues in the South Region.**

The background check process is pretty simple. I obtained my "approval" within a couple of hours. However, according to the TC logiQ website, the background check and approval process could take two weeks. Accordingly, please start the process as soon as you can to avoid any delays.

While you complete the process, save copies of: (i) receipt of for background check expense; (ii) notice of approval once you have passed the background check; (iii) receipt for purchase of the coaches card/membership; and (iv) coach's card. Send copies of these things to me, and you may be reimbursed.

USA Coach's Card (Copper Card). You may get your Copper Card online. Go to www.themat.com. Click the coach's corner link. On the right hand side, you should see Online Copper Certification. That link should take you to: http://www.asep.com/asep_content/org/USAW.cfm. At the bottom of the page you will see:

Click and follow the "Online Course with Print Materials. Follow instructions.

USA Coach's Membership (2015-2016 Season). Once you have a current background check and have a Copper Card or better, go back to www.themat.com and then go to the Membership page. On the left hand side click the Join USA Wrestling or Renew Membership (whichever is applicable) and follow the instructions. Remember; **be certain to affiliate with The Katy Area Wrestling Club, as part of the South Region of Texas USA Wrestling. It affects our voting and other issues in the South Region.**

Coach's Wrestling Resume

We would like a "wrestling" resume from each of you. It may be a very brief description of your wrestling experience. I want to try to get it posted on the website along with your picture. We can take some pictures the first night you make it to practice. You all have some great experience. I need to advertise it! Please prepare a brief wrestling resume, and send it to me.

Marketing/Recruiting

We plan several marketing/recruiting efforts this year. Any help you could give would be appreciated.

Second, if your wrestler(s) are on a baseball, football, volleyball or soccer team, please pass out the information about the club to the other team members. If you have an e-mail list for a team, please send it to me. I will send information about the Club.

I hope everyone is looking forward to fun battles on the wrestling mat this year!

Katy Area Wrestling Club Coaches