




HILL COUNTRY WRESTLING CLUB

Practices held at Crossfit 830, 3102 Fredericksburg Rd.
TUESDAYS, WEDNESDAYS & THURSDAYS 6:30 – 8:00PM

WRESTLING BUILDS...

- * A STRONG WORK ETHIC
- * PHYSICAL CONDITIONING
- * SELF-MOTIVATION
- * TOUGHNESS
- * DISCIPLINE
- * DETERMINATION
- * STRENGTH
- * SPORTSMANSHIP
- * SELF-CONFIDENCE
- * AGILITY

 www.facebook.com/hillcountrywrestlingclub

Practices for the Folkstyle season begin
Sept. 23rd, 2014 and end with the
State Tournament on Feb18th, 2015.

COST : \$150

10% Sibling Discount

COST INCLUDES UNIFORM, SHOES,
HEADGEAR, AND USA MEMBERSHIP

For more information, contact:

Head Coach, Rufus Maxfield
ramiii@windstream.net
Club President, Sarah Hueber
shueber33@yahoo.com



USA Wrestling is the National Governing Body for the Sport of Wrestling in the United States and, as such, is its representative to the United States Olympic Committee. Simply, USA Wrestling is the central organization that coordinates amateur wrestling programs in the nation and works to create interest and participation in these programs. USA Wrestling has more than 160,000 members. These members include athletes of all ages, coaches, officials, parents and fans striving together to strengthen the sport.

NAME: _____ GRADE: _____ DATE OF BIRTH ____/____/____ USA CARD#(if returning): _____

ADDRESS: _____ TOWN: _____ ZIP: _____ SCHOOL: _____

PARENT EMAIL ADDRESS: _____ TELEPHONE #: (____)____-____-____

EMERGENCY CONTACT NAME: _____ EMERGENCY #: (____)____-____-____

APPROX. WEIGHT: _____ WRESTLING EXPERIENCE _____ yrs. T-Shirt Size (Please circle one) YS – YM – YL – AS – AM – AL – AXL

Parent/ Guardian (Before a wrestler can participate a parent or guardian must also complete a USA Wrestling Waiver)

Name: _____ Date: ____/____/____ Signature _____

BUILDING TOMORROW'S LEADERS ONE MATCH AT A TIME