PLATTE VALLEY BAPTIST CHURCH

 WARRIOR WRESTLING PROGRAM

**CONTACT INFORMATION**

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*\*\*Find us on Facebook- PVBC Warrior Wrestling*

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*Please sign up for the*

*group-text.*

*This is how we will communicate*

*with parents in case of*

*changes,*

*cancellations, etc.*

** **Program Information**

The goal of PVBC wrestling is to teach young men the fundamentals of wrestling, while also learning godly character and discipline. All of our coaches volunteer their time. The facility and mats have been provided by the church and church family donations. There are expenses for the operation of any program, we have done our best to minimize them and provide low cost options. We do not collect any dues/fees. We want any young man that wants to participate in our program, to be able to regardless of their financial situation. Our program is NOT co-ed, Platte Valley Baptist Church Warrior Wrestling, is a program for *boys* ages 4 and up.

Register online: *Plattevalleybaptistchurch.org* under the wrestling ministry tab or use the

 QR code below.



**PRACTICES:**

There are only **TWO items required** to participate in practices:

1) Wrestling shoes: We have shoes available if you do not have shoes and wish to use ours. Locally, you can purchase wrestling shoes at Hibbit Sports.

2)USA Wrestling card: The USA Wrestling card is for insurance coverage and is $20 per wrestler/season. Please go to <https://www.usawmembership.com> to get this for your child.

The Limited Folkstyle Athlete Membership is the membership option needed for our club.

If you'd like to include a membership affiliation with the card, the club name is "PVBC Warriors".

It's also ok to leave that part blank.

\*\*Please print a copy of the card and bring it to the first practice your child participates in. You can also email a copy to ckroskob@gmail.com

\*\*If you need help covering the cost of this card, please let one of the coaches know.

**PRACTICE ATTIRE**: T-shirt, athletic shorts, and wrestling shoes

**HYGIENE**- Please have nails trimmed and help remind wrestlers the importance of showering after practices and tournaments.

\*Attached is an article from Children’s Hospital on Wrestling and skin diseases.

\*\*We want to avoid skin infections being spread on our team. We clean the mats before every practice, please help do your part by ensuring your wrestler is thoroughly showering after every practice and tournament.

**\*\*Our first practice will be November 30, 2023**\*\*

We will have split practices depending on age.

* Wrestlers 4-6 years old will practice Thursdays from 5:00-5:45pm.
* Wrestlers 7 years old and up will practice Thursdays from 6:00-7:15pm.