



EK Wrestling Philosophy:

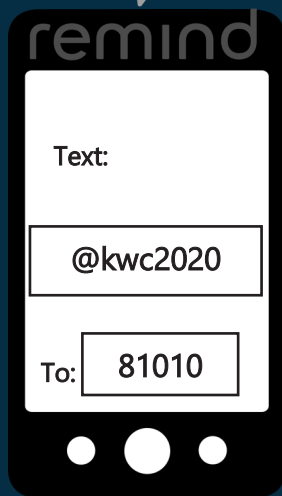
- ◇ Don't wrestle to stay even, don't wrestle to win, wrestle to dominate.
- ◇ Don't hesitate, shoot, drive, score!
- ◇ Don't let up at the edge of the mat.
- ◇ Always be the aggressor instead of the reactor.
- ◇ Never get called for stalling.
- ◇ Constantly work to improve your position.
- ◇ Never, ever, give up!

-This is the ONLY way to wrestle!

Contact Coach DeMaagd

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EAST KENTWOOD



2019-2020 KIDS WRESTLING PROGRAM

"Become the best version of yourself."

"Winners Make Commitments!"

WHY WRESTLE?



- ◇ ANYONE can wrestle!
- ◇ Places an emphasis on **Academics** and **Citizenship**.
- ◇ Stresses great **Sportsmanship**.
- ◇ Provides **Leadership** and **Discipline**.
- ◇ Builds **Self-confidence** and **Respect**.
- ◇ Teaches **Perseverance** through **Adversity**
- ◇ Is **Fun** and promotes **Friendships**.
- ◇ Builds **Strength** and **Endurance**.
- ◇ Teaches **Techniques**.

*Guarantees all wrestlers to compete in a takedown tournament and earn a medal!

When:

**First Session – Sunday,
Nov. 3, 2019 2:00 – 3:00 pm**

**After 1stSession
Tuesdays and Thursdays, November 5
through November 26, 2019**

Who: 1st-6th Grade 6:00 –7:00 pm

**Where: EKHS – Wrestling Room, Enter
Door H, Ice Arena Parking Lot**

CUT AND RETURN BOTTOM PORTION ONLY

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**2019 K.I.D.S. NOVEMBER PROGRAM REGISTRATION FORM CASH ONLY –
NO CHECKS ACCEPTED – BRING FORM AND MONEY TO FIRST SESSION
KENTWOOD STUDENTS \$5.00 NON KENTWOOD STUDENTS \$10.00**

Last Name _____ First Name _____ Grade ____

School _____ Male/Female _____

Emergency Phone Number _____

Email _____

WRESTLING _____ T-Shirt Size _____

I hereby voluntarily release and hold harmless Kentwood Public Schools from all liability for all types of damages or injuries, whether foreseeable or not, sustained by myself, my child and other family members while participating, watching/traveling to or from this activity.

Parent or Guardian Sign _____ Date _____