

## LHYSL – Licking Heights Youth Sports League Youth Wrestling Program Info Sheet

LHYSL provides a competitive and fun wrestling experience for 1<sup>st</sup> to 6<sup>th</sup> graders. We teach fundamentals, conditioning, discipline, sportsmanship, and teamwork as it pertains to the sport of wrestling. Hornet wrestling has been a tradition for over 40 years, and we want to continue the tradition to keep Licking Heights well-known in the wrestling community.

The wrestling program typically meets for 14 weeks (Mid-November to Mid-February) with practices during the week and matches/duals on the weekends (times/days of practice to be determined).

The wrestling program is in association and will compete in the Licking County Youth Wrestling League (duals & year end tourney) and the Russ Hellickson Central Ohio Youth Wrestling League (tournaments).

The wrestling program is made up of two grade level groups and an Elite team. Each group will practice separately.

- ✓ Beginner Group – Grades K – 3
- ✓ Older Group – Grades 4 - 6
- ✓ Elite Team – Team members will be by invitation only by the coaches to participate in our dual meets.

### • Wrestling General Information

- ✓ Practices will be at least 3 times week for all grades. Elite team will practice at a separate time once a week.
- ✓ All participants must practice with their group / team on a weekly basis, excluding injury.
- ✓ Transportation to and from practice, duals, and tournaments is the responsibility of the parents.
- ✓ Wrestlers will wear workout type clothes to practice (t-shirt, shorts, sweats, singlet [not required], wrestling shoes). Head Gear is encouraged, but not required. No denim material or anything w/metal exposed.
- ✓ Beginner group (grade 1-3) will focus on basics of wrestling; introducing the sport to the younger children and give them a solid background on basic moves and concepts they will use throughout their wrestling careers.
- ✓ Older group (grade 4-6) will go beyond the basics to more advanced techniques and ideas of match strategy.
- ✓ All age groups will be introduced to and participate in wrestling conditioning and maintaining health while participating in the sport.
- ✓ Coaches are all volunteers with support from the LH Middle and High school coaches.
- ✓ There is a cost for registering each participant. Rates and discounts for multiple participants will be available on the online registration at [www.lhysl.org](http://www.lhysl.org). Fundraising and volunteering will be required.
- ✓ After registration, each participant will receive a Club T-Shirt, Shorts, Singlet, and entrance into the Russ Hellickson League events.

### • Wrestling Match / Tournament Information

- ✓ Licking County Youth Wrestling League – Compete in dual meets and events with other county schools.  
*\*Elite team members participate in the formalized duals, rest of team generally are given a match at the end of dual.*
- ✓ Russ Hellickson Central Ohio Youth Wrestling League – Compete in select tournaments.  
*\*The Hellickson tournaments are for all wrestling participants (not just Elite team)*
- ✓ Dual/Match rules are from the Licking County Youth Wrestling League.  
*Russ Hellickson tournaments may have some variation of rules.*
- ✓ All duals, meets, and tournaments are competitive. Elite team participates in the formalized duals for LCYWL.
- ✓ Weight classes are 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 101, 107, 113, 119, 125, 138, Hvy.  
*\*Heavy Weight class has a 215# maximum weight to compete*  
*\*Wrestlers will be weighed at each dual, match, or tournament*  
*\*Wrestlers may wrestle up on weight class*
- ✓ Travel may be required to away duals, meets, and/or tournaments.

*The above is informational ONLY. All official rules for duals and management are in accordance to LHYSL rules (governed by LCYWL rules). Refer to the helpful links on the LHYSL website for official documentation.*

## LHYSL Consent, Disclosures, and Terms & Conditions

**INFORMED CONSENT / RELEASE OF LIABILITY:** I/We accept and understand that the activity (Football / Cheerleading / Wrestling / Flag Football) above involves certain inherent risks, dangers, and hazards that may cause serious personal injury necessitating long term care and significantly impairing enjoyment of life or life activities. I/We accept and understand that the above-described injuries and other injuries, including but not limited to: concussions; serious neck and spinal injuries; serious injury to all bones, joints, ligaments, muscles and tendons; contusions; dislocations; sprains; strains; and fractures, may occur as a result of participating in this sport. I/We accept and understand that certain activities, such as the acts of tackling and wrestling, carry with them a greater inherent risk of injury. I/We understand that the inherent risks of this sport cannot be eliminated without jeopardizing the essential qualities of the sport. I/We have reviewed all of these risks and understand and appreciate them, and still desire to participate in the activity. I/We certify that (registering athlete) has no medical or physical conditions that could interfere with or compromise his/her safety in participating in this activity. I/We authorize qualified emergency medical professionals to examine, and in the event of an injury or serious illness, to administer emergency medical care to the registering athlete.

The risks of injury and illness (ex: communicable diseases such as MRSA, influenza, and COVID-19) to my child from the activities involved in these programs are significant, including the potential for permanent disability and death, and while rules, equipment, and personal discipline may reduce these risks, the risks of serious injury and illness do exist.

In the event it becomes necessary for Licking Heights Youth Sports League (LHYSL) volunteer staff to obtain emergency medical care for the above-named athlete, I/We understand that neither the volunteer staff member nor the LHYSL organization assumes financial liability for the expenses incurred because of the accident, injury, illness and/or unforeseen circumstances. I/We certify that my household has sufficient medical insurance to facilitate any necessary medical care or resultant care for any injury that may be sustained by the above-named athlete.

FOR MYSELF, SPOUSE, AND CHILD, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASES or others, assume full responsibility for my registering athlete. WE HEREBY RELEASE AND HOLD HARMLESS LHYSL and its participants all of the above.

I/WE HAVE READ THE STATEMENTS ABOVE, ACKNOWLEDGE THAT I/WE HAVE READ THIS DOCUMENT AND FULLY UNDERSTAND THE RISKS ASSOCIATED WITH PARTICIPATING IN THIS VOLUNTARY ATHLETIC PROGRAM. I CERTIFY THAT WE HAVE READ, UNDERSTAND, AND AGREE ON BEHALF OF MYSELF AND MY MINOR CHILD TO BE BOUND BY THESE TERMS.

**CONCUSSION AWARENESS** I/We Hereby Acknowledge that I/we read The Concussion Fact Sheet , and understand that I/we have a responsibility to report my child's symptoms to coaches, administrators and health care provider. I also understand that my child must have no symptoms before returning to play can occur.

**CARDIAC ARREST** I/We acknowledge availability of information about Sudden Cardiac Arrest in youth athletes and Lindsay's Law.

**CODE OF CONDUCT** By accepting the terms as the Parent/Guardian of the child(ren) participating in the LHYSL program I have registered my child for, I confirm that I have read and acknowledge the information herein and agree to all stipulations outlined in our Parent/Guardian Code of Conduct and Player Code of Conduct. I/We agree that by accepting, I/we am responsible for our entire family, children, relatives, and my guests that are present at LHYSL events, practices, games or matches.

**MEDIA WAIVER** I/We hereby grant the LHYSL permission to use, and/or publish in its own or in external publications in print or on line, photographs, pictures, film, video or other similar media (collectively, "Photographs") taken of the participating child in whole or in part, individually or as part of a group for any purpose whatsoever; including, but not limited to, illustration, promotion, art, editorial and advertising.

**FEES / FUNDRAISING** I/We understand and agree that there is an initial sign-up fee at the time of registration for all participants in LHYSL. I/We also understand and agree that there will be NO League fundraiser obligation for EACH participant. I/We do understand that there will be Team/Squad fundraisers (not mandatory) for each team or squad to support that team's or squad's activities such as the end of season party. All Team/Squad fundraisers must be approved by the LHYSL board. All apparel used for these fundraisers must have a LHYSL logo integrated. I/We also understand that it is our responsibility to volunteer and assist the League in activities such as Concession Stands and/or Press Box.

**CANCELLATION / REFUND POLICY.** No late fees will be refunded. Refunds may take up to 30 days to be processed and issued.

**FOOTBALL / CHEER / WRESTLING:** If a refund is requested before LHYSL equipment pickup or order, then 100% of the fees will be refunded. If a refund is requested after the start of equipment pickup or order but prior to the first game or match/dual, then 50% of the fees will be refunded. Refund requests made after the start of the first game or match/dual of the season, then no refund will be issued.

**FLAG FOOTBALL:** If a refund request is made before (3) three days after the first camp session (before shirt order), then 100% of the fees will be refunded. If a request for a refund is made after the third day (after shirt order), then 50% of the fees will be refunded. Refund requests made after the start of the 2<sup>nd</sup> camp session, then no refund will be issued.

If a refund request is made because a player was suspended for the remainder of the season by LHYSL, then no refund will be issued regardless of when the player was suspended.