

MCWC AUGUST OPEN MAT

DATES: August 1 - August 29.

PRACTICE TIMES: Tuesdays and Thursdays from 3:30-6:00PM. **THERE WILL BE NO PRACTICE AUGUST 8**

OPEN MAT FORMAT: There will be no practice plan. Athletes come in with a partner and work on whatever they want to work on and coaches will be there to help with any questions the athletes have. This will be a very loose environment to really help each other learn and grow in the sport. This is not the time to do live matches. Please be respectful to others coming in and try to wrap up your own workout within 75 minutes.

PRICE: \$20 per practice or \$100 for the month PAID BEFORE FIRST PRACTICE BEGINS

Must have USA Card to participate

Any other questions email us at mcwrestle@gmail.com

Please check website (www.mcwrestle.com) for future programs such as D-ONE PROGRAM or TEAM MCWC PROGRAM

NAME:
AGE:
WEIGHT:
GRADE:
USA WRESTLING #:
PARENTS NAME, PHONE, AND EMAIL:
EMERG. CONTACT 1 (NAME & NUMBER):
EMERG. CONTACT 2 (NAME & NUMBER):

PARENT OR GUARDIAN

I am fully aware that Maurer Coughlin Wrestling Club engages in intense physical activity such as live wrestling, running, and calisthenics. I understand that there is an inherent risk associated with these activities and I permit my child to participate in these activities without restrictions. I agree to hold Maurer Coughlin Wrestling Club harmless for accidents- medical or dental- or any other expense incurred as a result of my child's participation with the club.

Signature of

Parent/Guardian: _____ Date: _____