

SNOHOMISH CUBS WRESTLING



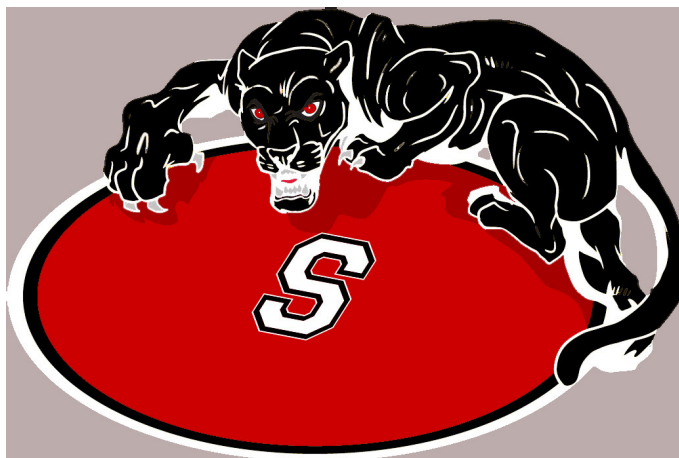
WHAT IS IT?

Panther Cub Wrestling is a program designed for youths in first to sixth grade and is for new wrestlers as well as experienced wrestlers. The goal of the program is to teach proper technique in the sport of wrestling, assist kids in developing a positive self-image and to have fun. The club participates in the Western Washington Novice League. This allows the club to compete against other novice wrestlers, yet allows us flexibility to get our more experienced wrestlers matches as well.

Sign - Ups

Sign - ups will begin on Nov 2, 2009 at 5 pm prior to the first practice.

Sign - ups will continue for the first few weeks.



Location: Practices will be held in the Snohomish High School Wrestling Room. (Next to the tennis courts along Fifth Street)

Time: Practices will be on Mondays, Wednesdays, and Fridays from 5:30 - 6:45 PM.

Cost: \$30.00 per athlete, checks payable to "Snohomish Kids Wrestling", includes a club tee shirt, facility fees, and end of the year ice cream social. In addition all participants must purchase a USA Wrestling Card (\$35). The card is required for most competitions and provides secondary insurance at practices and competitions. The card may be purchased online at www.washingtonstatewrestling.com . Please bring a copy of the card and a copy of the waiver form with you to sign-ups.

Competition: Info will be distributed during practice regarding upcoming events.

The Snohomish School District has agreed that this information can be distributed through its schools.

The district does not, however, assume sponsorship of or responsibility for, the actual content of the activities offered.

SNOHOMISH WRESTLING CLUB

Head Coach
Brian Gibbs

Phone: 360-480-5042

E-mail: brian.gibbs@sno.wednet.edu