

## North Hills Youth Wrestling Program Description

North Hills Youth Wrestling provides an opportunity for girls and boys in kindergarten through 6th Grade to participate in one of the most rewarding and character-building sports available. Wrestling helps young athletes develop self-confidence, coordination, strength, and agility, all while instilling discipline and perseverance that extends beyond the mat.

Our program is run by dedicated volunteer coaches and officers who are committed to providing a safe, positive, and encouraging environment for all participants. Wrestlers will learn age- and skill-appropriate techniques, skills, and conditioning in a supportive setting that promotes both personal growth and athletic development.

We believe in fostering a strong community through youth sports, and we work hard to ensure each child enjoys a meaningful and rewarding experience during the season.

### Experience Level:

- Novice Wrestlers are wrestlers with 0-1 year of experience.
- Open Wrestlers are wrestlers with 2+ years of experience.

### Program Fees and Requirements - NEW this Season!

In addition to the registration fee, each family is required to submit the following prior to the season start date (November 3):

- \$75 Singlet Rental Fee per wrestler (Refundable upon return of singlet in good condition)
- \$100 Volunteer Fee per family (Refundable with adequate volunteer participation during the season)
- Liability Waiver and Medical Release Form
  - The liability waiver and volunteer letter outlining expectations and sign-up details will be sent via email to the address provided during registration

All checks should be made payable to **North Hills Wrestling**. Include your wrestler's first and last name in the memo line of both checks to ensure proper tracking.

**Please note:** Wrestlers are not considered **fully registered** until the form and both checks are submitted.

In-person opportunities to submit checks will be made available during the week prior to the season start date. Specific dates and times will be shared with registered families through email, GameChanger, and Facebook.

We are excited to welcome new and returning wrestlers to another great season with North Hills Youth Wrestling.

Whether your child is trying wrestling for the first time or continuing their journey, we look forward to helping them grow both on and off the mat.

Thank you for being part of the team!

Sincerely,

North Hills Youth Wrestling Club