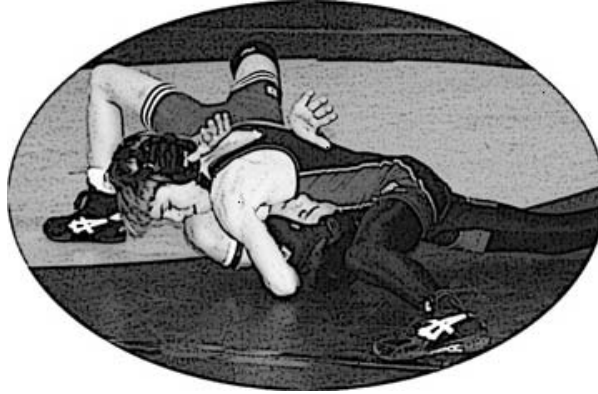


Spring Wrestling!

April 1st - May 8th
Six 2-hour
weekly sessions

Hurry! Space is limited!



Beginners Program - Try it!

(0-1 years experience) Boys age 6-15

Thursdays 6:00-8:00 PM at Franklin Middle

- ✓ Learn the basic high-success moves that make champions
- ✓ Each move is broken into steps, then practiced and sequenced into flowing single motions
- ✓ Learn essential wrestling movement and balance with a fun, game-based approach

Sessions 1 & 2 - Rules & Takedowns

All about the sport, seasons, competitions, scoring. Single & double leg takedowns, set-ups and movement on your feet.

Sessions 3 & 4 - Pressure and Pinning

Breakdowns, pressure & pin techniques.

Sessions 5 & 6 - Escapes & Reversals

Hand control, stand-ups, rolls.



Experienced Program

(2+ years experience) Boys age 7-15

Tuesdays 6:30-8:30 PM at Franklin Middle

Sharpen the skills of experienced wrestlers by focusing on finer points. "Live" sparring to perfect the techniques.

Sessions 1 & 2 - No Bad Shots!

Improving on your feet through better set-ups, drags & shrugs, sprawls, defending with front head locks.

Sessions 3 & 4 - No Third Periods

Going for the pin: Techniques and strategies to pressure and pin competitors in the first and second periods.

Sessions 5 & 6 - Winning the Scrambles

Techniques to help you come out on top of scrambles; position, hips, hand control, rolls, situational awareness, balance, wizzer.

Online at <http://www.REIWrestling.com>; email Wrestling@ReisterstownSports.com • 410-935-3526

Register Today Beginner -Or- Experienced* **\$35.00 individual or \$55 family**

Wrestlers name _____ Birthdate ____/____/____ Age ____ Weight ____

School _____ Grade _____ Shirt size (circle) Youth S M L or Adult S M L XL

*Wrestling experience: How many seasons? _____ Where? _____

Medical conditions to be aware of _____

Parent's name(s) _____

Address _____ Home Phone _____

City _____ State _____ Zip _____ Cell Phone _____

eMail (for announcements) _____ Other Phone _____

Additional eMail _____

I/We will furnish or arrange for transportation of the registrant to and from practice and games.

I/We assume responsibility for the reasonable care and return of all equipment loaned to the wrestler including paying for replacement of lost gear or uniforms.

I/We assume all risks incidental to the conduct of the program activities, and transportation to the same, and do hereby release, absolve and acquit the Reisterstown Area Recreation Council, its organizers, supervisors, managers, coaches, sponsors, and other personnel agents from any liability whatsoever in regard to the same, and from any claim for damages of whatever nature arising out of the activities conducted including, but not limited to, injuries received at the designated sites of meets or practices, and injuries incurred while being transported to or from activities.

Permission is hereby granted, in case of emergency, for any coach or council official to authorize first-aid, as well as medical treatment, as may be deemed appropriate by a licensed physician, for any injury by any child during, and in traveling to and from, the wrestling program.

Make sure your child's coach is alerted, in writing, to any special medical information applicable to your child. Note below and attach documentation as appropriate.

The Reisterstown Area Recreational Council does not carry insurance. Thus, parents / guardians will be responsible for all medical care and expenses for all injuries during this program.

I have read, understand, and agree to the statements on this form.

Parent/Guardian Signature _____ Date _____

Form & payment must be mailed by 3/7/2008. Make check payable to Reisterstown Area Recreation Council.

Mail to: Raiders Wrestling, c/o Tom Montanye, 4609 Prospect Ave, Reisterstown, MD 21136

Reisterstown Recreation Council, Hannah More Academy Center, Room 205, 12035 Reisterstown Road, Reisterstown, MD 21136-3042, 410-887-1142