

MADMEN WRESTLING CLUB



The Madmen Wrestling Club was founded in 2003. Madmen provides wrestlers of all ages the opportunity to continue to wrestle in the off-season and be given individual instruction by experienced coaches. We believe a strong work ethic and proper coaching will benefit all wrestlers tremendously and abide by the belief that...summer wrestling makes winter champions. By joining Madmen you will receive high level technique, drilling, conditioning and cross training.

Opportunities to compete in spring and summer tournaments will be provided, however, not mandatory. Off season tournament registration and fees must be submitted from individual wrestlers/parents. There may be a few opportunities for chosen wrestlers to be a part of club team duel tournaments that are sponsored and funded by the madmen club. Club membership includes T-shirt and 12 weeks of training. **All members must purchase a USA Wrestling Card. Cards can be purchased at www.themat.com.** (minimum level recommended)

Questions: contact Jeff Holmes [@holmesj@fcpsk12.net](mailto:holmesj@fcpsk12.net) phone:315-383-3492

Madmen Website: <https://sites.google.com/site/madmenwrestlingclub/>

Registration will be held on the first day of practice @5pm

Registration can also be mailed. (preferred) See registration form below

Trained by Madmen - March 19 to June 6, 2019 - \$95.00

Tuesday and Thursday 5:30-7:00 pm,

This group includes upper level elementary, middle school, and high school wrestlers. This group will be based on more advanced technique with a greater focus on intensive drilling and training. Wrestlers should have at least one year of wrestling experience.

Registration Form

Parents Name _____ **Phone#** _____

Emergency Contact (in case above can't be reached)

Name _____ **Relationship** _____

Phone # _____

Wrestlers Name _____ **Age** _____ **Grade** _____

Aprox. Weight _____ **Shirts size (Adult/Youth)** _____

Experience Level (Varsity, JV...) _____ **Years wrestling** _____

USA Card # _____

Checks can be made payable to Millbrook Wrestling Club. Payment and registration form can be mailed to 251 First Woods Drive, Winchester Va 22603. Attention: Jeffrey Holmes Wrestling Coach

I/We assume all risks and hazards incidental to participation including transportation to and from all activities. I/We do hereby waive, release, absolve, indemnify, and agree to hold harmless the Madmen Wrestling Club, its organizers, sponsors, supervisors, coaches, officers, participants, and/or other persons transporting myself or my child, except to the extent and in the amount covered by accident or liability insurance.

I/We further agree to exercise proper care of any equipment and uniforms that may be provided for my child to use and will return it to the club in good repair at the end of the season.

Parent Signature _____

Date _____

Wrestler Signature _____

Date _____