



# PQ PINNERS



## WINTER 2018 WRESTLING SESSION

When: Dec 10 to Feb 12

Days: Monday &amp; Tuesday

Time: 5:00 pm - 6:00 pm

Location: MCHS Wrestling Room

Cost: \$150 (Paid after 1st wk)

(Other Payment Options available)

The PQ Pinners Youth Wrestling Program would like to welcome you to another exciting season. Our program introduces the sport of wrestling by incorporating fundamental strength and conditioning drills for wrestlers at any level. These activities are designed to develop basic body position and coordination. We do not emphasize competition during the Summer Session, nor is it mandatory.

The PQ Pinners Wrestling Program **Code of Conduct**:

- I will **WORK HARD**
- I will **LISTEN** to the coach.
- I will **HAVE FUN!!!**



Signature of Wrestler \_\_\_\_\_

Date (MM/DD/YYYY): \_\_\_\_\_

Signature of Parent or Legal Guardian \_\_\_\_\_

Date (MM/DD/YYYY): \_\_\_\_\_

If you have a complaint or concern, please discuss with the coach directly.

### Wrestler Information (Please Print)

Last Name:		First Name:		Current Age:	DOB (MM/DD/YYYY):
Experience (Check One): <input type="checkbox"/> Beginner <input type="checkbox"/> 1-2 Years <input type="checkbox"/> 3-4 Years <input type="checkbox"/> 4+ Years		Grade Attending Next School Year	Shirt Size:	Shorts Size:	Hoodie Size:

### Parent/Guardian Information (Please Print)

Last Name:		First Name:		E-Mail Address:
Address:		Work Phone #:		
Street	City	State	Zip	Home Phone #:

### Medical Coverage Information (Please Print)

Insurance Provider:	ID #:	Phone #:
Doctor's Name:	Medical Conditions:	

I hereby give permission to \_\_\_\_\_ to wrestle in the 2018 PQ Pinners Summer Wrestling Session.

I (Print Name) \_\_\_\_\_ hereby release PUSD, MCHS, USA Wrestling, SCWAY, all sponsoring bodies, their offerings, tournament officials, committees, board members, coaches and referees from any and all liability.

I (Print Name) \_\_\_\_\_ hereby take responsibility as a parent/guardian for the care of any equipment which is issued to my son/daughter during the Summer Wrestling Session. At the termination of the season, any and all equipment will be cleaned and returned or replaced to the PQ Pinners Wrestling Club.

Signature of Parent or Legal Guardian \_\_\_\_\_

Date (MM/DD/YYYY): \_\_\_\_\_