

2010 Wrestling Registration Form

Sabattus Recreation Club, P.O. Box 690, Sabattus, ME 04280

Middle School Wrestling, Grades 5-8

The wrestling program at the middle school level is designed to develop basic skills and techniques needed to progress to the high school level.

Middle school wrestlers are expected to attend practice most week nights after school just like the school teams do. Generally there are two meets per week against 1-3 competing teams, one during the week and one on Saturday.

There are 18 weight classes in middle school wrestling. When more than one wrestler is able to fill a weight class, the coach will have the equally weighted wrestlers "wrestle off" for the varsity position. Any points scored during the varsity match will earn points for the Team score. Even though a jr. varsity match or "exhibition match" doesn't earn team points, every effort is made to get as many exhibition matches as possible to expose all wrestlers to real matches.

Pee Wee Wrestling, Grades pre-k - 6

The pee wee wrestling program is designed to introduce kids to basic skills and the wrestling atmosphere. This program is much less intense than the middle school program.

Practices will be held twice weekly with approx. 10 optional tournaments (Fee is general \$12 - \$15 to enter) throughout the season. A tournament has no designated weight classes. Wrestlers weigh in prior to the start of the tournament, then weight brackets are created based on the number, age and weight of the wrestlers registered for the tournament.

The nature of the sport of wrestling is very aggressive and requires kids to get "hands on" with other kids they don't know. Understanding that this may be uncomfortable for some kids, no wrestler is ever forced to compete. If a wrestler only wants to attend practice to learn the sport, he or she is more than welcome. Non-competing wrestlers are encouraged to attend all meets and/or tournaments to support their fellow teammates and to become acquainted with the wrestling competition.

(5th and 6th graders are allowed to swing between both the Pee Wee and Middle School programs.)

Sign Ups: TBA (Estimated start date: mid-late January)
Fee: \$30.00 (Make checks payable to Sabattus Rec Club)
Contact Info: Sara LaBrecque (Director) 375-8694, e-mail lpm375@myfairpoint.net Rachel Rac (Asst. Director) 375-8245, e-mail arenrac@aol.com

Primary form of communication will be e-mail and web site postings

Detach On Dotted Line Below

Wrestler's Name _____ Grade _____
Address _____
City _____ State _____ Zip _____
Phone Number _____ E-Mail _____
Mother's Name _____ Father's Name _____
Emergency Contact _____ Phone # _____

Did wrestler participate last year? Y ___ N ___ Wrestler's approx. weight: _____ lbs Shirt Sz: ___ym ___yl ___as ___am ___al ___axl ___2xl

I, _____, give permission for my child, _____, to participate in the Sabattus Recreation Club Wrestling Program. I understand the risks involved in any sport and agree to assume these risks. I release the Sabattus Rec Club, League, Its Coaches, Assistants, Referees, Volunteers, and Directors from any liability during all practices and matches. I am aware that the Sabattus Rec Club requires that each child have medical insurance coverage to participate in this program. I understand a parent/guardian of each child must be present at all times during practices and matches. Should my child be injured, I give my permission for appropriate first aid to be given to my child.

Signature: _____ Date: _____