**PACK732 WRESTLING Information:**

* **Registration/Consent form must be filled out completely and turned in with payment prior to beginning of practices. Total Fee for year: $\_\_\_\_\_\_ per member, additional $\_\_\_\_\_\_\_per 2nd sibling, any additional siblings please discuss with coaches. Pay all at once or $100 due by first practice July, all remaining Fees need to be up to date by end of day November 1st. Any issues please discuss with coaches. Yearly fee covers for the season (April, May, and/or June practices will be scheduled but limited due to spring sports). No trial periods, no refunds. If not approved to signed up and fees not paid you will go on a waiting list and allowed in if space permits. We expect you to be at practice a minimum of twice a week. We understand vacations, sickness, and family/church obligations happen. Communication is key. If its season conflict my suggestion is=football season- football is first priority, baseball season- baseball is first priority, wrestling sesason-wresting is first priority.**
* **Pack732 Wrestling will be AAU and USA sanctioned. Each wrestler must have a membership to at least 1 organization prior to practicing. Please bring a copy of AAU (preferably 8th and down, or USA card (preferred 9-12th grade) to practice.**
* **Practice Schedule and locations in Wilton, IA will be communicated each month through our Band App. Practices can and will be on dates that is the best fit for our group, which will include the weekdays and the weekends (Saturday and Sunday). As always practices are subject to change at anytime, we will do our best to give as much notice as possible, again through our band app.**
* **Wrestlers must have medical insurance before participating in practice.**
* **A quick shower after practice is recommended, showers are necessary as soon as any wrestler gets home. Skin Checks will be performed prior to practice periodically. Please have anything suspicious checked out and treated before practicing to avoid contamination and spreading. If a coach notices a possible infection or communicable disease, the child will be required to stop practice until cleared.**
* **Respect the facility, coaches, teammates, and other parents at all times. Please be mindful of keeping the facility clean. Each wrestler will be required to bring their own drinking water to practice until further notice. No Street shoes on the wrestling mats. Please wear wrestling shoes on the mat, and not outside. No Jewlery, only wrestling attire during practices, including and/or Singlets/ Shorts-T-shirts, etc.**
* **Communication is highly recommended and very beneficial to all parties, but please set up a time for discussions outside of practice times.**
* **Coaches will try to attend as many events as possible to coach. During larger tournaments you may text/communicate with the coaches when your child is on deck, and what mat. Please understand that the coaches intend on coaching every match, but may not always possible**
* **Tournaments are completely optional. We will send out any upcoming tournaments we plan to attend, so we can go attend as a group. When signing up for a tournament we hope you choose to sign up under PACK732, but we have always allowed you to pick whom you signup under as you may belong to other clubs or groups. But knowing that whether you are signed up as PACK732 or another group, you still are representing PACK732 and will be expect show good sportsmanship and compete as a member.**
* **AT “NATIONAL TOURNAMENTS”, YOU ARE EXPECTED TO SIGN UP UNDER PACK732. “State/Local Tournaments” are your discretion.**
* **We will offer PACK732 gear and singlets, Information will be sent out when available.**
* **We will teach fundamental wrestling, through high Repetition. Included, will be learning discipline while practicing with a purpose at all times, doing what needs to be done, when it needs to be done. Outside of wrestling we will also discuss strength training, good sportsmanship, and being good all person and student athlete while competing at the highest level you can. If we feel anyone one person and/or family is disrupting the things we are building, they will be asked to leave. The Journey is not complete just because we win, the journey is to learn to overcome obstacles and grow into 1.) A motivated successful person, 2.) The best wrestler you can be.**