

PALMER WRESTLING CLUB

For Grades Pre-K to 8th
updated 10/18/23

WHEN

Pre-K to 8th Grades 6:00-7:30 PM on Tuesdays & Thursday beginning November 14. They will continue Tuesdays & Thursdays on January 4 until the end of March.

WHERE

Palmer TTELC (across the street from the pool)

CLUB COACH

Logan Hayman Cell (308) 380-8435

CLUB DIRECTOR

Nathan Glause Cell (308) 589-0716

COST

We are 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). Nathan Glause will purchase the cards online.

REGISTRATION

Bring completed Waiver/Consent form and \$ ASAP so that we may enter your child's name and information to purchase the AAU Insurance.

EQUIPMENT

Please wear clean tennis or preferably wrestling shoes, shorts/sweats, and shirt. We do have some hand-me-down shoes in our Wrestling room. 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.

Participants will learn wrestling technique and general body conditioning.

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

Wrestlers, Parents and Siblings are only allowed in the Wrestling room, Lobby and Restrooms. They are NOT allowed to use any other rooms, hallways or materials in the building.