

2019 D-ONE PRESEASON MAURER COUGHLIN WRESTLING CLUB



MCWC will once again be offering preseason training this year. D-ONE is designed to get our athletes ready for the upcoming season. D-ONE consists of circuit training, live wrestling, high intensity drills, sprints, and various competitive games. The most important part of D-ONE is the mental toughness we instill in our athletes. This experience is one of a kind!

USA Wrestling Card is **mandatory**
Must present card before entering wrestling room

Cards can be purchased at:
<http://www.iswa.com/register>

MCWC Wrestling Club

815 John St. Suite 160
Evansville, IN 47713

Dates: Sept. 9 – Oct. 17

Grades: 3-12

Time: Session 1: (50-115lbs) 4:30-6:00pm
Session 2: (115lbs+) 6:00-7:30pm

**MONDAY, WEDNESDAY,
THURSDAY**

Price: Entire Program Price = \$300
Walk-in Rate = \$20 per practice

**CONTACT:
MCWRESTLE@GMAIL.COM**

NAME:
AGE:
WEIGHT:
GRADE:
USA WRESTLING #:
PARENTS NAME, PHONE, AND EMAIL:
EMERG. CONTACT 1 (NAME & NUMBER):
EMERG. CONTACT 2 (NAME & NUMBER):
PARENT OR GUARDIAN
I am fully aware that Maurer Coughlin Wrestling Club engages in intense physical activity such as live wrestling, running, and calisthenics. I understand that there is an inherent risk associated with these activities and I permit my child to participate in these activities without restrictions. I agree to hold Maurer Coughlin Wrestling Club harmless for accidents- medical or dental- or any other expense incurred as a result of my child's participation with the club.
Signature of Parent/Guardian: _____ Date: _____