

Junior Cougar Wrestling Club

2024-25 Registration Form

Introduction:

Welcome to the Junior Cougar Wrestling Club! We operate as the youth program for the Cedar Rapids Kennedy High School wrestling program. The Junior Cougar Wrestling Club offers three age groups: PK-K, 1st-3rd, and 4th-8th Grade. Our practices are organized around the same skills learned in the high school room as our goal is to prepare youth wrestlers for a competitive high school career.

Coaching Staff:

- Jordan Baskerville
- AJ Losch
- Logen Rodriguez
- Austen Winders

Location:

Kennedy High School Wrestling Room
4545 Wenig Rd. NE,
Cedar Rapids, IA 52402

Programs:

	Beginner (PK – K)	Intermediate (1 st – 3 rd)	Advanced (4 th – 8 th)
Description:	Our beginner group focuses on the basics and learning the rules of wrestling.	Our Intermediate group builds upon the basics learned at the beginner level and looks to become competitive on the wrestling mat.	Our advanced group focuses on the skills that will translate to a successful high school wrestling career.
Practice Schedule:	Nov 18 th – Jan 26 th Mondays 6 – 7	Nov 12 th – Mar 8 th *Tuesday, Thursday 5:30 – 6:30	Nov 12 th – Mar 2 nd *Tuesday, Thursday 6:30 – 8:00
Cost:	**\$125 ***Must have USA Wrestling Membership	**\$250 ***Must have USA Wrestling Membership	**\$250 ***Must Have USA Wrestling Membership Middle school wrestlers can purchase half season

* A Wednesday practice will be added on weeks with a Thursday home meet

** A second wrestler from the same family can register for half price. Three wrestlers from the same family please contact Coach Baskerville regarding registration fees

*** USA Wrestling Membership can be purchased online at www.usawmembership.com

This information and more can be found on our website

www.jrcougarwrestling.com

To register mail this form **with payment** to:

Junior Cougar Wrestling Club

4570 Willow St.

Palo, IA 52324

Questions?

Email: nleclere@crschools.us

Checks Payable to: Cougar Wrestling

Wrestler's Name: _____

Parent's Name: _____

Phone Number: _____

Email: _____

School: _____

Grade: _____

Approx. Weight: _____

Program (circle one):

- Advanced Full Season (\$250)
- Advanced Half Season (\$125)
- Intermediate (\$250)
- Beginner (\$125)

T-Shirt size for wrestler (circle one):

- YS
- YM
- YL
- AS
- AM
- AL
- AXL

Additional t-shirts and sizes (\$25 each): _____

The Junior Cougar Wrestling Club coaches and volunteers do not assume liability for any injuries incurred while en route to or from or participating in any practice or competition. As a condition of enrollment, the following Disclaimer of Liability must be signed and dated by the parent or guardian:

THE PARTICIPANT, IN ATTENDING THE JUNIOR COUGAR WRESTLING CLUB, IN USING THE FACILITIES AND IN PARTICIPATING IN PRACTICES AND COMPETITIONS, DOES SO AT HIS /HER OWN RISK. THE JUNIOR COUGAR WRESTLING CLUB, ITS DIRECTOR, AND ITS STAFF SHALL NOT BE LIABLE FOR ANY INJURY OR DAMAGES SUSTAINED BY THE PARTICIPANT BEFORE, DURING OR AFTER ANY PRACTICE, COMPETITION OR OTHERWISE AT OR AROUND THE FACILITIES. THE STUDENT AND HIS/HER PARENTS/GUARDIANS ASSUME FULL RESPONSIBILITY FOR ANY SUCH DAMAGES OR INJURIES AND SO HEREBY FULLY AND FOREVER RELEASE, HOLD HARMLESS AND DISCHARGE THE JUNIOR COUGAR WRESTLING CLUB, ITS DIRECTOR, INSTRUCTORS, ITS STAFF AND THE FACILITIES OWNERS, AGENTS AND EMPLOYEES FROM ANY AND ALL CLAIMS, DEMANDS, DAMAGES, RIGHTS OF ACTION OR CAUSES OF ACTION, PRESENT OR FUTURE, WHETHER THE SAME BE KNOWN, ANTICIPATED, OR UNANTICIPATED, RESULTING FROM OR ARISING OUT OF ANY OF THE FOREGOING. THE PARENTS OR GUARDIAN FURTHER AGREE TO INDEMNIFY THE RELEASED PARTIES AGAINST ANY LEGAL ACTION BY OR ON BEHALF OF THE PARTICIPANT, INCLUDING ATTORNEY FEES TO DEFEND SUCH ACTIONS.

Signature of Parent or Guardian: _____ Date: _____