

Contenders Wrestling Academy Parent Information Packet

Welcome to Contenders Wrestling Academy! We are excited to be part of your child's wrestling journey. Please read through the following important guidelines and expectations for both parents and athletes.

Contracts

- **Contract Terms:** Contenders Wrestling Academy will not stop or start any contracts except in the case of injury. If a child is out for more than **six weeks** due to an injury, please provide a doctor's note restricting their activity. We will then pause the contract and add the missed months to the end of the contract term.
- **Auto-Renewal:** All contracts will **auto-renew**. If you would like to stop the contract from auto-renewing, you must contact our staff **within 14 days** of the auto-renewal. Once the contract auto-renews, it will be active for the full term of the renewal.
- **Transaction Fees:** If a payment fails, a **\$15 transaction fee** will be applied to all accounts that fail to process. If a payment fails more than **3 times**, the account will require **cash payment upfront** for future payments.
- **Incorrect Charges:** If an account is charged incorrectly, we must be notified within **30 days**. After 30 days, we will be unable to refund or credit the account.
- **Annual Membership Fee:** Starting on **November 1st** of each year, Contenders Wrestling Academy will begin assessing the yearly membership fee. This fee will be applied to all accounts that are active as of **November 1st**, as well as any new contracts that begin following **November 1st**. **This fee is required for any length of contract, including month-to-month contracts.**

Communication

At Contenders Wrestling Academy, we primarily communicate with parents via email. It is the responsibility of each parent to connect with our system to ensure that they receive all important updates and information.

Connecting with Our System

- **Step-by-Step Instructions:** Detailed printouts are available at the front desk with step-by-step instructions on how to add any email to our system-wide email list.
- **Troubleshooting:** If you have any issues connecting, please reach out to our staff, and we will be happy to assist you. Additionally, we will also communicate through our social

media channels to keep everyone informed about upcoming events, tournaments, and announcements.

Practice Guidelines

Preparation

- **Arrive on Time:** Wrestlers should be ready for practice at the scheduled start time.
- **Restroom Use:** Wrestlers should use the restroom before the start of practice. Bathroom use will only be allowed during practice with coach approval.

Parent Expectations

- **Observation Areas:** Parents and observers should remain in the designated observation areas. No parents or observers are permitted on the mats unless there is an emergency.
- **Respectful Quiet:** Parents are not permitted to interact with athletes during practice (no talking, yelling, or distracting from the training session).
- **Early Departures:** If your athlete needs to leave early, inform the coach before practice begins.
- **Noise Level:** Please help monitor the noise level in observation areas to ensure a focused practice environment.
- **Pick-Up and Drop-Off:** Parents must remain with their athlete until practice begins and must be present when practice ends to meet their athlete.
- **Sibling Room (CWA West Location):** The sibling room is available for parents with younger children. Children under 12 should remain in this designated area with their parent. It is the parent's responsibility to remain and supervise their children in the sibling room.

Wrestling Practice Attire

- **Required Gear:**
 - Wrestling shoes
 - Shorts without pockets
 - Tucked-in shirts (no baggy shirts)
 - Headgear is optional but recommended
- **Restrictions:**
 - No hooded shirts or sweatshirts
 - Nails must be trimmed regularly

Skin Disease Prevention

Wrestling can expose athletes to contagious skin ailments like ringworm, impetigo, or molluscum contagiosum. To help prevent the spread:

- **Practice Hygiene:**
 - Always wear clean practice attire
 - Use antibacterial wipes after every practice
 - Shower as soon as possible with antibacterial soap
- **If Affected:**
 - Seek medical treatment immediately
 - Inform the coach of any skin issues
 - Skin ailments must be covered by clothing before practice
 - Coaches may decide an athlete is not allowed to practice to prevent spreading the ailment

Practice Groups

- **Assignment:** Practice groups are determined by age, size, and experience level.
- **Advancement:** Coaches will discuss with parents when an athlete is ready to move to the next level.
- **Additional Sessions:** With coach approval, athletes may attend additional practice sessions (for beginner divisions and up).

Wrestler's Locker Room

- **Restricted Access:** Only wrestlers are allowed in the locker room.
- **Purpose:** It is a space for preparation before and after practice. Wrestlers should remain quiet if they arrive early and not disrupt ongoing practice.
- **Personal Belongings:** Ensure your athlete leaves with all items brought into the facility.

Contenders Wrestling Teams and Tournaments

Team Formation

- Contenders Wrestling Academy will form teams for various tournaments throughout the year. Information will be provided as teams are formed.

Tournament Participation

- Coaches will make an effort to attend tournaments where Contenders athletes are competing. Coaches will manage the following criteria:
 - **Track Matches:** Parents can help by notifying coaches when their athlete is 5 matches away from wrestling.
 - **Prioritization:** Coaches will prioritize athletes in the champions' bracket during State and National tournaments.
 - **Coaching Conflicts:** Coaches will not coach two Contenders wrestlers affiliated with our team for that tournament in the same match unless one has an external coach in their corner.

Weigh-Ins & Weight Management

- **Satellite Weigh-Ins:** Weigh-ins may be offered for members when permitted by tournament directors.
- **Weight Cutting:** Contenders does not support weight cutting. Plastics are not allowed in practice areas. Contact a coach for appropriate advice if needed.

500 Point Club

Athletes who earn 500 points through specific achievements are honored in the “500 Point Club.” Points can be earned by:

- **Practice Attendance:**
 - Technique Practices = 5 pts each
 - Monday/Friday Night Live = 7 pts each
- **Tournaments:**
 - Local Tournament = 10 pts for participation, 15 pts for placement, 25 pts for winning
 - State Tournament = 15 pts for participation, 25 pts for placement, 50 pts for winning
 - National Tournament = 25 pts for participation, 50 pts for placement, 100 pts for winning
 - National Dual Team = 25 pts for participation
- **Awards:**
 - All American = 25 pts
 - Triple Crown = 25 pts
 - Outstanding Wrestler Award = 25 pts
- **Report Card:**
 - A's = 2 pts, B's = 1 pt
- **Tracking:** It is the parent's responsibility to track and submit information about tournament participation, placement, and report cards to the Director of Membership.

General Reminders

- **Mat Side Etiquette:** No parents allowed on the mat.
- **Footwear:** No street shoes on the mat.
- **Observation Areas:** Only in designated areas, not on the stairs or behind the receptionist desks.
- **Wrestler Behavior:** Wrestlers should be in the locker room or wrestling room during practice. Office spaces are for authorized personnel only.
- **Attention During Practice:** Do not attempt to get your wrestler's attention during practice for any reason.

Closing Remarks

It is an honor and privilege to coach your children in the sport of wrestling. We look forward to a successful season and to seeing all of our athletes grow, both on and off the mat!

Thank you for your cooperation.

CONTACT US:

 www.contenderswrestling.com

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Owner

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Holly Cochran

Director of Membership

 317-473-9714

 Holly@contenderswrestling.com

Social Media

 [@contenderswrestlingacademy](https://www.facebook.com/contenderswrestlingacademy)

 [@contenderswa](https://www.instagram.com/contenderswa)

 [@contenderswrestlingacademy](https://www.youtube.com/contenderswrestlingacademy)

Locations:


Contenders West

 1650 East Northfield Drive, Suite 1200
Brownsburg, IN 46112

Contenders South

 1259 North State Road 135, Suite I
Greenwood, IN 46142

Contenders North

 9535 East 151st Street
Noblesville, IN 46060



CONTENDERS WRESTLING ACADEMY- PRICE SHEET

SINGLE CHILD MEMBERSHIP	PRICE
1 MONTH	\$150.00
3 MONTH CONTRACT	\$140.00 (PER MONTH)
6 MONTH CONTRACT	\$125.00 (PER MONTH)
12 MONTH CONTRACT	\$115.00 (PER MONTH)

TWO CHILDREN MEMBERSHIP	PRICE
1 MONTH	\$200.00
3 MONTH CONTRACT	\$190.00 (PER MONTH)
6 MONTH CONTRACT	\$175.00 (PER MONTH)
12 MONTH CONTRACT	\$160.00 (PER MONTH)

THREE CHILDREN MEMBERSHIP	PRICE
1 MONTH	\$250.00
3 MONTH CONTRACT	\$240.00 (PER MONTH)
6 MONTH CONTRACT	\$220.00 (PER MONTH)
12 MONTH CONTRACT	\$205.00 (PER MONTH)

PEE WEE CLASS	\$65.00 (PER MONTH)
GIRLS ONLY CLASS	\$50.00 (PER MONTH)

HIGH SCHOOL PRICING

(MUST HAVE BEGUN HIGH SCHOOL WRESTLING SEASON)

HIGH SCHOOL CLASS	\$100.00 (PER MONTH)
DROP IN FEE	\$25.00

8 PRACTICE PUNCH CARD (JUNE-SEPT ONLY)	\$175.00 (PER CARD)
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CONTENDERS WRESTLING ACADEMY

Athlete Information

Wrestlers Name:

Address:

City/State. Zip

Date Of Birth:

Age:

Grade:

Father's Name:

Father's Phone:

Father's Email:

Mother's Name:

Mother's Phone:

Mother's Email:

USA Card Number:

Emergency Contact:

Emergency Contacts Phone:

Any Medical Condition Relevant:

CONTENDERS WRESTLING ACADEMY

Release and Waiver Liability

Name of Participant (Please Print)

I _____ desire to participate in Contenders Wrestling Academy ("Academy")

In consideration of being permitted to participate in the Academy, I hereby release and discharge Contenders Wrestling Academy (Contenders Wrestling, LLC), Ryan Parrish, and their respective affiliates, officers, directors, agents, employees, contractors or anyone else acting on their behalf (individually a "Released Party" and collectively, the "Released Parties") from any and all claims, demands or actions for personal injury, property damage or any other loss, damage or injury resulting directly or indirectly from any act or failure to act, including negligence by the Released Parties which may arise out of my participation. I understand and acknowledge that I am participating at my own risk and that participating in the Academy, may expose me to certain known, unknown and unanticipated hazards, risk, and dangers associated with the Academy including but not limited to personal injury, illness and loss or damage to personal property, and I specifically waive any and all claims against the Released Parties arising out of such conditions. I agree to exercise reasonable caution regarding the safety of myself and others during my participation with the Academy.

I fully recognize that if I am injured or suffer any loss as a result of participating in the Academy, neither my family nor I or any of our Heirs, personal representatives or executors will have any right to make any claim or file any law suit against released parties.

The Release and Waiver of Liability shall be governed by the laws of the State of Indiana. I expressly agree that this Release and Waive of Liability is intended to be as broad and inclusive as permitted by the laws of the State of Indiana and that if any portion hereof is held invalid, it is agreed that the balance hereof shall continue in full legal force and effect.

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY AND I VOLUNTARILY AND KNOWINGLY AGREE TO ITS TERMS.

Participant Signature:

Date:

(If over 18 years of Age)

Parent of Legal Guardians Signature:

Date:

(Sign for Participates under 18 Years of Age)

CONTENDERS WRESTLING ACADEMY

ACH Payment Authorization

Membership & ACH Payment Contract.

This agreement ("Contract") is entered into by and between Contenders Wrestling, LLC ("CWA") and the undersigned member ("Client"). By signing below, the Client agrees to the terms set forth herein and authorizes recurring payments as described.

1. Payment Authorization

Client authorizes regularly scheduled charges to the bank account or credit card provided. Client will be charged the amount indicated below each billing period. A receipt is available upon request. All payments will appear as "Contenders Wrestling, LLC" on the Client's statement. All payments will be processed on the 1st of each month. If a payment date falls on a weekend or holiday, payment will be processed on the next business day. In the event of Non-Sufficient Funds (NSF), CWA may reattempt the charge within 30 days and assess a \$15 NSF fee per occurrence.

I _____ authorize Contenders Wrestling, LLC to charge my Bank Account below for \$_____ beginning on the 1st of every month for a period of _____ months.

Good/ Services Rendered: Wrestling Fees

2. Billing Details

Billing Address _____ Phone # _____

City, State, Zip _____ Email _____

Bank (ACH) Information

Checking _____ Savings _____

Name on Account- _____

Bank Name- _____

Account Number- _____

Routing Number- _____

Credit Card Information (3% Transaction Fee Added)

Name on Card _____

Card Number _____

Expiration: _____

Security Code _____

Zip: _____

3. Contract Terms & Legal Acknowledgments

Initial beside each statement:

_____ (1) I understand that contracts automatically renew at the conclusion of the term unless I submit written cancellation no later than 7 days prior to the renewal date.

_____ (2) I understand that contracted months must be used consecutively and cannot be paused, postponed, or extended for any reason, **except in the event of an injury lasting more than four (4) consecutive weeks, verified by a doctor's note.** In such cases, the remaining term of the contract will be paused and added to the end of the original contract period.

_____ (3) I understand that this contract cannot be canceled or refunded for any reason, including but not limited to injury, relocation, or change in personal schedule.

_____ (4) I understand that an annual membership fee will be charged at the time I enter into this contract and, thereafter, charged each year in the month of November for all active contracts.

_____ (5) I understand that contracts signed mid-month will be **prorated for the initial partial month**, and the **full contract term will begin on the first full month of billing.**

_____ (6) I understand that if I am **incorrectly charged**, I must notify CWA within **30 days** of the charge. No refund will be issued beyond 30 days from the transaction date.

4. Agreement & Authorization

By signing below, I acknowledge that I have read, understood, and agreed to all terms above. I authorize Contenders Wrestling, LLC to charge my account for recurring payments as specified. I am an authorized user of the account or card listed and agree not to dispute any valid transaction that complies with this authorization.

Client Signature: _____ **Date:** _____

Printed Name: _____

For Office Use Only: Staff Initials _____ Location _____