



CITY HIGH MATPAC REGISTRATION 2023-2024



Wrestler's Name: _____ Grade: _____ Age: _____

School: _____ Gender (Circle): _____ Boy _____ Girl _____

Parent/Guardian(s) Name: _____ / _____

Address: _____ City: _____ Zip: _____

Cell Phone (name/#): _____ / _____ / _____

Email(s): _____ / _____

Wrestlers T-Shirt Size (Circle Size): YS YM YL YXL S M L XL XXL

I certify that the student named above has my permission to participate in the City High MatPac Wrestling Club. In the event of injury, if I cannot be reached, I hereby give consent to the attending physician, trainer, and coaches to secure and administer medical aid if necessary. I understand that I am responsible for carrying health and/or accident insurance for this activity because insurance is not provided by the Iowa City School District or the MatPac Wrestling Club.

Signature of Parent/Guardian: _____ Date: _____

PARENTS MEETING: SUNDAY, OCTOBER 22nd 4:00-5:00 pm in City High Lower Cafeteria by Wrestling Room.

COST: Cost is \$100 for all wrestlers. **Scholarships are available upon request**, contact Coach Connell! **Free trials are also available** to see if MatPac Wrestling is right for you! We keep costs low and offer scholarships so everyone can participate regardless of your financial situation.

Registration & Ways to Pay: Register online, bring registration form to meeting / practice or send it to address below.

- Check: Payable to City High MatPac: Bring to Parents Meeting / Practice or send to: City High School
Cory Connell
1900 Morningside Dr.
Iowa City, IA 52245
- Cash: Bring to Parents Meeting or Practice
- Venmo: @City-Wrestling
- PayPal: cityhighwrestling@gmail.com

SCHEDULE: (FIRST PRACTICE WILL BE MONDAY, OCTOBER 23RD)

- 6:30-8 Mondays: Grades 3-8 / Advanced Wrestlers. For wrestlers looking to push themselves to a higher level and compete. Many practices will be run in conjunction with the Iowa City Wrestling Club.
- 6:30-8 Wednesdays: All grades & wrestling abilities. Focus on technique, drills, positioning, and situational wrestling.
- 6:00-7:15 Thursdays: PK-2nd Grade. Teaching the basics of wrestling.

PURPOSE: We want to help develop wrestlers to become World, National, and State Champions to beginners that have never wrestled before. We will develop skills that make wrestlers of all ages and abilities successful. We will help develop the best kids & athletes possible. Be a part of one of the top youth wrestling programs in the nation!!!

WHO CAN JOIN: Students Pre-Kindergarten through 8th grade. Wrestling is for EveryBODY!!! All ages, races, genders, etc.

BOYS & GIRLS: All boys & girls are welcome!!! We will practice together, as we grow the girls program, we are hoping to offer separate practices in the future.

LOCATION: City High Wrestling Room: 1900 Morningside Dr. Park in the southwest parking lot close to the big staircase near the athletic facility. Enter lower south doors past the parking gate and the wrestling room is just inside the entrance.

JUNIOR HIGH WRESTLERS: The 7th-8th graders have the option of attending the MatPac practices, and/or attending the high school practices before the junior high season starts. Joining the high school practices with other junior high teammates and partners will enhance your skill level and make your transition to high school easier. Contact Coach Connell if you would like more information or have any questions.

QUESTIONS? If you have any questions please visit www.littlehawkwrestling.com, www.iowacitymatpac.com or contact coach Cory Connell: connell.cory@iowacityschools.org or on his cell phone at 319-321-9097

Like us on Social Networks:



Iowa City MatPac Wrestling Club



City High Wrestling



@cityhighwrestle



cityhighwrestling1