



# LANCER WRESTLING CLUB

“Continue our Legacy, Be a Champion”



Be a part of the **Lancer Wrestling Club!** The LWC is an exciting program for youngsters who want to learn wrestling through a fun and competitive program. The Lancer Wrestling Club program is open to kids of all ages and skill levels.

## Why Join?

Wrestling is a fun sport that is open to all ages and skill levels: beginner through advance (Grades 1 – 8). In addition to the technical instruction, participants will increase strength, conditioning, agility, flexibility, and self-confidence.

All coaches are registered by USA Wrestling and promote good sportsmanship. Practices are conducted in a safe and supervised environment.

## SEASON OVERVIEW

### Length:

Practice will begin on Oct. 25th until early March. Tournaments start December and go until early March.

### Practices:

Lake Park H. S. East Campus Wrestling Room: Competitive Program (option #1): Tuesday, Wednesday, and Thursdays from 6-8pm.

Instructional Introductory Program (option #2): Tuesday and Thursdays 6-7pm.  
(See back for registration option details)

### Competition:

Competitive Program (option #1) - The team will travel to area tournaments on weekends and compete against other teams. Individuals will compete against other youngsters who are the same age, weight, and skill level.

## LANCERS WRESTLING CLUB MISSION STATEMENT

The mission of Lancers Wrestling Club is to provide and foster a healthy, positive introduction to the sport of wrestling.

The Club will provide an atmosphere in which kids of all ages will learn and be encouraged by coaches and parents in basic wrestling skills, grow in healthy competitiveness and good sportsmanship.

By participating in the Lancers Wrestling Club, kids will experience growth in self discipline, character, respect, develop a strong work ethic, and a positive self image.

All fostered by growing and nurturing a respected Club, which is guided by its values, ethics, the involvement of parents, and putting kids first.

**REGISTRATION INFORMATION ON BACK**

# REGISTRATION

2011-12 SEASON

Contact Info: Steve Santi 847- 471-6588

**DATE:** October 18<sup>th</sup> and 20<sup>th</sup> 2011

**TIME:** 6:30 – 8:00 pm

**LOCATION:** Lake Park HS East Campus,  
600 Medinah Rd., Roselle, IL 60172  
(Gymnasium Lobby)

**\*\*New for 2011-12 season = 2 Registration Options\*\***

**Option #1: Competition Program – (Ages 5 – 14 yrs)**

**LWC Registration Fee = Full Program = \$175.00**

**Fees include, but not limited to:** USAW Card, Team warm up (Custom performance shirt and shorts),

Entry to 5 Tournaments, and Pizza Award Night fee for the wrestler.

**Option #2: Instructional Introductory Program – (Ages 5-9 yrs only) No tournaments.**

**LWC Registration Fee for Introduction Program (5 – 9 yrs only) = \$75.00**

**Fees include, but not limited to:** USAW Card, Shirt, and Pizza Award Night fee for the wrestler.

(Checks made payable to Lancer Wrestling Club)

No refunds will be given.

**1<sup>ST</sup> PRACTICE:** Tuesday, October 25<sup>th</sup> 2011

LPHS East Campus Wrestling Room

6:00 – 8:00 pm

**\*\*Please bring a copy of your birth certificate. \*\***

