

PALMER WRESTLING CLUB

For Grades Pre-K to 8th
updated **1/14/18**

WHEN

Pre-K to 8th Grade 6:30--8:00 PM on **Tuesdays** beginning **January 29** and also on Thursdays beginning **February 21**. Practices continue until March **28** or until the Huskerland State Meet in March/April.

WHERE

Palmer TTELC (**across the street from the pool**)

DIRECTOR

Nathan Glause School (308) 894-3065 Home cell (308) 750-2801

COST

I am requiring all Wrestlers to purchase the insurance, **\$20.00** for the AAU Insurance card, which is secondary coverage for your child during Palmer Wrestling Club practices and meets. Make checks payable to Palmer Wrestling Club (PWC). Coach Glause will get the cards online.

REGISTRATION

Bring completed Waiver/Consent form and **\$20.00** ASAP so that I may send in your child's name and information to purchase the AAU Insurance.

EQUIPMENT

Please wear clean tennis or preferably wrestling shoes, shorts/sweats, and shirt. Competition Singlets may be checked out at one of our first practices. These will be returned at the end of the season.

COMPETITION

Tournament information will be handed out at practices. Some meets begin earlier. If interested, go to <https://nswca.com/calendar> to check out the tournament calendar.

Each meet has its own form and entry fee, which you will be responsible for sending in on time.

Our kids' meet is **Saturday, March 2, 2019**. We will need workers for our kids wrestling meet. This is our annual fundraiser. This money has been used in the past to purchase a mat, digital scale, singlets, and kneepads. We also give a \$250 scholarship to a Palmer senior.

Participants will learn wrestling technique and general body conditioning.

Bring a full water bottle to each practice. The TTELC does not have drinking fountains.