**CORNWALL CENTRAL WRESTLING**

**DRAGON KID WRESTLING CLUB**

**2011-2012**

**Program:** The Dragon Kid Wrestling Program is designed to promote the sport of wrestling to students who reside in the Cornwall Central School District. This program is open to students currently in grades 4-6. Younger wrestlers will be accepted based upon available space. The program is designed to teach the fundamentals of scholastic wrestling.

**COST:** The program is free. However, all participants are encouraged to register for a **U.S.A. Wrestling** membership card, which provides the necessary registration card, required to enter any **U.S.A. Wrestling** sanctioned tournaments. Cards may be purchased if and when you decide to enter your child into any of these tournaments or through our club. Please ask Coach Blaine if you have any questions. MORE INFORMATION ABOUT TOURNAMENTS WILL FOLLOW.

# **REGISTRATION:** Registration will be held on **TUESDAY November 15** from 6:00-7:00 at the Cornwall **Middle** School Auxiliary gym (wrestling room). **Wrestling practice WILL NOT take place on that evening**. Registration forms may be dropped off on that date, or sent to Coach Blaine at the High School. Additional forms will be made available at the registration. Any questions you may have will be answered at registration.

**UNIFORM:** Sneakers, T-shirt, and shorts or sweat pants. Please avoid jeans or clothing that has zippers, buttons, or any other parts which may be sharp or abrasive. Do not bring any valuables to practice.

**LOCATION:** Cornwall Central **MIDDLE** School – Auxiliary Gym (Wrestling Room).

**GRADE LEVEL:** Students should be in grades 4, 5, or 6 and reside in the Cornwall School District. We will accept younger wrestlers who are serious and if space is available. Parents are responsible for staying with younger wrestlers.

**PRACTICES:** Practices will be held from 5:30-7:00 p.m. on Tuesday, and Thursday evenings, while school is in session. **SEE THE ATTACHED SCHEDULE**. Please note: Practice will be held on the evenings listed but are subject to change due to inclement weather or changes in the CCHS Wrestling team schedule.

**COMPETITION:** A number of tournaments are scheduled throughout the spring in the tri-state area. While competing in these tournaments is not mandatory, we encourage all wrestlers to test their skills. All transportation to and from these tournaments if the sole responsibility of the parent. Forms for tournament registration will be made available by the coaching staff.

**QUESTIONS:** If you have any questions or need any additional information, please feel free to contact: Don Blaine – CCHS Varsity Wrestling Coach at CCHS. **PHONE: 534-8009 ext. 5805 or email at:** [**DBlaine3@gmail.com**](mailto:DBlaine3@gmail.com) **or** [**DBlaine@cornwallschools.com**](mailto:DBlaine@cornwallschools.com)

## **DRAGON KID WRESTLING PROGRAM**

### **PRACTICE SCHEDULE – 2011 - 2012**

\*\* **TUESDAY NOV. 15** – Registration from 6:00-7:00. – Completed registration forms are due. Registration will be held in the **MIDDLE SCHOOL** Auxiliary Gym (Wrestling Room). Forms will be collected and any questions answered.  **WRESTLING PRACTICE WILL NOT BE HELD ON THE NIGHT (Tuesday Nov. 15) OF REGISTRATION**.

\*\* **NOTE:** The schedule of practice dates listed below is subject to change due to inclement weather and / or scheduling changes for the CCHS varsity wrestling team.

### **PRACTICE DATES**

Thursday Nov. 17 Practice 5:30 – 7:00 **1st practice – be dressed and ready**

Tuesday Nov. 22 Practice 5:30 – 7:00

Thursday Nov. 24 **NO PRACTICE - Thanksgiving Day**

Tuesday Nov. 29 Practice 5:30 – 7:00

Thursday Dec. 1 Practice 5:30 – 7:00- At CCHS Wrestling Room

Tuesday Dec. 6 Practice 5:30 – 7:00

Thursday Dec. 8 Practice 5:30 – 7:00

Tuesday Dec.13 Practice 5:30 – 7:00

Thursday Dec.15 Practice 5:30 – 7:00

Tuesday Dec. 20 Practice 5:30 – 7:00

Thursday Dec. 22 **NO PRACTICE**

Tuesday Jan. 3 Practice 5:30 – 7:00

Thursday Jan. 5 Practice 5:30 – 7:00

Tuesday Jan. 10 Practice 5:30 – 7:00

Thursday Jan. 12 Practice 5:30 – 7:00

Tuesday Jan. 17 Practice 5:30 – 7:00

Thursday Jan. 19 Practice 5:30 – 7:00 – At CCHS Wrestling Room

Tuesday Jan. 24 Practice 5:30 – 7:00

**Dragon Kid Wrestling Practice Dates and Times**

Thursday Jan. 26 Practice 5:30 – 7:00

Tuesday Jan. 31 Practice 5:30 – 7:00

Thursday Feb. 2 Practice 5:30 – 7:00 – At CCHS Wrestling Room

Tuesday Feb. 7 Practice 5:30 – 7:00

Thursday Feb. 9 Practice 5:30 – 7:00 – At CCHS Wrestling Room

Tuesday Feb. 14 Practice 5:30 – 7:00

Thursday Feb. 16 Practice 5:30 – 7:00

Tuesday Feb. 21 Practice 5:30 – 7:00

Thursday Feb. 23 Practice 5:30 – 7:00

Tuesday Feb. 28 Practice 5:30 – 7:00

Thursday Mar. 1 **NO PRACTICE**

Tuesday Mar. 6 Practice 5:30 – 7:00

Thursday Mar. 8 Practice 5:30 – 7:00

Tuesday Mar. 13 Practice 5:30 – 7:00

Thursday Mar. 15 **NO PRACTICE**

Tuesday Mar. 20 Practice 5:30 – 7:00

Thursday Mar. 22 Practice 5:30 – 7:00

Tuesday Mar. 27 Practice 5:30 – 7:00

Thursday Mar. 29 Practice 5:30 – 7:00

**PLEASE NOTE: If school is canceled or closes early due to inclement weather, practice will NOT be held. An updated schedule will be available for April and May.**

**CORNWALL CENTRAL SCHOOL DISTRICT**

**DRAGON KID WRESTLING**

**REGISTRATION FORM**

**2011 – 2012**

**NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ AGE\_\_\_\_\_\_\_ Grade \_\_\_\_\_**

**Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ EMAIL\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**School \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ approx. weight**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**EMERGENCY PHONE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

The above child has my permission to participate in the Dragon Kid Wrestling Program. I certify that my child has had a physical within the past six months and has NO physical limitations which would or could prevent my child from actively participating in this activity. I also understand that the sport of wrestling does carry the possibility of injury. I, as parent, understand that I will assume the responsibility, both financial and otherwise for any and all expenses and/or damages suffered by my child as a result of my child’s participation in this program. Further, I understand that I am responsible for any required transportation to tournaments, clinics, practices, or scrimmages.

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DATE Signature of Parent/Guardian

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of participant/wrestle

###### **PLEASE ANNOUNCE**

Registration forms are available in the main office for any student in

Grades 4-6 who is interested in joining the Dragon Kid Wrestling Program. Registration will be held on **Tuesday, November 15th** from 6 - 7 pm at the Middle School.

**THANK YOU**

**DON BLAINE**

**CCHS**

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**THANK YOU**

**DON BLAINE**

**CCHS**