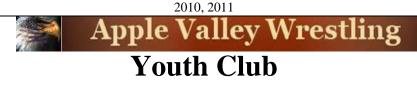
HIGH SCHOOL STATE CHAMPION

1983, 1985, 1986, 1991, 1994, 1995, 1997, 1999, 2000, 2001, 2002, 2003, 2004, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013

HIGH SCHOOL NATIONAL CHAMPIONS



## Session I – Folkstyle (GRADES K-6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup>)

**INVITATION:** The Apple Valley Folkstyle Wrestling Club is for boys in grades K-8. It will provide kids an opportunity to wrestle & compete in weekend tournaments, and wrestle other kids outside of Apple Valley. It's a great way to improve your skills, make new friends and work with high school coaches and wrestlers.

## PROGRAM GOAL:

- Provide an opportunity for our wrestlers to develop and improve their wrestling skills.
- Accomplish individual & team goals through hard work, practice and the participation in individual and potential dual meet tournament competition throughout the metro area.
- <u>TIMING:</u> Starts Thursday November 7<sup>th</sup> at 6:30 PM– 8:15 PM (culminating with the Kids State Individuals and Team Championships Feb/March 2014).
- **<u>COST:</u> \$100.00** per session for program (2013-14 Season One/Session Two). \$36.00\* for a USA Wrestling card for those who do not currently have or need to update membership card (<u>http://www.usawmembership.com</u>). Open weekend tournaments (optional but encouraged) cost approximately \$10.00 each.
- <u>SIGN-UPS:</u> Monday Nov. 4<sup>th</sup>, 6:30 8:00 PM, sign ups first day of practice Thursday Nov. 7<sup>th</sup>. - Practice two / three nights a week with weekend tournaments. - Schedule will be available online & initial hard copies will be provided.

HEAD COACH: Rudy James - Apple Valley Head Club Coach, National Champion/4-time collegiate All American

## PARTICIPANT PROGRAM EXPECTATIONS:

- Organized planned practices providing quality coaching in a positive atmosphere providing improvement on a daily basis. We will work hard, but have fun doing it.
- Knowledgeable high quality coaching provided for both practices & tournament events.

\*\*Questions please call Rudy James (651)321-4621 Rudy.James@AVWrestling.com

## Our website: Apple Valley Wrestling - <u>http://www.avyouthwrestling.com/</u> [Online registration available or fill out hard copy with payment]

Registration form - Please detach			
WRESTLER'S NAME		GRADE	SCHOOL
STREET ADDRESS			SHIRT SIZE
CITY	ZIP	TELEPHONE	
EMAIL ADDRESS	@		*Date of Birth:
FORM OF PAYMENT: CHECK#		, CASH	AMOUNT \$
I hereby certify that my child is in good health and has Valley Wrestling nor any of its wrestling staff liable for			
Print Parents or Guardian Name			
Signature of Parent or Guardian			Date

"Expect Excellence"