



[www.katyareawrestlingclub.com](http://www.katyareawrestlingclub.com)

September 2019

Dear Wrestler Parents:

The 2019-2020 youth Folkstyle Wrestling Season is about to get under way!

First Practices & Parents Meetings. We will have a mandatory parent informational meeting September 9 at Cinco Ranch HS starting at 6 PM. Our first practice this season is September 10, 2019 at Katy High School. All wrestlers (little wrestlers, beginners & advanced/open) are invited to attend this first practice.

2019-2020 Local Tournament Schedule. Our program is a competition focused club. For first year wrestlers, all tournaments are voluntary although highly encouraged (red shirt season). Competition is MANDATORY for all wrestlers in at least their second year of wrestling, with the exception of females. These wrestlers shall compete in at least 5 or more local tournaments, Houston Nationals, Heart of Texas and the State Tournament. 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.

2019-2020 Practice Schedule:

- Mondays, 6:30-8:30, at Cinco Ranch High School Advanced WRESTLERS ONLY –others by invite only
- Tuesday and Thursday, Katy High School. Tots (5 and under), Level I-II will practice 6:00-7:30. Level III, Advanced, will practice 6:30-8:30.

We will continue to divide practices into groups: Tots, Level I, Level II, and Level III, 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 Level III wrestlers or by invite (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.

To avoid distractions of our coaches and wrestlers during practice, starting September 23, 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 and must have taken Safesport. Both must be provided for validation.

Practice Attire. Wrestlers must wear headgear, shorts, t-shirts, and wrestling shoes to practice. T-shirts **must** be tucked in. 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.** You can purchase at Academy or online. We recommend Cliff Keen headgear.

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 the State Tournament, 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 Shira Harper with questions.

Other Sports. If your child is still finishing football, fall baseball or soccer; do not worry. We will 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](http://www.katyareawrestlingclub.com) or Facebook.

Sincerely,  
Katy Area Wrestling Club



## 2019-2020 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, 2019) \_\_\_\_\_  
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 or my wrestler is female, and I understand that competing is voluntary during the 2019-2020 season. I understand that, if we join KAWC next year, competition will be mandatory with the exception of female wrestlers. \_\_\_\_\_ 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 5 or more local tournaments, Heart of Texas, Houston Nationals and State. 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 at Cinco Ranch High School on September 3, 4, 5 from 5:30 PM – 7:00PM. Parent meeting will be September 9 at Cinco Ranch HS at 6 PM. The cost is \$300 + \$100 refundable bond. If you register after these dates, the cost is \$350 + \$100 refundable bond.** If you have questions, please text Michelle Daniels, 832-287-3527 or Head Coach, Tommy Daniels, 281-773-4875. We will accept check, cash, and cards. ***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.**

### REMAINING THIS YEAR

- Female wrestlers are not required to compete regardless of the number of years of wrestling. We want to grow female wrestling and do not want to mandate female wrestlers to compete against male wrestlers at tournaments. However, they are highly encouraged to compete.
- If a parent wants to coach their wrestler, then they must obtain the coaching credentials and also volunteer at practices. No parent will be allowed to coach their child at tournaments, unless they meet both of these criteria.
- Parent misconduct with their wrestlers, coaches, officials or other is not accepted and will be dealt with swiftly. Misconduct can occur at tournaments or at practice. In most occurrences the offending parent may be given a warning. The second may result in suspension from or release from the club. Termination may also occur with the first offense. THERE WILL BE NO REFUNDS.

*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



2019-2020 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 2019-2020 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 foregoing 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**  
**2019-2020**

Wrestlers Name \_\_\_\_\_ Club: Katy Area Wrestling Club  
Date of Birth \_\_\_\_\_ Age as of August 31, 2019 \_\_\_\_\_

**Division (Circle One)**

- Tot (Ages 4-5 - Born September 1, 2013 to August 31, 2015)
- D1 (Ages 6-7 – Born September 1, 2011 to August 31, 2013)
- D2 (Ages 8-9 - Born September 1, 2009 to August 31, 2011)
- D3 (Ages 10-11 - Born September 1, 2007 to August 31, 2009)
- D4 (Ages 12-13 - Born September 1, 2005 to August 31, 2007)
- D5 (Ages 14-15 - Born September 1, 2003 to August 31, 2005)
- D6 (HS - Born before September 1, 2000 and enrolled in high school)

**Experience Level (Circle one)**

Rookie 1<sup>st</sup> year wrestler; no wrestling match any style, anywhere, prior to March 15, 2019.

Novice 2<sup>nd</sup> year wrestler; no wrestling match any style, anywhere, prior to March 15, 2018 and hasn't placed in Open State or made the Novice Finals

Open 2+ year wrestler and placed at Open State or made the Novice Finals

**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 2019-2020 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 2019-2020 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 week night that you don’t have wrestling practice or a tournament.
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 weekday 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**
- **25 Pull Ups – (not chin ups, palms facing away from you) Can be assisted with partner hold up feet, or use bands under legs**
- **25 Hand Stands – Pinch your ears with your shoulders and engage your CORE!**
- **50 V ups – Lie flat on your back, touch your hands to your toes while attempting to keep legs straight**
- **3 min wall sits – 3, 1-minute rounds**

**Note: If your wrestler cannot physically achieve the above workout, start with a reduced number of repetitions, work their way up to the full amount. Start with splitting the repetitions into groups of 4 or 5. Once your wrestler gets stronger reduce the number of rounds it takes to complete the workout. **WRESTLING REQUIRES YOU TO STAY IN POSITION, AND THAT TAKES STRENGTH.****