

2018 Fall Youth Wrestling

Wrestling Starts Tuesday, November 13, 2018. Sign up today!

Program: Watertown Wrestling Club coaches will lead this instructional series designed to teach the fundamentals of wrestling. Focus will be on the basics, drills for building core strength and balance, and combative games. Make plans to attend the tournament which will be held on the last night of class! Come see what your wrestler has learned!

Ages: Boys & Girls who are in grades 5K - Grade 8.

Times: Depending on numbers, we will either consolidate all wrestlers into the first session, or split up into two sessions by grade as indicated below.
5K-Grade 4 sessions will be Tuesday evenings from 6:00 - 7:00pm
Grades 5-8 sessions will be on Tuesday evenings from 7:00 – 8:00 pm

Dates: Tuesdays, November 13 until December 18, 2018.

Location: Watertown High School Mezzanine (turn left at top of the main staircase in commons).

Deadline: Want a t-shirt? Deadline to qualify for a t-shirt is October 23, 2018.

Fees: \$30.00/city residents \$45.00/non-city resident

Advanced Programming: Other options will be made available for those interested in taking their wrestling to a higher level for competition (<http://www.watertown.k12.wi.us/schools/high/athletics/wrestling-youth.cfm>).

Special Needs: The department will make every effort to comply with the regulations associated with the American's with Disabilities Act (ADA). In the space provided, list any special needs that the participant may have that would benefit his/her participation in this program. The department will attempt to accommodate these needs and will contact you to discuss participation. **Parent should communicate any special needs with their coach/instructor.**

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Watertown Parks & Recreation Department

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Name _____ Age ____ Grade ____ M or F

Address _____ City _____

Phone _____ Email _____

Shirt Size: YS YM YL AS AM AL AXL Other: _____

List any special needs or medical conditions this participant has _____

I understand the inherent risk of injury in participation in this sports program and verify that my child is medically fit to participate. I give my permission to the supervisors of this program to take the proper steps in case my child is in need of emergency medical attention. I also release the sponsoring groups and their agents from any and all claims arising from this child's participation in this activity.

Signature of Parent/Guardian _____ Date _____

Fee Paid: \$30.00/cr \$45/ncr

Wrestling

Watertown Park & Recreation Department

Parent & Athlete Concussion Agreement

As a Parent and as an Athlete it is important to recognize the signs, symptoms, and behaviors of concussions. By signing this form you are stating that you understand the importance of recognizing and responding to the signs, symptoms, and behaviors of a concussion or head injury.

Parent Agreement:

I/we have **read** the Parent Concussion and Head Injury Information and **understand** what a concussion is and how it may be caused. I/we also understand the common signs, symptoms, and behaviors. I/we agree that my child must be removed from practice/play if a concussion is suspected.

I/we understand that it is my responsibility to seek medical treatment if a suspected concussion is reported to me.

I/we understand that my child cannot return to practice/play until providing written clearance from an appropriate health care provider to his/her coach.

I/we understand the possible consequences of my child returning to practice/play too soon.

Athlete Agreement:

I/we have **read** the Athlete Concussion and Head Injury Information and **understand** what a concussion is and how it may be caused.

I/we understand the importance of reporting a suspected concussion to my coaches and my parents/guardian.

I/we understand that athlete must be removed from practice/play if a concussion is suspected. I/we understand that the athlete must provide written clearance from an appropriate health care provider to my coach before returning to practice/play.

I/we understand the possible consequence of returning to practice/play too soon and that athlete's brain needs time to heal.

For Information on Concussion, please either come to our office for a paper copy, our facebook page ("Like" Watertown Park and Recreation Dept), or go to our website www.ci.watertown.wi.us.

Parent/Athlete Concussion Agreement

My child & I have read the above statements and sign acknowledging that if a concussion is suspected that the athlete will not play until clearance is given from the health care provider.

Parent/
Guardian Signature _____

Date _____

Athlete Signature _____

Date _____