

**APPLICATION FOR COLCHESTER YOUTH WRESTLING MEMBERSHIP**

Intro \$110 (Tues/Thurs Practices through Jan 7<sup>th</sup> – Can be converted to Full Membership at any time for \$30)  
 Full Season \$140 (Tues, Wed, Thurs for the full season)  
(\$20 less for each additional sibling, no family cap)

Payment Method (mark "X"):  
 Check #: \_\_\_\_\_  
 Cash

Shirt Size (circle one):  
Youth S / M / L  
Adult S / M / L / XL / XXL

\*A rebate of \$30 will be provided to those members whose parent or guardian meets the volunteer requirements which are described below. Options for specific volunteer opportunities will be identified as the season progresses.

WRESTLER'S NAME: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_ AGE: \_\_\_\_\_ GRADE: \_\_\_\_\_

PARENT OR GUARDIAN NAME: \_\_\_\_\_

STREET & MAILING ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

EMAIL ADDRESS (es): \_\_\_\_\_

CELL PHONE(s): \_\_\_\_\_ HOME PHONE: \_\_\_\_\_

**Waiver and Release from Liability:**

1. I, \_\_\_\_\_ the undersigned, on behalf of myself, my heirs, and next of kin, personal representatives, agents, insurers, successors and assigns (all hereinafter "Releasors") hereby FOREVER RELEASE, DISCHARGE AND COVENANT NOT TO SUE THE UNITED STATES OF AMERICA WRESTLING ASSOCIATION, INC., its insurers, its affiliate clubs, administrators, agents, directors, officers, state organizations, members, committees, volunteers,, all employees of USA Wrestling, and any and all participants, officials, referees, coaches, host clubs, sponsoring agencies, sponsors, advertisers, local organizing committees (and if applicable) owners, lessors, and operators of premises used to conduct any USA Wrestling sanctioned event, meet, practice or activity (all hereinafter "Releasees") from any and all liabilities, claims, demands, causes of action or losses of any kind or nature, past, present or future, direct or consequential that I may hereafter have for PERSONAL INJURY, PERMANENT, TEMPORARY, TOTAL OR PARTIAL DISABILITY, DISFIGUREMENT, PARALYSIS AND ANY OTHER LOSSES OR DAMAGES TO PERSON OR PROPERTY OR DEATH, arising out of my participation in, attendance at or traveling to and from any USA Wrestling sanctioned event or activity including, but not limited to, LOSSES CAUSED BY THE PASSIVE OR ACTIVE NEGLIGENCE OF THE RELEASEES, or hidden, latent or obvious defects in the facilities or equipment used.

2. Releasor understands and acknowledges that USA Wrestling sanctioned activities and the sport of wrestling in general have inherent dangers that no amount of care, caution, training, instruction, supervision, or expertise can eliminate. RELEASOR EXPRESSLY AND VOLUNTARILY ASSUMES ALL RISK OF PERSONAL INJURY, PERMANENT, TEMPORARY, TOTAL OR PARTIAL DISABILITY, DISFIGUREMENT, PARALYSIS AND ANY OTHER LOSSES OR DAMAGES TO PERSON OR PROPERTY OR DEATH, sustained while participating in, attending, preparing for or traveling to and from any USA Wrestling sanctioned event, meet, practice or activity, including the risk of PASSIVE OR ACTIVE NEGLIGENCE OF THE RELEASEES, or hidden, latent or obvious defects in the facilities or equipment used.

3. Releasor acknowledges and fully understands that each participant in any USA Wrestling sanctioned event, meet, practice or activity, including Releasor, will be engaging in activities that involve risk of serious injury, including permanent, temporary, total or partial disability, disfigurement, paralysis and other losses to person or property, including death, and that severe social and economic losses may also result not only from Releasor's own actions, inactions or negligence, but also from the actions, inactions or negligence of others notwithstanding the rules of play or the condition of the premises or of any equipment used. Furthermore Releasor acknowledges and fully understands that there may be other associated risks with such activities which are not known or not reasonably foreseeable at this time.

**I ACKNOWLEDGE THAT I HAVE HAD SUFFICIENT OPPORTUNITY TO REVIEW THE PROVISIONS OF THIS DOCUMENT AND UNDERSTAND ITS PURPOSE, MEANING AND INTENT.**

The undersigned \_\_\_\_\_ does hereby represent that he/she is, in fact, the parent or guardian of

\_\_\_\_\_ and acting in such capacity agrees to the terms and conditions of the above stated waiver and release.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
(Signature of Parent or Legal Guardian) (Print Name) (Relationship to Minor) (Date)

**CYW Parent Involvement Agreement:** Parent participation is vital to CYW's ability to maintain a high-quality, competitive program. By registering your child (ren) with CYW, you do so with the understanding that you must volunteer to assist in the operation of the organization (see volunteer activities listed below) during the upcoming season.

**Additional Assistance is needed with the following (please indicate all interested areas):**

- Beginner's Tournament Assistance – Our beginners tournament is the primary source of funds for our club but it takes a great deal of time and effort to hold a successful tournament so we need all the help we can get.
- Assist Merchandise Coordinator – help order and distribute Aim High Shoot Low T-shirts, singlets and merchandise; assist with photo day coordination
- Communications- draft articles about CYW activities, accomplishments, and wrestling results for publication in local newspapers and on CYW's website
- Team Photographer/Videographer (for communications/publicity and production of 2015-16 CYW DVD)
- Assistant Coach (no experience necessary; CYW will provide training & T-shirt) – assist with coaching at practices and tournaments (usually Sundays) on a rotating schedule; mat prep. (roll out & mop) and breakdown at practice. *All coaches are required to have a USA Wrestling Coaches Membership card and submit to a background check per USA Wrestling policy. All new coaches must pass the National Youth Sports Coaches Association's Volunteer Coaches Training program offered by the Colchester Parks & Recreation Department.*

Signing below represents an understanding of my requirements as a CYW parent volunteer.

\_\_\_\_\_  
Parent Signature(s) & Date

*In addition to assisting with one or more of the above activities over the course of the season, those who are interested in serving on the Board of Directors are encouraged to become familiar with all aspects of the Club's operation by attending monthly Board meetings. Nominations to the Board may be made at CYW's Annual Meeting in February.*

### **CYW Expectations and Code of Conduct:**

Given the technical, "one-on-one" nature of the instruction that the coaches must provide at practices in a relatively short time frame, it is imperative that the coaches have the undivided attention of all wrestlers at all times. CYW will not tolerate misbehavior or unsportsmanlike conduct from any wrestler **or family member**. Wrestlers are expected to remain in good academic standing and parents are at all times expected to demonstrate positive support for their child, all other wrestlers, coaches, officials and volunteers. CYW also asks, that parents and siblings, watching practice, remain in the bleachers quietly and with the utmost respect to the teaching that is being done on the mat. If there are any disturbances, children playing in the gym, or other distractions, the coaches or board members will ask that parties be removed from the gym. Please read with your child the NYSCA's Parents' and Players' Code of Ethics found below and the USAW Safe Sport Policy on Misconduct, Abuse and Harassment found here <http://content.themat.com/AbuseandHarassmentPolicy.pdf>

### **Parent's Code of Ethics Pledge I hereby pledge to provide positive support, care and encouragement for my child participating in youth sports by following this Parents Code of Ethics Pledge.**

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other youth sport events.
- I will place the emotional and physical well being of my child ahead of any personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all.
- I will demand a drug, alcohol and tobacco-free sports environment for my child and agree to assist by refraining from their use at all youth sports events.
- I will remember that the game is for children and not for adults.
- I will do my very best to make youth sports fun for my child.
- I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
- I will promise to help my child enjoy the youth sports experience within my personal constraints by assisting with coaching, being a respectful fan, providing transportation or whatever I am capable of doing.
- I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the NYSCA Coaches' Code of Ethics.
- I will read the NYSCA National Standards for Youth Sports and do everything in my power to assist all youth sports organizations to implement and enforce them.

Please indicate below your understanding of CYW's expectations.

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*Parent/Guardian Signature & Date*

**CYW Photographic Authorization and Release Form:**

**AUTHORIZATION FOR PHOTOGRAPHS AND NAME**

I give permission for photographs of my child to be used in publications promoting CYW including placement on the Colchester Wildcats' website, in local newspapers and on CYW's private Facebook page.

I also consent to the placement of my child's name in local newspapers to publicize CYW events.

Parent/Guardian Signature \_\_\_\_\_



The club will review the medical history of each wrestler and may require the written approval of a medical doctor or specialist before the wrestler's application is accepted or he/she is allowed to participate in club activities.

All information on this form has been updated and answered completely and truthfully to the best of my knowledge. \_\_\_\_\_ (initial)

I have read and accept the club's policy (above) on disclosure of the medical information herein provided. \_\_\_\_\_ (initial)

I understand that the club may require the written approval of a doctor to be accepted as a member of CYW and to participate in wrestling or other club activities. \_\_\_\_\_(initial)

I agree to permit the medical professionals on hand at any tournament or club function to provide immediate medical attention to my child if they are injured during club activities. In addition, coaches or board members may provide basic first aid to my child including ice, bandages, etc. in the treatment of minor injuries. \_\_\_\_\_ (initial)

Parent/Legal Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please provide contact information for another person who should be contacted and who can consent to medical treatment if an accident occurs and we are unable to reach you:

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Relationship: \_\_\_\_\_

## **PARENT INFORMATION**

To those new to our club, we welcome you and look forward to meeting you.

To our returning parents and wrestlers we hope you have all enjoyed your summer and are excited about the school year and the wrestling season ahead.

### **REGISTRATION:**

What you'll need to register:

- 1) Completed Registration Form (online or paper) and copy of your completed medical history form,
- 2) a copy of your birth cert (for new members only) and
- 3) cash or check for the proper registration fee.

Registration fees are \$140.00 (with a \$20.00 discount per sibling in the household); this fee includes your wrestler's USAW membership as well as a **\$30 rebate to all those who volunteer time or goods to the club's activities.**

### **PRACTICES:**

All practices will be held at Jack Jackter Intermediate School's gym.

**Practices will begin Tuesday, November 14th. Practices will be structured as follows:**

- ) Beginner wrestlers, as identified by the coaching staff, will practice Tuesday, Wednesday (for full members) and Thursday from 6-7:30pm.\*\*
- ) Advanced wrestlers will practice Tuesday, Wednesday and Thursday from 6-8:00pm. We may also offer some Friday practices to make up for weather cancellations or to scrimmage/ joint practice with other teams.

\*\*We ask that those with younger children stay at the gym in case the need should arise that your child becomes unfocused and needs a break. It is very difficult for our coaching staff to continue instruction and maintain safety while there are children wandering around the mat.

Also, we have designated 3-4 Friday nights as scrimmage/duel nights with other local programs (as available). These scrimmage nights are highly recommended for all wrestlers to attend and are free of charge. This is a great opportunity for our athletes to work with wrestlers from other clubs in a fun, supportive environment, as well as, prepare for tournaments that they may choose to attend in the future.

**EQUIPMENT & CLOTHING:** All wrestlers will need headgear and wrestling shoes to participate (water bottle is recommended). **NO SNEAKERS WILL BE ALLOWED ON THE MATS.** Shoes and headgear can be purchased from most sporting goods stores or online. For practices, they should wear shorts and a tee.

### **COACHING:**

Parent participation is vital to CYW's ability to maintain a high-quality, competitive program. The annual recruitment of new coaches, and development of our current coaching staff, is especially important given the one-on-one nature of the sport, the relatively short time frame we have for practices and the large number of wrestlers we have attending weekly tournaments. If you are interested in coaching this season, please contact our Head Coach, Jeff McAllister at [jmcallister01@snet.net](mailto:jmcallister01@snet.net).

### **CYW COMMUNICATIONS:**

Email will be the primary method of communication. In addition to email, the club maintains a private Facebook group named Colchester Youth Wrestling where most announcements will be posted along with articles, videos and pictures of practice and tournaments. Parents are encouraged to join the group and post pictures or ask questions on the page provided that their posts remain appropriate and the discourse remains civil. Club membership does not entitle anyone to membership in the Facebook group and anyone who violates the policies of the club or Facebook will be removed from the group.

In the event of practice cancellations due to inclement weather, the club will try to notify all families via email or Facebook (between the hours of 3:00 and 5:00 pm). **Note:** If the Colchester school system is closed or has early dismissal on a day when a practice is scheduled to occur at Jack Jackter Intermediate School, the practice is automatically cancelled.

### **WRESTLING TOURNAMENTS:**

Wrestling tournaments (participation optional) take place both in state and out of state from late December through early spring. Regular-season tournaments are generally held every Sunday in Connecticut beginning in mid-December and ending with the New England Youth Wrestling Championship in early March. A registration fee (usually \$20; \$15 for each additional sibling) is charged for each tournament. At tournaments, wrestlers compete individually against opponents of similar age and weight and medals are awarded to the first, second and third place wrestlers in each age and weight division.

CYW encourages its wrestlers to participate in tournaments throughout the season (and post-season) based on their individual level of development and interest. With guidance from the coaching staff, wrestlers have the option to choose which tournaments they wish to wrestle in. "Beginner Tournaments" are held periodically for beginner wrestlers only (those wrestlers with one or two years of experience that have not medaled in a regular tournament). More experienced/advanced wrestlers may, at their option, travel out of state to compete.

Prior to the first tournament, a tournament orientation meeting will be scheduled to provide parents with some insight into what a tournament is like, how it is run and what they need to know to help make their child's experience a positive one. Please note: The coaching staff will provide feedback on your child's progress/development to assist you in deciding whether they are ready for their first competitive experience.

If you have any questions, please email me at [matthew.whitney@hotmail.com](mailto:matthew.whitney@hotmail.com) .  
We're looking forward to seeing you all in November.

Sincerely,  
Matt Whitney Director  
Colchester Youth Wrestling