



MAT RATS FREESTYLE WRESTLING PROGRAM

SIGN UP FORM

Youth wrestling is a challenging and intense physical activity where children are introduced to the concepts of competition, goal setting, winning and losing. Mat Rats wrestling seeks to approach these concepts in a realistic and sensible way. The Freestyle wrestling program is more advanced and it is recommended that participants have a minimum of one year of wrestling experience.

Sign up will be held on Monday, March 17th, from 6:00 p.m. to 6:30 p.m. We will be located by the wrestling room in the CF High School.

A USA Wrestling Card (\$31.00) is required for the Freestyle wrestling program for the insurance coverage. The Mat Rats fee is \$35.00. If you already have your USA card you will not need to purchase one again. T-Shirts will be provided.

- 1.) Total \$66 for USA Wrestling Card and Mat Rats membership
- 2.) or total \$35 for Mat Rats membership if you already have USA card

Both checks can be made out to MAT RATS.

The first practice will be held on Monday, March 17. Practice will be from 6:30 p.m. to 8:00 p.m. for grades K-12. Practices will be held every Tuesday and Thursday (for updated schedule check the schedule at www.mnmatrats.com). The season will conclude after the state tournament in May. Please attend as many practices as you are able and we encourage parental involvement. All tournaments are optional; participation is up to family discretion.

Please read and sign the attached "Letter of Conduct" form with your wrestler.

Any questions: Call Matt Bennerotte @ 612-227-3759 or Steve Fitterer @ 507-263-7420.

Name _____ Birth date _____ Gr. _____

Address _____ City/State/Zip _____

Phone _____ E-mail address _____

I agree not to hold the Cannon Falls Mat Rats responsible for injury or accident to my child and waive any right to file suit due to injury.

☐ I give permission for the Mat Rats Wrestling Club to post photos of my child on the Mat Rats website or newspaper.

Signature _____

Date _____

For club use only: Mat Rats fee paid _____ ck #/cash _____

MAT RATS WRESTLING LETTER OF CONDUCT

The Mat Rats Wrestling Club has set the standard for our members to always be respectful of others and to have the positive attitude of dedicated champions. In order to achieve this, all wrestlers must be respectful and listen to the coaches while they are instructing them during practices, and at tournaments. Our wrestlers will show proper respect to other parents and volunteers, who make the wrestling program and tournaments possible.

The club encourages parents or other interested parties to volunteer to help these wrestlers to grow, while achieving their goals. Parents/guardians are encouraged to participate, and involve themselves in any capacity they may feel comfortable with.

Parents/guardians, please see that your wrestlers are at practices on time, but not excessively early. Wrestlers are to come to practice and immediately stretch and warm up. Horseplay before, during, and after practices is not acceptable conduct. Any damages to property during any wrestling function by a member of this club, will be the responsibility of the parents/guardians of the wrestler.

During tournaments, each wrestler is expected to shake their opponents hand in a true sportsmanship manner. A referee's decision is final and will be respected. Only a coach may question the call, and only the coach may discuss it with the referee or head table. Examples of behavior that will not be tolerated include, but are not limited to; the throwing of head gear, or verbally abusive talk towards anyone.

To help control the spreading of any skin disease, it is the responsibility of the parents/guardians to insure that their wrestlers shower as soon as possible after all practices and tournaments. Wrestlers are required to wear a clean singlet to tournaments and clean workout clothing for each practice. Wrestling shoes shall be clean, and are to be worn only for wrestling. It is the responsibility of the parent/guardian to see that medical attention is given to any questionable skin problems, and to bring it to the attention of the coaches.

Any violation from these rules could result in expulsion from the club. Expulsion from the club will result in forfeiture of any reimbursements for the USA Wrestling membership card, state and national tournament entry fees, or any other benefits otherwise inherited as being a member of the Mat Rats Wrestling Club.

With your support, we can all help our wrestlers have a successful season.

I _____ (wrestler) have read these rules and agree to abide by them.

I/we _____ (parent/guardian) have read these rules and agree to abide by them and to also support and encourage our wrestlers.