



# Iowa City West Trojan Youth Wrestling Club



Dear Wrestlers and Parents,

Welcome to the 2018-2019 Young Trojan's Wrestling Club, designed for beginner and intermediate ability wrestlers. The goal of the season is to teach young wrestlers how to be compete in the sport of wrestling. Club Director and Coach Mike Colleran will run practices and coach at tournaments. He will be assisted by long time Trojan, Coach Jake Halvorsen.

**Members:** Kindergarten through 6<sup>th</sup> grade

**Equipment:** Wrestling shoes, clean t-shirt and clean shorts

**Club Fees:** \$90 per wrestler or \$150 per family before September 21<sup>st</sup>

*After September 21<sup>st</sup> the costs are \$110/wrestler \$170/family*

**Club Location:** Iowa City West High School Wrestling Room

**Club Practice Times:** 6-7 pm Tuesday and Thursday nights

## Club Practice Dates (Tues and Thurs nights)

- **October** 23, 25, 30
- **November:** 1, 6, 8, 13, 15, 27, 29
- **December:** 4, 6, 11, 13, 18, 20

As a general rule, if school is cancelled or dismissed early for bad weather, there will be no practice.

## Club Tournament Schedule

- **Saturday Nov 24<sup>th</sup>** Iowa City West High
- **Sunday Dec 8** Cedar Rapids
- **Sunday Dec 15** Cedar Rapids

## Club Recognition Night

**Thursday December 20<sup>th</sup>** at West High Varsity Dual

## The clubs "Competitor Award"

- Participate in at least 85% of practices
- Compete in 2 tournaments

**REGISTER** email [Colleran9@yahoo.com](mailto:Colleran9@yahoo.com) for a registration form or call Mike Colleran at 513-967-7297