



Apple Valley Wrestling

Youth Club

Session II – Folkstyle (GRADES K-6th, 7th & 8th)

INVITATION: The Apple Valley Folkstyle Wrestling Club is for boys in grades K-8. It will provide kids an opportunity to wrestle & compete in weekend tournaments, and wrestle other kids outside of Apple Valley. It's a great way to improve your skills, make new friends and work with high school coaches and wrestlers.

PROGRAM GOAL:

- Provide an opportunity for our wrestlers to develop and improve their wrestling skills.
- Accomplish individual & team goals through hard work, practice and the participation in individual and potential dual meet tournament competition throughout the metro area.

TIMING: Starts Monday January 2nd at 6:30 PM– 8:15 PM (culminating with the Kids State Individuals and Team Championships – March 2012).

COST: \$90.00 for program (2011-12 Season/Session Two). \$36.00* for a USA Wrestling card for those who do not currently have a membership or updated card (<http://www.usawmembership.com>). Open weekend tournaments (optional but encouraged) cost approximately \$10.00 each.

SIGN-UPS: - Monday Jan 2nd, 6:30 – 8:15 PM (first day of practice/sign up at any of the following practices)
- Practice two / three nights a week with weekend tournaments

HEAD COACH: Rudy James - Apple Valley Head Club Coach, 11 years
National Champion/4-time collegiate All American

PARTICIPANT PROGRAM EXPECTATIONS:

- Organized planned practices providing quality coaching in a positive atmosphere providing improvement on a daily basis. We will work hard, but have fun doing it.
- Knowledgeable high quality coaching provided for both practices & tournament events

**Questions please call Jim Jackson (952) 432-2863, Rudy James (651) 321-4621 / rudiedawg@gmail.com

The Apple Valley Wrestling Program is one of the finest wrestling programs in the nation. We encourage you to give the sport of wrestling a chance and become a part of the Apple Valley Wrestling Tradition.

Sincerely,

Jim Jackson, AVHS Head Wrestling Coach

VISIT US AT <http://avwrestling.com/youth.html> !!!!!

-----Registration form - Please detach -----

WRESTLER'S NAME _____ GRADE _____ SCHOOL _____

STREET ADDRESS _____ SHIRT SIZE _____

CITY _____ ZIP _____ TELEPHONE _____

EMAIL ADDRESS _____ @ _____ *Date of Birth: _____

I hereby certify that my child is in good health and has my permission to participate in the Apple Valley Wrestling Club. I understand that I will not hold Apple Valley Wrestling nor any of its wrestling staff liable for injuries that my child may acquire while wrestling.

Print Parents or Guardian Name _____

Signature of Parent or Guardian _____ Date _____