

2016-2017 Snider Wrestling Club

The 2016-2017 Snider Wrestling Team wishes to invite you to join us at Snider High School, every Monday and Wednesday from February 1 - March 23. The Snider Wrestling Staff will cover the basic drills, moves, and introduction to Snider Wrestling



Focus of Club:

Beginners:

- 7 Basics of Wrestling
- * Stance
- * Motion
- * Level Change
- * Penetration
- * Lifts
- * Back Step
- * Back Arch

Advanced:

- *Refining 7 Basics of Wrestling
- *Drills
- *Multiple takedowns
- *Style
- *Riding
- *Pinning Combination Series
- *Bottom position

also *Pinning Combinations *Set Ups * Games and much more

- Who: 2016-2017 Pre-K - 8th grade students
 Cost: \$30 (Multiple family members \$50) * Includes club t-shirt
 When: February 1 - March 23 Monday and Wednesday Night
 Beginners: Pre-K thru Grade 8 7:00 - 8:00 pm
 Advanced: Grade 4-Grade 8 6:00-7:00 pm
 Where: Snider High School Wrestling Room
 Rules: * All participants must wear suitable practice gear
 * All participants should have wrestling shoes

Tournaments: We will encourage all participants to wrestle in the HWYA or ISWA wrestling tournaments held nearly every Saturday or Sunday, but this is not a requirement. Also, the Snider Wrestling Club will have an open tournament at Snider High School March 18th

Those interested in participating in the Snider Wrestling Club fill out the form below and mail to:

Snider High School
 c/o David Mohr
 4600 Fairlawn Pass
 Fort Wayne, IN 46815
 www.sniderwrestling.weebly.com

or email info to Coach Mohr:
 david.mohr@fwcs.k12.in.us

Name _____ 2016 - 2017 Grade _____

Address _____

Phone _____ Cell _____

Emergency Contact during time of camp _____ Phone _____

Shirt Size _____ Current School Attending _____

I _____ give my permission for _____ to attend the 2017 Snider Wrestling Club. I will make arrangements for my son to have transportation to and from camp each day. I realize that Wrestling is a contact sport, and because of this, injuries may occur during the camp to my son. My son has athletic insurance or is covered by a separate insurance plan. In the event of an injury, and I cannot be reached, I authorize Coach Mohr or a Snider Staff member to provide medical attention and seek outside medical attention if necessary.

Parent/Guardian Signature _____ Date _____