

TIGERWC

FOLKSTYLE SUMMER SESSIONS

PHILOSOPHY & GOALS

Wrestling is a constantly evolving sport. To win a State or National title, a wrestler must keep up with the best and most up-to-date techniques. Our goal is to provide this, and to help our athletes perform at the highest levels of competition. We recommend having at least one year of experience prior to coming to our practice.

LOCATION

North Allegheny Sr. High School Wrestling Room
10375 Perry Hwy
Wexford, PA 15090

DATES & TIMES

3 practices per week, starting Monday June 3rd, 2019:

Monday, Tuesday, Thursday

6:30pm – 8:00pm (All Ages)

** Please note, location may change to NAI if the wrestling room is undergoing maintenance.*

COST

\$50/month or \$10/practice - Per wrestler / family. (Cash or Checks Payable to Sunny Abe)

** These practices are free for North Allegheny Wrestlers and are included as part of your registration fee.*

COACHING STAFF / INSTRUCTORS

Sanshiro "Sunny" Abe, Rob Waltko, Matt Chalsted, Nick Rodgers, Jordan McGonigle

QUESTIONS

Sunny Abe

412-445-6225

sunnyabe@gmail.com

Rob Waltko

412-708-0076

TIGERWC

REGISTRATION & WAIVER

Wrestlers Name

Date Of Birth

Email

School

Club

Wrestlers Age

Grade In School

Current Weight

Current Height

Years of Experience

T-Shirt Size

Address

City

State

Zipcode

Fathers Name

Phone

Mothers Name

Phone

Emergency Contact

Phone

Does the wrestler have any physical/medical conditions that TigerWC should be made aware of?

Is the wrestler currently taking any medications?

Liability Release: I, the undersigned, individually and as a parent/guardian of the above listed athlete(s), a minor, ask that he/she be admitted to participate in the club practice sponsored by Tiger Wrestling Club (TigerWC). I do hereby agree to release, discharge and hold harmless all parties involved, their owners, agents, TigerWC coaching staff and employees from all liabilities, damages, claims or demands whatsoever on account of any injury or accident involving the said minor arising out of the minor's attendance at the club practice or in the course of competition and/or activities held in connection with the club practice. I also give permission for my child to be photographed in relations that the photographs may be used on the web site to promote the TigerWC.

Parent/Guardian Signature

Parent/Guardian Printed Name

Date

www.tigerwc.com