

## **PALMER WRESTLING CLUB**

For Grades Pre-K to 8<sup>th</sup>  
updated **1/2/20**

### **WHEN**

Pre-K to 8<sup>th</sup> Grade 6:00--7:30 PM on **Tuesdays** beginning **January 14** and also on Thursdays beginning **February 27**. Practices continue until March **26** 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 Cell (308) 589-0716  
Michelle's 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 7, 2020**. 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.**