

Ky Colonels Wrestling Club

Who:

Two divisions: 5 to 12 and 12 to 14 year olds boys or Youth and Middle School. However size and experience does not matter.

What:

Ky Colonels Wrestling Club will provide a terrific opportunity for your son to participate in and enjoy “the world’s oldest sport”. Wrestling excels at building self-esteem, instilling confidence, and develops discipline and physical fitness in a way that is fun and challenging. Middle School wrestlers have 16 different weight classes (70 thru 230+ pounds), for the Youth wrestlers they are matched against same weight ranged wrestlers, so you don’t need to be the biggest or tallest to be successful. In wrestling, kids practice and compete against other kids their own size, so it is safe and fair. Equipment needed: wrestling shoes (~\$40), shorts, and t-shirt. We will supply any necessary protective headgear for tournaments and meets (which are all Sat. or Sun. based).

When/Where:

Practice is Tuesday, Wednesday, and Thursdays, begin November 1, with Middle School focused on Tues. and Thurs; and Youth focused on Wed. *However Youth or Middle School can practice all three days.* Practice time is 6:30 to 8:00. Practice location: Erlanger Batting Cage/Star Sports Academy (behind Johnny’s Car Wash. Competition can begin as early as mid-November with season ending state tournaments in January. Wrestling meets/tournaments are on the weekends and you can choose to compete or skip -competition costs are per event. So if there is a Sunday or Saturday tournament you paid the club the entry fee (normally \$10 - \$15 per wrestler) – the club then pays the entry fee for everyone with one check.

Why:

The sport provides EVERYONE the opportunity to practice and compete. This sport improves strength, conditioning, agility, leverage, and can be of benefit to other sports – like football, baseball, and soccer. **Every wrestler will wrestle** at meets and in tournaments – no more of the all practice and “only a few play” sports or the coaches deciding who participates.

Registration:

Please mail or bring the attached registration form to practice, along with a check for \$100, payable to Ky Colonels Wrestling Club. Payment includes instruction, singlets, USA Wrestling Membership Card (required for insurance to cover wrestlers for practice and competition). For further information contact: Kyclonelswrestling@fuse.net.

Coaches: Jim Hummeldorf: (859) 462-4531 (Blessed Sacrament Parish)
Joe Hunt: (859) 630-7735 (Blessed Sacrament Parish)
Tim Gray: (859) 663-6660

***Instruction will involve correctly teaching basic wrestling moves and counter moves. The key to success in wrestling performing moves quickly, correctly, and with confidence. This success comes from practice and repetition so the moves become second nature. Our coaches reinforce that good **sportsmanship** is the most important part of our wrestling club.

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Registration Form

Wrestler's Name: _____

Date of Birth: _____ **Height:** _____ **Weight:** _____

School: _____ **Grade:** _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Home Phone: _____ **Mobile:** _____ **Mobile:** _____

Email: _____ **Email:** _____

Parent or Guardian: _____

Parent or Guardian: _____

Emergency Contact: _____ **Emergency Phone:** _____

One registration form per wrestler and \$100 per wrestler must be completed and payment received. Mail to:

**Ky Colonels Wrestling Club
c/o Jim Hummeldorf
23 Burdsall Ave
Fort Mitchell, KY 401017**

**Note: All coaches are registered with Kentucky State Wrestling Association
All coaches Virtus trained & current in Catholic Diocese of Covington**