**WELCOME!**

**Welcome back to the Cibola Jr. Wrestling Program. We’re very excited about the 2016-2017 season! Here is some helpful information for Parents and our returning cougar wresters and our new wrestlers, about sign-ups. This year, we will have a max of 30 wrestlers in the program. Returning Cibola Jr. wrestlers will have first priority. A limited number spots may be open to new or first time wrestlers, but only until we reach our max number of wrestlers. First year wrestlers will be registered on a first come first serve basis.**

**REGISTRATION**

**The program registration fee this year is $150 per wrestler. Sorry, no discounts for multiple wrestlers. This fee covers the NUWAY & NMWAY Wrestling Association fees that our program must pay. It also includes cougar team gear that every wrestler will receive- NUWAY wrestling card, practice shorts, t-shirt, singlet, and other practice gear. No Refunds will be given. Note, Head gear and wrestling shoe will need to be brought and are not included in Registration fee.**

**FUNDRAISER**

**This year we will offer one fundraiser for end of season activities. A buy-out option will be available.**

**PRACTICES**

**• 1st Practice of the season will begin on Tuesday October 25th from 5:45-7:15 P.M.**

**• Standing practice schedule will then be -Tuesday: 5:45-7:15 P.M.** **Wednesday: 5:45-7:15 P.M. -Thursday: 5:45-7:15 P.M. • Attendance is optional; wrestlers will get out what they put into it. • Practice schedule will also be posted on our website.**

**WRESTLING ROOM**

**We are very fortunate to be able to use the wrestling facilities at Cibola High School and need to respect their rules while at practice. • Rule #1, No street shoes on wrestling mats. • Rule #2, No food or drinks, water is fine.**

**• Rule #3, All wrestling room equipment ie. Ropes, pull-up bar and exercise bike is off limits, unless given specific permission by the coaches. • Rule #4, No parents in the wrestling room during practice •Rule #5, Parents of 6 and under wrestlers will be required to stay for the entire practice.**

**EQUIPMENT**

**All wrestlers are required to wear headgear and wrestling shoes to practice and when participating in tournaments. All Cibola wrestlers will be required to wear a Cibola Wrestling singlet during tournaments. There are no exceptions. We strongly encourage you to label all clothing and equipment. First year wrestlers can get with the team mom to order a team singlet.**

**TOURNAMENTS**

**Tournaments fees are $10-$15 (Which can be increased depending on who is hosting the tournament). Sign-ups will be every Wednesday before the tournament. Last minute signups will not be accepted. Tournament money and wrestler weights need to be in to the team moms by 9pm on Wednesday prior to a tournament. If you cannot make a practice to sign-up your wrestler, please contact one of the team moms before the Wednesday practice to make arrangements.**

**CONTACT INFO**

**HEAD COACH:Tyler R. Hartom**

**Cell: 505-322-7641**

**E-mail: tyler.hartom@gmail.com**

**Registration Form 2016-2017 Season**

**Registration Fee: $150.00ea | Late Registration Fee: $175 (After October 31st) Registration Fee is NON-REFUNDABLE. Paid: Cash \_\_\_\_ Rec’d by\_\_\_\_\_\_\_\_\_ Check #:\_\_\_\_\_\_\_\_\_\_**

**Wrestler Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age: \_\_\_\_\_ D.O.B.\_\_\_\_\_\_\_\_\_\_**

**Parent/Guardian Name: Mom\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Dad: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Phone #:**

**Cell Mom: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Cell Dad: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Email: Mom: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Dad: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Select Your Fundraising Option**

**Each wrestler will receive a t-shirt, mesh shorts, and cinch bag. Please select your child’s size below. Please double check the requested sizes as we are unable accommodate exchanges.**

**T-Shirt: Youth Sizes**

⁭**YSM** ⁭**YMD** ⁭**YLG** ⁭**YXL**

**Adult Sizes**

⁭**ASM** ⁭**AMD** ⁭**ALG** ⁭**AXL**

**SHORTS:**

**Youth Sizes**

⁭**YSM** ⁭**YMD** ⁭**YLG** ⁭**YXL**

**Adult Sizes**

⁭**ASM** ⁭**AMD** ⁭**ALG** ⁭**AXL**

**SINGLET : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ SIZE.**

**MEDICAL HISTORY**

**Please describe your wrestler’s current physical condition and provide any medical information, such as past injuries, and any ongoing medical conditions (i.e. asthma, allergies), (If child uses an inhaler etc. please you’re your child bring it to practice)**

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**Emergency Contact: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Contact Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Doctor’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Doctor’s Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Preferred Hospital Information: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, I hereby authorize the representatives of Cibola Junior Wrestling Club, to take any emergency medical steps they deem necessary, to include but not limited to, the calling of emergency services, or the authorization of emergency care, in consultation of a NM licensed medical physician. I also recognize that there are inherent risks in the sport of wrestling and accept such risks in allowing my child to participate. I further acknowledge Cibola Junior Wrestling Club is a youth club organization separate and apart from Albuquerque Public Schools/Cibola High School and I agree to hold harmless Albuquerque Public Schools/Cibola High School from any liability.**

**Parent/Guardian: Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_**