

Girls Pella Wrestling Club

The Pella Wrestling Club is an opportunity for all area girls students to learn and participate in the sport of wrestling. We teach age appropriate skills, strength, flexibility and balance in a fun environment. There will be information about tournament competition opportunities available for the parents' discretion. We can accommodate flexible schedules to help families make it work, so come to practices as you are able.

Please return this form and payment to Pella Wrestling Club

Mail to: Joe Ritzert
818 197th Place
Pella, IA 50219
ritzertja@pella.com
Venmo: @PellaWRClub

<u>Grade</u>	<u>Day(s)</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>
K - 6th:	Fridays	6:15-7:00pm	Dec 2 nd - Feb 17 th	\$25

-This is the general schedule. A more detailed schedule to come later as we may need to adjust some weeks due to conflicts.

- Coach Baynes (Central College Women's Head Wrestling Coach) will be teaching
- Shoes not required, but nice to have -- Some sizes available to purchase from the club
- Singlets not required
- Please no loose-fitting clothing at practice -- keep fingers safe
- Location is at the Pella High School Wrestling Room east of the main gym

Name _____ Age _____ Grade _____
School _____ T-Shirt Size _____
Address _____
Emergency Phone _____
E-mail address(es) _____

The Pella Wrestling Club is a non-profit program aimed at providing a fun environment for teaching basic skills and improving physical condition. The parent or guardian assumes responsibility for any injuries and associated expenses.

I will assume any expense for injury or damages incurred as a result of my child's participation in the Pella Wrestling Club. I acknowledge that my child has had a physical in the past year and has no physical condition which would prevent them from participating in wrestling and associated activities.

Signed _____ Date _____