

# Fox Chapel Youth Wrestling

**Registration for the youth wrestling program will be held online this year.** Registration will open up on Monday October 14th and remain open through the first two weeks of the season. Please go to the Registration page to sign up:

<http://www.leaguelineup.com/foxchapeljuwrestling>

A registration fee of \$150.00 is required and will be refundable within the first two weeks of the season. Please bring this with you to the first practice of the season. The fee covers the cost of uniforms, shirts, referees, league fees, and liability insurance for the program. The cost of a second child in the program is reduced to \$100 or \$75 for a third child. The first night of practice will be held at the Fox Chapel High School field house on Wednesday, November 6th beginning at 6:00 PM. **Please try to arrive at 5:50 PM so that the kids are ready to practice at 6:00 PM.** Appropriate wrestling attire should be worn to all practices (shorts or sweatpants, t-shirt, wrestling shoes or socks). A photocopy of the child's birth certificate must also be handed in within two weeks of the beginning of practice. Late registrations will be accepted until December 1.

A Parent's Meeting will be held on Wednesday November 13th at 5:50 PM before practice. Please allow for 30 minutes. **YOUR ATTENDANCE IS REQUIRED!**

## FEATURES OF THE PROGRAM:

**Beginning November 6th--Practices are scheduled Mondays, Tuesdays, Wednesdays and Thursdays from 6:00-7:45 PM**

- \* Schedule TBD. 1 practice per week will be dedicated to 1<sup>st</sup> and 2<sup>nd</sup> year wrestlers only.
- \* Weekly competition with local elementary teams will begin in late November.
- \* Participants are matched by weight, age, and experience.
- \* Practices are held at the Fox Chapel High School field house (to the right of the entrance to the football field)

## REMINDERS:

- \* Checks should be made payable to FOXES WRESTLING CLUB
- \* **Bring checks to first practice on November 6th**
- \* Questions should be directed to the Head Coach, Tim Carl, at [foxchapeljuwrestling@gmail.com](mailto:foxchapeljuwrestling@gmail.com) or 412-298-0041 or Dustin Widdoss at 570-856-2787; FC Varsity Head Coach, Ron Frank, at [ron\\_frank@fcasd.edu](mailto:ron_frank@fcasd.edu) or 412-767-9248

## OBJECTIVES OF THE PROGRAM:

- \* To provide an activity for grade school age boys and girls without handicaps of a physical nature-- such as height or weight.
- \* To develop sportsmanship, leadership, and friendship through instruction and competition.
- \* To develop and improve physical and mental coordination through planned instruction.
- \* To develop self-discipline and respect for oneself and others.
- \* To develop an understanding of the fundamentals of scholastic wrestling.
- \* To create a comprehensive system of organized wrestling in the district.

A \$50 "Bond" will be assessed to each family at registration for each singlet; it will be held until the end of the season and will only be cashed if the singlet is not returned. Please make out a separate check for this. The most important thing we need from parents is your commitment of time and effort throughout the season as volunteers, we cannot run a successful program without your help. Some of the volunteer responsibilities include helping with gym set-up or clean-up after a match, working in the refreshment stand or keeping time or score at a scoring table during matches. A sign-up sheet for volunteers will be available at the Parent's Meeting on Wednesday, November 13 at 5:50 pm during practice. Practices and matches are required, with the exception of family obligations or illness. We will need a minimum of two parents to volunteer to help assist at practices and serve as coaches at matches and tournaments. We also need a parent volunteer to make additions or corrections for Elementary Wrestling to the FC wrestling webpage during the season. If you would like to volunteer for one of the above positions before the November 13<sup>th</sup> Parent's Meeting -please send Tim an email at the email address above.