

Monticello Wrestling Club



“Building Champions on and off the Mat”

MWC Elite Begins Tuesday, Nov 7th Cost \$50 per wrestler
MWC Begins Tuesday, Nov 7th Cost \$25 per wrestler (Beginners)

What: Monticello wrestling club is a program for future wrestlers in K through 8th grades. The purpose is to provide an opportunity for younger wrestlers to develop fundamental skills and techniques in wrestling.

When: MWC: Tuesdays 5:45-6:45pm & Thursday 5:45-6:45pm (Beginners)
MWC Elite: Tuesdays 6:45-8:15pm & Thursday 6:45-8:15pm (Competition team)
See MWC/MWC Elite Schedule for specific practice days and times. There are some Mondays due to conflicts

Cost: MWC \$25 or MWC Elite \$50 This will include a dri-fit wrestling club t-shirt. Please indicate desired t-shirt size below, shirts will be passed out later in December. *Bring form and \$ to first practice.*

Where: The practices will be held in the Monticello High School wrestling room.

Equipment: No special equipment will be needed; headgear and wrestling shoes are optional.

Coach Contact Info: Ryan Luensman (319) 480-0426 or rluensman@midland.k12.ia.us, Dom Luensman 319-465-5051 or Scott Sampson 319-480-0333

Please “Like” us on Facebook for all Monticello Wrestling updates, information & cancellations.



Monticello, Iowa Wrestling



-----Detach and return to Coach Luensman/Sampson at the first practice-----
I hereby certify that (Name) _____, is in good health and is covered by our own insurance. I authorize his participation in the Monticello Wrestling Club.

Name: _____

Email: _____

Address: _____

Parent/Guardian: _____

Cell Phone: _____

Childs Age: _____ Grade: _____

Circle T-shirt size: Child-Sm 6-8 Child-Med 10-12 Child-Lg 14-16 Adult-Sm Adult-Med Adult-Lg Adult XL