

WAUKEE YOUTH WRESTLING 2017 – 2018 SEASON INFORMATION

www.waukeewrestling.com | Twitter: @WaukeeWrestling | Facebook: Waukee Youth Wrestling

NOVICE: This level is intended for wrestlers with zero to two years of experience. The large group will be broken down to many smaller groups for specialized instruction based on size, ability, etc. The number and size of groups will be determined by how many assisting coaches we have in attendance. We would suggest that competitions be secondary to practices. Novice wrestlers should maintain a focus on learning body control, position, and fundamentals in order to build a strong foundation for their future in the sport.

When	NOVEMBER thru FEBRUARY Monday 6:00 – 7:00 pm AND Wednesday 6:00 – 7:00 pm *PRACTICE BEGINS NOVEMBER 6
Where	High School Wrestling Room
Coaches	Lead Coach: Tim Smith Experienced parent volunteers welcomed. Please send interest to cvollmecke@waukeeschools.org
Cost	\$100 for the season. This price includes a team t-shirt

INTERMEDIATE: This level is the natural progression of drills and competition that comes with years of experience. This is for wrestlers with 3 and 4 years of experience. We realize that the amount of wrestling done in those years may differ from wrestler to wrestler, but we feel confident that we can meet the needs of all wrestlers within this level.

When	NOVEMBER thru MARCH Sunday 6:00 – 7:30 pm AND Tuesday 6:00 -7:30 pm *PRACTICE BEGINS NOVEMBER 5
Where	High School Wrestling Room
Coaches	Lead Coach: Storm Eastvold Support Coaches: Chad Vollmecke, David Miller and Butch Devine
Cost	\$150 for the season. This price includes a team t-shirt

ADVANCED: This level is for our 5+ years of experience wrestlers. The pace and tempo of this level will be greater than the other levels even if they are working in the same room. Wrestlers in this level will be preparing for high levels of competition. In order to create an atmosphere that is conducive to growth, this group will be three days; two days will blend with the INTERMEDIATE wrestlers (Sun and Tues), and one day will be solely ADVANCED wrestlers. This will allow for greater number of partners within a small group atmosphere.

When	NOVEMBER thru MARCH Sunday 6:00 – 7:30 pm, Tuesday 6:00 -7:30 pm, AND Thursday 6:00 - 7:30 pm *PRACTICE BEGINS NOVEMBER 5
Where	High School Wrestling Room
Coaches	Lead Coach: Blake Meeks; 2x HS State Champion; Division I wrestler at Nebraska Support Coaches: Chad Vollmecke, David Miller and Butch Devine
Cost	\$200 for the season. This price includes a team t-shirt

Please note: Parent Meeting will take place at the beginning of each kick-off night. 50% off for additional siblings

Want a tax deduction? Bring in any extra wrestling shoes you may want to donate as we are a not-for-profit!

Wrestler Name: _____ Level: _____

Age: ____ Grade _____ Shirt Size (Additional shirts can be purchased for \$10 each): (please circle) YS YM YL AS AM AL AXL AXX

Parent(s) name: _____

Primary Phone #: _____ Alt. Phone #: _____

Email addresses: _____

Home address: _____

Emergency contact name and phone #: _____

Registrations can be mailed or brought to the first night of practice. Please make checks payable to **Waukee Youth Wrestling**

Mailing Address: Chad Vollmecke, 555 SE University, Waukee, IA 50263

Questions? Please contact Waukee Head Wrestling Coach Chad Vollmecke at #515.321.2444 or cvollmecke@waukeeschools.org