



FRANCIS HOWELL VIKING WRESTLING CLUB

2010-2011 Registration Information

francishowellwrestling.com

The Francis Howell Viking Wrestling Club is an open enrollment, *non profit* club that exists to get kids interested and involved in the sport of wrestling. We strive to promote good sportsmanship, work ethic, and commitment for anyone that is currently in the 1st (or 6 years of age) through the 8th grade (must not turn 15 years old prior to January 1, 2011) who wish to learn the sport of wrestling.

Why Wrestle?

- 1) Promotes Self Confidence
- 2) Enhances Physical Development
- 3) Teaches Discipline and Self Control
- 4) Increases Body Awareness
- 5) Develops Strength and Leverage
- 6) Heightens Balance and Agility
- 7) Improves Speed & Reaction Time

Registration Date & Time Information:

On line at www.francishowellwrestling.com (**Preferred**) or November 1st & 2nd from 6:00 to 7:30 PM during practice at Francis Howell HS Multi purpose room. Please bring completed Wrestler Registration Information form to practice.

First Year Wrestlers are REQUIRED to bring a copy of their Birth Certificate at the time of registration.

Registration Donation:

\$125.00 for the first wrestler, \$100.00 for second wrestler and \$75.00 for each additional wrestler. Donation includes Competitors Cards, Team Shorts & T-Shirt. Singlet deposit of \$50.00 and parent worker deposit of \$25.00 due at registration. Deposits returned at completion of season.

Practices:

Practices will be held on Monday/ Tuesdays for all ages at the Francis Howell High School wrestling room from 6:00 to 7:30 pm. (**First Practice will be Monday 11/01/2010**)

Tournaments:

Tournaments for wrestlers are on a **pay as you go basis**, you can participate in as many or few tournaments as you choose to participate. The cost for each tournament is usually between \$15 and \$20. Participants are grouped by age, weight and in some tournaments ability or wrestling experience.

Contact Information:

For more information or to answer any questions that you may have regarding the Francis Howell Viking Wrestling Club please visit us on the web www.francishowellwrestling.com or contact: Kevin Stroh 314-374-7941