

*Welcome to your
KM YOUTH WRESTLING CLUB for 2009-10*



The KM Youth Wrestling Club consists of all of our youth wrestlers, parents and enthusiasts. Our Mission is to promote and foster the sport of wrestling while teaching sportsmanship and developing leadership skills.

Our club is represented by the following board members:

President:	Cheri Berge	635.5075	berge@kmtel.com
Vice-President:	Jay Laumb	634.3321	jaylaumb@email.com
Secretary:	Brenda Schorr	635.5111	sbschorr@kmtel.com
Treasurer:	Kristy Johnson	527.2148	sjohnson@housechevrolet.com

The club fee this year will be \$30, which will include a t-shirt for each registered participant. Individuals will be responsible for purchasing their own NYWA membership card at <http://www.nywa-mn.com>.

THE COACHES

An effective coaching staff is essential in helping kids derive the greatest benefit from their involvement in the sport. Coaches need to be effective in planning, organizing and running practice sessions, and coaching mat-side during competition. We are confident that we are providing for our club the best coaches available. During practice times only coaches will be allowed in the wrestling room.

PreK-2 nd grade:	Charlie Bradford	635.5434	jessicabradford@kmtel.com
	Mike Shea	634.6990	mikeshea@kmtel.com
	Ryan Thomas	635.3100	ryan@mackin.com

3 rd -6 th grades:	Jay Andrist	634.6732	andrist4@yahoo.com
	Kevin Berge	635.5075	berge@kmtel.com

Head Coach:	Paul Mann	635.3575	p.mann@komets.k12.mn.us
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If you are interested in volunteering as a parent coach, please contact one of the board members.

THE WRESTLING SEASON

Folkstyle Wrestling: November - April

Freestyle & Greco Wrestling: March – July

** Wrestlers not competing in State qualifiers will end the season February 15 with a trip to the House of Bounce.

PRACTICES:

Location: The Kasson-Mantorville High School wrestling room

Times:

PreK-2nd grade: 6:00 - 7:00

3rd -6th grades: 7:15 – 8:30

Dates:

November 24, 30

January: 5, 11, 12, 19, 26, 28

March: 2, 4, 9, 11, 16, 18, 13, 25, 30

December: 3, 7, 8, 14, 15, 22

February: 2, 4, 9, 16, 18, 23, 25

April: 1, 6

Wrestling practices develop:

- Basic wrestling skills
- Technique
- Conditioning
- Perspective
- Discipline
- Balance
- Coordination
- Self Control

Most practices start with stretching and warm-up activities. The mainstay consists of technique drills, live wrestling, conditioning and instruction, followed by fun, skill building games.

Many kids and even parents fear the first practice not knowing how they will fare against friends and strangers, but the first several practices often involve little or no live wrestling. Coaches know to match kids by size, age and ability and generally take care to see that new kids and parents are paired with other novices and know to take the transition to live wrestling gradually. Most kids will adapt to live competition quite naturally within two or three weeks.

Important Tournament Dates:

- CLASH National High School Duals – January 6th – 9th : Rochester UCR
- [KM KoMets Youth Individual Tournament – January 3rd](#)
- Swalla HS Varsity Team Tournament – January 30th
- [KM KoMets Youth Team Tournament – Sunday, January 31st](#)
- MYAS Gopher State Championship - February 13th & 14th: Monticello HS
- MN State High School Tournament - March 3rd – 6th
- USA State Individual Tournament – March 13th-14th : Rochester UCR
- NYWA
 - Individual Districts - March 12th-14th and March 19th - 21st
 - Individual Regions – Saturday, March 27th
 - Team Regions – TBD
 - State - April 8th - April 11th

** Easter Sunday is April 4th, 2010

2009/2010 KM YOUTH WRESTLING REGISTRATION FORM

Congratulations!

3X NYWA State Team Wrestling Champions
KM K - 6th Grade Wrestling

NAME: _____ AGE: _____ GRD: _____

PARENTS/GUARDIAN: _____

EMAIL(S): _____

PHONE: (h) _____ CELL: _____

ADDRESS: _____ CITY: _____

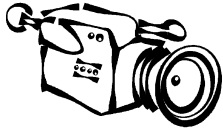
CURRENT WEIGHT: _____

Would your child be willing to wrestle on a traveling team? Yes _____ No _____

During our two tournaments we will be requiring everyone's assistance. Please help share the responsibilities and volunteer your services. Further information will be provided as the tournament dates approach. Individual tournament 1/3 Team Tournament 1/31

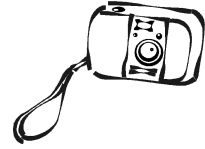
We are asking each wrestler to take part in our candy bar fundraiser by selling at least one box of bars. This helps offset some of the expenses that are incurred throughout the season.

Thanks for supporting your wrestlers and their program.



2009/2010 K-M YOUTH WRESTLING
CONSENT TO PHOTOGRAPH

Photo/Video Release Authorization



I hereby give permission to K-M Youth Wrestling of Kasson, MN and/or parties designated by K-M Youth Wrestling to photograph my child and use such photographs in all forms of media (newspaper, website, printing), for any and all promotional purposes including advertising, publicity, display, audiovisual, exhibition, commercial or editorial use.

I understand that the term “photograph” as used here-in encompasses still photographs, audio recordings and motion picture footage.

I hereby release K-M Youth Wrestling and any of its associates, affiliates, appointed advertising agencies and designated officers, directors, and members from any claims.

PRINT WRESTLER’S NAME: _____

PARENT/GUARDIAN’S SIGNATURE: _____ **DATE:** _____

