



Little Irish Wrestling Club

2023-24

INTRO TO WRESTLING: (K - 2nd Grade) Young athletes will get a glimpse into the sport, concentrating on the fundamentals of wrestling, tumbling, body awareness, strength challenges, and fun games focused on wrestling. Competition is optional for wrestlers.

COMPETITIVE PROGRAM: (3rd- 6th Grade) We will practice and prepare to compete in five league tournaments around Central Ohio and encourage more advanced wrestlers to compete in additional “open” tournaments and OHIOWAY / OAC Regional and State competition. Competition is optional, but strongly encouraged. We learn techniques by practicing; we gain experience through competing.

Practice Times:	Practices begin on Tuesday 11/14/23 and end on 2/8/23 @ Scioto Wrestling Room Practices will be held on Tuesday & Thursday evenings <ul style="list-style-type: none"> • K - 2nd Grade: practice runs from 6:15pm - 7:15pm (1 hour) • 3rd - 6th Grade: practice runs from 6:15pm - 7:45pm (1.5 hours) <i>** Practice times are subject to change based on participation</i>
Competition:	Each wrestler will have an opportunity to participate/wrestle in 4 Hellickson League Tournaments hosted at high schools around the Columbus Metropolitan area. Additionally, wrestlers will be able to compete in the League championships if they participate/wrestle in at least two league tournaments during the season.
Parents:	<i>We will need a minimum of 6 parent volunteers at each tournament, to keep time, score, etc. PARENT PARTICIPATION IN PRACTICES IS ENCOURAGED</i>
Coaches:	John Ciardelli, Matt Joseph, Jay Segura, Other Volunteer Coaches - TBD Adam Huddle - Head Coach Dublin Scioto Wrestling Team & Assistant High School Coaches
Costs:	\$125.00 * (limited scholarships available for special circumstances) <ul style="list-style-type: none"> • Fee includes coaching and Little Irish Gear (t-shirt and shorts) • \$50 for 6th graders (if student athlete is thinking about wrestling in 7th grade, this program will prepare them for success) • Wrestling Program includes instruction through all regular season tournaments and five league competitions
What to Wear:	T-Shirt, gym shorts, wrestling shoes. Bring a full water bottle to practice.

SIGN UPS

WHEN: Thursday, Oct. 26st at 6pm **OR** Thursday Nov. 2nd at 6pm

WHERE: Dublin Scioto HS Athletic entrance (closest to football field). Looks for the signs!

WHO: Youth wrestlers ages K to 6th grade. All skill levels welcome!

MORE INFORMATION: www.sciotowrestling.com or littleirishwrestling@gmail.com

Returning wrestlers, do not have to attend in person but must register! Please use the **QR code** above to print the registration paperwork. Complete the forms, scan, and email them to littleirishwrestling@gmail.com. Make your payment by Zelle, credit card (\$3.35 service fee) or bring a check or cash to first practice on 11/14/23. Any new wrestler that cannot attend in person, please register and contact us via email if you have any questions.



Little Irish Wrestling Club Registration Form

Last Name:	First Name:
DOB:	Grade:
Prior Wrestling Experience:	School:
Wrestler's current weight:	
Street Address:	City, ST, Zip:
Mother's Name:	Father's Name:
Mother's Cell #:	Father's Cell #:
Mother's Email:	Father's Email:

Please list below any special needs your child may have which the coaches should be aware of (i.e., medications, medical conditions, etc.):

Uniform (circle the appropriate size for your wrestler):

- T-shirt Size: YS YM YL AS AM AL AXL
- Short Size: YS YM YL AS AM AL AXL

Paid Date: _____ Chk # _____ Cash Zelle Credit Card (\$3.35 service fee)
(sciotoirishwrestlingclub@gmail.com)



Waiver & Release from Liability

I, _____(Parent/Guardian Name), the undersigned, on behalf of myself and the undersigned minor participant, his/her heirs and family, personal representatives, agents, insurers, successors, and assigns (hereinafter "Releasers") hereby forever release, discharge and agree not to sue Little Irish Wrestling, Little Irish Wrestling coaches, Little Irish Wrestling parents or Dublin City Schools; its insurers, affiliated clubs, administrators, agents, directors, officers, state organizations, members, committees, volunteers; 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 the Little Irish Wrestling practices and events from 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 the Little Irish Wrestling practices and events. Releaser expressly and voluntarily assumes all risk of personal injury.

Wrestler's Name (print) _____

Parent's/Guardian's Name (print) _____

Parent's/Guardian's Signature _____

Date _____