



BEAR CLAW WRESTLING

Our practices cover both basic and advanced wrestling technique for freestyle, greco roman and folk style wrestling. If you have any questions about practices or events, you can email coach Feist at papabearfeist@yahoo.com

Bear Claw coaches will be at some local, state, regional and national events. We encourage parents to get a USA wrestling coaches card and work with your children and other wrestlers from the club during practice and at tournaments. You must have a Bronze coaching card to coach at a state level event.

2018-2019 Practice Times and Events: practices will be held at both Tahoma HS. Please check the website calendar at the link below for practice times and locations. Spring Freestyle and Greco practices will be at THS on Tuesday, Wednesday, and Thursdays. Most practices will be from 6- 8 pm. The practice calendar can be found on www.tahomawrestling.com on the Bear Claw calendar link.

- See the website calendar for other events and clinics available to club members.
- Registration dates: February 6, 13, 22 6pm-8pm THS mat room

Expectations:

Club members will be expected to follow the coaching staffs' instruction. Club members that are not behaving appropriately will be warned and corrected. If the inappropriate behavior continues the wrestler will be asked to leave the club practice or event. Basically, the same rules that apply while in school apply while working with the Bear Claw Club. All wrestlers must submit a copy of their USA Wrestling card, a signed registration form, and a concussion form before practicing. Parents are encouraged to sign up for their USA Wrestling coaches' card so they can assist during practice and work with their wrestler mat side during competitions. USA wrestling membership cards can be purchased at themat.com

Registration: current USA card, club fee, concussion form, waiver form

Registration fees:

- Jr. Bears \$50 (Tahoma Jr Bears do not need to fill out another waiver or concussion form)
- All other wrestlers \$175 and for spring and summer sessions.

Wrestler's Name _____ Age _____

USA Wrestling card # _____

Parent/Guardian email _____

Phone # _____