



Wrestler Registration Form

MEMBERSHIP FEES: \$150 Please select the grade level of the wrestler

6th Grade and Under

7th Grade and Over

Staff Use Only

Full Payment Installment 1 Date: _____ Installment 2 Date: _____

Payment Method: Cash Check # _____ Credit Venmo

All Wrestlers are required to have a current USA Wrestling card prior to participation. USA Wrestling Cards must be purchased directly from USA Wrestling at www.usawmembership.com . Proof of USA Wrestling membership will be required before wrestlers will be allowed to practice.

USA Wrestling ID # _____

Wrestler Information

_____	_____	_____	_____
First Name	Last Name	Birthdate	Age

_____	_____	_____
Address	City	Zip code

Emergency Contact Information – Primary

_____	_____	_____
First Name	Last Name	Relationship

_____	_____
Phone Number(s)	Email

Emergency Contact Information – Secondary

_____	_____	_____
First Name	Last Name	Relationship

_____	_____
Phone Number(s)	Email

Wrestler Registration Form

Medical Information

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First Name

Last Name

Birthdate

Age

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Insurance Company

Policy Number

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Family Doctor

Phone Number

Is your child presently on medication? Yes No

Please list medications below:

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Please any allergies below:

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If allergies, does your wrestler carry an Epi Pen? Yes No

Please read the alternative statements below and initial the one that you choose.

_____ 1. If my child needs medical attention, it is my wish that I am contacted before any medical procedures are taken on my child, unless immediate treatment is necessary to save my child's life or to prevent permanent injury.

_____ 2. If my child needs medical treatment while participating, it is my wish that the treatment is started while efforts are being made to contact me. So that treatment is not delayed, I consent to any medical procedures that the physician believes are needed, on the understanding that efforts to contact me will continue to be made. I accept responsibility for all costs related to such treatment.

Secondary Sports Accident Insurance Offered by USA Wrestling is subject to its terms conditions and exclusions. It is meant be secondary to health insurance. If there is no health insurance in place at the time of the accident USA Wrestling coverage does not become primary. Parent Initial

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Athlete and Parent Code of Conduct

Welcome Tracy Wrestling Club! We are looking forward to another exceptional year of youth wrestling.

The Tracy Wrestling Club has high character expectations for all persons associated with the Club. Every coach, wrestler and parent is a representative of this Club and our community. Actions are as important as our words. We expect our coaches and parents to lead by example to show our wrestlers the true definition of "good sportsmanship."

WRESTLERS CODE OF CONDUCT:

No wrestler is to physically or verbally abuse any coach, fellow wrestler, or referee.

Wrestlers must be able to listen and follow directions. Wrestlers will be expected to work hard at practice or will be asked to sit out. Wrestlers are not to be disruptive during practice or competitions.

If a wrestler is disruptive during practice, they will be given a warning. If the disruptions continue, they will be dismissed from practice.

At all times, wrestlers must conduct themselves in a mature and respectful manner.

- a. No unsportsmanlike yelling or cheering if a wrestler is hurt.
- b. Win or lose, wrestlers MUST shake hands and congratulate their opponent.
- c. No vulgar or obscene gestures of any kind will be tolerated
- d. Head gear will not be thrown under any circumstance.

No wrestler is to use abusive and/or profane language when representing the Tracy Wrestling Club.

Wrestlers should make every effort to attend all scheduled practices.

Wrestlers are not permitted to enter the mat without coach approval.

All wrestlers are to treat all Tracy Wrestling Club property and equipment with respect.

Tracy Wrestling Club are expected to treat any school where competitions are held with respect.

Wrestlers are expected to clean up after themselves and help disinfect mats after practice.

Violations of the Code of Conduct will not be tolerated. Violations may result in disciplinary action or dismissal from the club by the Tracy Wrestling Club Board of Directors

I have discussed the Code of Conduct with my wrestler. Parent Initial

Wrestler Registration Form

PARENTS CODE OF CONDUCT:

No parent is to physically or verbally abuse another parent, fan, coach, wrestler or referee. If a parent has a problem, concern or issue with a fan, wrestler or another parent, discuss it with a Tracy Wrestling Club Board Member in private at an appropriate time.

All parents are to conduct themselves in a mature manner. Unsportsmanlike conduct, such as booing, teasing, or cheering if a wrestler is hurt or losing, unsportsmanlike gestures of any kind are prohibited.

Except in an emergency, no parent is to interfere with practices, tournaments or coaching at anytime.

No parents will be allowed to wait in the wrestling room during practices.

Please see that your child is picked up at the designated time after practice. The coaches will try to finish practice as close to the designated time as possible.

Parents are NOT permitted to coach their child (on the edge of the mat) at any practice or tournament unless you have a current USAW coaching card and are an approved Tracy Wrestling Club coach. Parents should remain in designated spectator locations during Tracy Wrestling Club practices and tournaments.

Parents or guardians must physically drop off and pick up their wrestler. Wrestlers will not be released without a parent or guardian present.

Be sure your wrestler brings a water bottle to every practice and it holds enough water for them to stay hydrated during practice.

Parents SHALL notify coaching staff if their wrestler contracts any skin infection or they suspect a skin infection.

Parents, as well as their athletes, will be held responsible for compliance with their Code of Conduct.

Consequences for Athlete's and Parents

1. Verbal warning
2. Practice and/or tournament suspensions
3. Permanent removal from the team.

Parent Initials _____ Date: _____

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Skin Infection and Disease Guidelines

Skin Infections and Disease can be very serious. We are committed to minimize any exposure to these risks with the following guidelines:

OUR COMMITMENT

1. We will clean wrestling mats prior to every practice with a disinfectant cleaner
2. We will not allow any wrestler into the practice room without clean practice gear
3. We will provide a shoe cleaner for wrestlers to disinfect the bottom of their shoes prior to stepping on the mat.
4. We will limit bathroom breaks to before and/or after practice except in the case of an emergency. Bathrooms may have bacteria, virus, germs, etc that we do not want on the mats.

CHILDREN AND PARENTS COMMITMENT

1. Children must take a shower in hot water within 30 minutes after practice. THERE SHOULD BE NO EXCEPTIONS TO THIS RULE!
2. Do not share any worn practice or competition gear
3. All clothing must be washed after use and MUST NOT be re-used without being washed.
4. Wrestlers must keep their fingernails trimmed to avoid scratching themselves or someone else, as any opening in the skin increases the risk of infection.
5. Wrestlers should boost their natural immunity to all diseases by eating healthy foods and getting adequate rest. They may also wish to take a one-a-day, multivitamin.
6. Wrestlers who have been susceptible to skin conditions in the past should visit with their family physician regarding preventive oral medication.
7. Street shoes will NOT be allowed on our wrestling mat. Wrestlers must come to practice in shoes other than their wrestling shoes or have approved shoe covers. Wrestling shoes should be put upon entering the gym and taken off before exiting.

WRESTLERS WHO HAVE A CURRENT SKIN CONDITION:

1. Wrestlers with any signs of a communicable skin condition MUST be withheld from practice until a medical diagnosis and clearance is obtained.
2. Wrestlers having any signs or symptoms of a communicable skin condition should be sent to a doctor IMMEDIATELY!
3. Wrestlers with a skin condition, who have current written permission from a physician to participate, should cover affected area with an occlusive (water resistant) dressing or a gauze pad with water resistant covering on at least one side until the lesion(s) is completely gone!
4. Wrestlers having lesions from a communicable skin condition on their face or neck should launder their pillowcase on a daily basis.
5. Wrestlers with any signs of a communicable skin condition should wash their hands frequently to avoid contaminating themselves, or others.
6. Wrestlers with communicable skin conditions should be made aware that contact they have with others during the school day, outside the wrestling room, may spread the disease to others.

Parent Initials _____ Date: _____



TRACY WRESTLING CLUB

RELEASE AND WAIVER OF LIABILITY

THIS DOCUMENT MAY AFFECT YOUR LEGAL RIGHTS.

PLEASE READ THE ENTIRE DOCUMENT CAREFULLY BEFORE SIGNING IT.

I, _____, wish to participate in training and receive instruction in wrestling from Tracy
(Student's Full Name / Printed) Wrestling Club. In consideration of the service provided to me by Tracy
Wrestling Club, I hereby freely and knowingly accept and agree to the following terms and conditions:

(Initials) **Assumption of Risk:** I understand that wrestling is a hazardous activity that involves inherent risks of serious physical injury, illness, disability or death. With full knowledge of the risks involved in wrestling, I expressly assume all the risks of harm to myself arising from wrestling at the Tracy Wrestling Club. Tracy Wrestling Club makes no representation or warranty of any kind regarding the safety of practicing wrestling or the use of the training equipment or facilities associated therewith.

(Initials) **Release of Claims and Waiver of Liability:** I hereby expressly and for all times, on behalf of myself, my heirs, successors and assigns, executors and personal representatives release and agree to hold harmless Tracy Wrestling Club from any claim, demand or cause of action at law or equity from any injury including without limitation any physical, psychological or emotional injury to me that arises or might have arisen from my participation in wrestling, from my use of the equipment of the Tracy Wrestling Club or from my participation in any activity associated directly or indirectly with Tracy Wrestling Club, or from my use of wrestling techniques.

(Initials) **Use of Image and Likeness:** I understand that spectators and others (including, members of the press) may attend tournaments, events, or regular classes. By initialing next to this paragraph, I hereby consent to the use of my likeness, name, voice, recorded performance, and approved biography in connection with any advertising, publicizing, promoting or other marketing done by or on behalf of Tracy Wrestling Club, and I acknowledge that I shall not be compensated for the use thereof.

(Initials) **Indemnification:** I hereby agree to indemnify and hold harmless the Tracy Wrestling Club from any claim, demand or cause of action at law or equity, including, but not limited to, any claim of personal injury, that may be asserted against Tracy Wrestling Club by any third party as a direct or indirect result of my participation in the practice of wrestling, from my use of the equipment of the Tracy Wrestling Club, from my participation in any activity directly or indirectly associated with the Tracy Wrestling Club, or from my use of wrestling techniques.

(Initials) **Illness/Disease:** I understand that inherent to any physical sport involving direct contact with other people, there is an inherent risk that I could be exposed to bacteria, infections, and viruses, including without limitation the common cold and viruses such as the Novel Coronavirus (COVID-19). I agree that my assumption of risk, release and indemnification above all expressly include any claim relating to the same.

Definition: As used in this agreement, the terms "Tracy Wrestling Club" includes the Tracy Wrestling Club and its affiliates and their respective heirs, successors, assignees, executors, employees, independent contractors, members, students, representatives, instructors, owners, partners, shareholders or directors of any or all of them.

I HAVE READ THIS ENTIRE DOCUMENT. I UNDERSTAND AND AGREE TO ITS TERMS.

Printed Name (Clearly): _____

Signed: _____ Dated: _____

Parent or Guardian signature if signer (participant) is under the age of 18.

**IT IS STRONGLY RECOMMENDED THAT YOU CONSULT A PHYSICIAN
BEFORE UNDERTAKING ANY PROGRAM OF STRENUOUS
EXERCISE SUCH AS WRESTLING.**