

## **Turtle Mountain Wrestling Club**

The TMWC will be providing wrestling practices for our elementary students (kindergarten through 6th grade). The TMWC will be offering the following practice schedule starting February 27th, 2023 and go until Mar 23, 2023 . After this spring session the Bad Boys Wrestling Club will be offering practices for Freestyle/Greco in the month of April.

### **Daily Practice Schedule at the Event Center**

- 3:30PM to 4:50PM
- Kindergarten through 2nd Grade - Mondays
- 3rd through 6th Grade - Tuesday, Wednesday, Thursday

**Late Buses** - Late buses will be provided. Bus usually comes at 5PM

**Cancellations** - If school is canceled due to weather conditions or anything else, practices will be canceled as well.

**Tournaments** - Parents are responsible to provide transportation to tournaments. TMWC will provide a list of tournaments coaches will be attending. We will also be providing a website link for parents for the ND Youth tournament schedule.

**Cost/Fees** - No cost to the wrestlers for attending practices. Parents need to go to [www.themat.com](http://www.themat.com) to purchase a USA membership for your wrestler if they plan on attending any ND USA youth tournaments. If you do not plan on attending any ND USA youth tournaments you do not need a USA Membership card. There will be tournaments that do not require USA cards.

**Practices** - All wrestlers must attend practice with t-shirt, sweatpants or trunks. We prefer wrestling shoes but do not require them. If your wrestler doesn't have wrestling shoes they can practice in their socks.

**Singlets** - TMWC will provide singlets at wrestling tournaments. Parents are free to purchase their own singlets and warm-ups.

**Questions** - Please contact Travis LaRocque at 701-278-4439 or Dawson Zerr at 701-278-1123.

# **Turtle Mountain Wrestling Club Events Schedule**

3/3/23	Minot, ND	Velva Tournament @ Minot Auditorium
<b>3/4/23</b>	<b>Minot, ND.</b>	<b>Dakota Rattlers Tourney</b>
3/4/23	Harvey, ND	Harvey Tournament
<b>3/10/23</b>	<b>Rolla, ND.</b>	<b>Rolla Tournament</b>
3/11/23	Dickinson, ND	Dickinson Wrestling Club Tourney
<b>3/17/23</b>	<b>Ruby, ND.</b>	<b>Rugby Tournament</b>
3/17/23-18/23	Mandan, ND	Mandan Wrestling Club Tourney
<b>3/24-25/23</b>	<b>Fargo ND,</b>	<b>ND USAW STATE YOUTH FOLKSTYLE INDIVIDUAL AND DUAL TOURNAMENT</b>

**\*Coaches will be available at the bolded tournaments**

**Turtle Mountain Wrestling Club**  
**Parent/Guardian Permission**

As a parent or guardian, I give permission for my child to participate in wrestling and acknowledge the risks involved and assume all responsibilities.

Wrestlers Name\_\_\_\_\_ Age\_\_\_\_\_ Grade\_\_\_\_\_

Address\_\_\_\_\_ City/State/Zip\_\_\_\_\_

Phone(home)\_\_\_\_\_ Phone(cell)\_\_\_\_\_

Parent/Guardian Name (Print)\_\_\_\_\_

Parent/Guardian Signature\_\_\_\_\_