

Westside Wrestling Club

Freestyle and Greco Roman Season

For Ages 8 to 18



In this season we practice and compete in the Olympic styles of wrestling. We often find that this is the most fun and refreshing season of wrestling. These styles will make a wrestler better rounded in their skills and experience of wrestling positions, balance, and leverage.

When: The Club begins on Tuesday March 30, 2010. It will continue every Tuesday and Thursday until the end of May.
High School and Middle School 6:00 – 7:30 p.m. Elementary School 5:00 – 6:00 p.m.

***Cost:** \$70.00 Elementary and Middle School; \$90.00 for High School and COMPETING Middle Schoolers
*Family Discount: 2nd entry 1/2, 3rd entry 1/4

Where: Coronado High School, Wrestling Room

- You may register the first day of practice.
- The Elementary and Middle school may be practicing in the Auxiliary Gym on the North side of campus depending on numbers.
- We will also have Olympic level clinicians at most of the practices.
- If you desire to compete you will need to purchase a USAW membership card at www.themat.com for \$40.00
- Red & Blue Singlet are also required for competition and available for sale through our club. (\$50.00) through the order form below.

Questions?	Cam McElhany 598-9406	Phil Olson 596-2756	Matt Brickell 592-9368
	Steve Burak 598-3548	David Hurtado 598-7074	Jason Chao 237-2040
	Clint Brickell 432-7282	Tom Muzzy 439-3139	Dave Hays 235-2326

Please return the form below when you register

_____	_____	_____/_____/_____ Birth date	
Name of participant (Print)	Age		
_____	_____	_____	_____
Address	Zip	Phone (Home)	Phone (Work)
_____	_____		_____
Parent name (please print)	Phone (Cell)		
_____	_____		
Email address	Email Address		

T-Shirt Size (please circle)
Adult: S M L XL XXL XXXL XXXXL Youth: S M L

Disclaimer: In consideration of your acceptance of my entry, I intend to be legally bound, hereby for myself, my heirs, executor, and administrators, waive and release the Westside Wrestling Club, Westside Wrestling Camp, Coronado High School, and members, from all claims to injury or rights to damage for traveling to and from, participating, or attending the Westside Wrestling Club.

Physician's Name: _____ Physician Phone: _____
Does your child have medical insurance? _____ Parent/Guardian Signature: _____

Dues \$ _____ Payment *Check # _____ Cash _____

*Checks payable to Coronado Wrestling please.



LOGO Equipment Order Form

Help Support Westside Wrestling Club

The WESTSIDE LOGO will appear on each piece of this gear. See descriptions below.



**Brute Lycra
Reversible Singlet**

The singlet will have the **WESTSIDE LOGO** across the chest on both the red and blue side

Size	Qty	Price Each	Extended
		\$42.00	
		\$42.00	
		\$42.00	
		\$42.00	

Womens Sizes on request

Sizing Information	
Youth Size Chart	Adult Size Chart
YS - 40 to 60 lbs.	XS - 90 to 110 lbs.
YM - 60 to 75 lbs.	S - 110 to 130 lbs.
YL - 75 to 90 lbs.	M - 130 to 155 lbs.
	L - 155 to 185 lbs.
	XL - 185 to 225 lbs.
	XXL - 225 to 275 lbs.
	4XL - 275 to 340 lbs.



Mesh Shorts
7" Inseam
Red with White
WESTSIDE LOGO on
one leg

Size	Qty	Price Each	Extended
		\$15.00	
		\$15.00	
		\$15.00	
		\$15.00	

Youth Sizes	Adult Sizes
S- 24-26	S-30-32
M-26-28	M-32-34
L-28-30	L-34-36
	XL-36-38



**Hooded Pull-Over
Sweatshirt**
The hoodie will have the
WESTSIDE LOGO
across the chest.

Size	Qty	Price Each	Extended
		\$25.00	
		\$25.00	
		\$25.00	
		\$25.00	

Youth	Adult
S-6/8	S-34/36
M-10/12	M-38/40
L-14/16	L-42/44



**Asics Mesh
Drawstring
Backpack**
THE
**WESTSIDE
LOGO** will appear on
the credential pouch

Qty	Price Each	Extended
	\$12	

Ones size fits all your gear. Shoes, pads, headgear, mp3 player, sport drinks.....

TOTAL:	
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PD	CHK #

Order Deadline: Thursday April 1

<p>Wrestler _____</p> <p>Parent/Guardian _____</p> <p>Phone _____</p>	<p>Please make checks payable to: Westside Wrestling Club</p>
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