

# WAUKEE YOUTH WRESTLING 2018 – 2019 SEASON INFORMATION

[www.waukeewrestling.com](http://www.waukeewrestling.com) | Twitter: @WaukeeWrestling | Facebook: Waukee Youth Wrestling

**NOVICE:** This level is intended for wrestlers with 0 – 2 years of experience (or more if skills have not progressed). The large group will be broken down to small 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.

<b>When</b>	NOVEMBER 2018 – FEBRUARY 2019 Monday 6:00 – 7:00 pm & Wednesday 6:00 – 7:00 pm * <b>PRACTICE BEGINS NOVEMBER 5</b>
<b>Where</b>	High School Wrestling Room
<b>Coaches</b>	Lead Coach: Tim Smith Experienced parent volunteers welcomed. Please send interest to <a href="mailto:cvollmecke@waukeeschools.org">cvollmecke@waukeeschools.org</a>
<b>Cost</b>	\$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 3-5 years of experience, depending on mastery of skills and attention to detail. 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.

<b>When</b>	NOVEMBER 2018 – MARCH 2019 Sunday 6:00 – 7:30 pm & Tuesday 6:00 -7:30 pm * <b>PRACTICE BEGINS NOVEMBER 4</b>
<b>Where</b>	High School Wrestling Room
<b>Coaches</b>	Lead Coach: Storm Eastvold Support Coaches: Chad Vollmecke, BJ Miller, Butch Devine
<b>Cost</b>	\$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; one day will be solely ADVANCED wrestlers and two days will blend with the INTERMEDIATE wrestlers (Sun and Tues), and. This will allow for greater number of partners within a small group atmosphere.

<b>When</b>	NOVEMBER 2018 - MARCH 2019 Sunday 6:00 – 7:30 pm, Tuesday 6:00 -7:30 pm, & Thursday 6:00 - 7:30 pm * <b>PRACTICE BEGINS NOVEMBER 4</b>
<b>Where</b>	High School Wrestling Room
<b>Coaches</b>	Lead Coach: David Miller, 3X Nebraska State Champion, 4X finalist, state pin record holder, Waukee HS Coach for 6 years Support Coaches: Chad Vollmecke, Butch Devine, Brian Logan, Robb Hutt, and others
<b>Cost</b>	\$200 for the season. This price includes a team t-shirt.

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

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

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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 paid on PayPal, 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](mailto:cvollmecke@waukeeschools.org)**