



Grande Prairie Wrestling Club
P.O Box 2115
Grande Prairie, Alberta
T8V 6W7
gpwrestle@gmail.com
780-897-8825

GPWC REGISTRATION

(Please check one):

_____ Elementary _____ Jr High School _____ Sr High School

School Attending _____

Wrestler's Name _____ Gender _____

Address _____

Age & Birth Date _____ Alberta Health# _____

T-shirt size (Youth S-M-L or Adult S-M-L) _____ Weight _____

Mother's Name _____ Phone _____

Father's Name _____ Phone _____

Emergency Contact _____ Phone _____

Email _____

How many years have you wrestled? _____

What other sports have you participated in? _____

Parents: In order to keep registration and club operating expenses low, we need your help with fundraisers. We appreciate all the help and support you can provide to achieve this goal when fund raising projects arise.
All parents' help needed with the January tournament.

Parents Signature _____

For more information, contact:

Elementary Coach, Rob Eriksen	(780) 832-7585
Elementary Coach, Erin Grier	(780) 296-6253
Jr. High Coach, AJ Wills	(780) 830-9158
High School Coach, Adam Link	(780) 897-8825
Joanne Scarrow GPWC (Treasurer)	(780) 518-1169

Checks payable to GPWC

GPWC Wrestler Medical History & Medical Release

CHECK ANY THAT APPLY TO YOUR WRESTLER

<input type="checkbox"/> Epilepsy	<input type="checkbox"/> Heart Condition	<input type="checkbox"/> Blood Pressure
<input type="checkbox"/> Diabetes	<input type="checkbox"/> Sickle Cell Anemia	<input type="checkbox"/> Kidney Disease
<input type="checkbox"/> Liver Disease	<input type="checkbox"/> Lung Disease	<input type="checkbox"/> Hernia
<input type="checkbox"/> Asthma	<input type="checkbox"/> Skin Disease	<input type="checkbox"/> Blood Disease
<input type="checkbox"/> Do you use inhalers?	<input type="checkbox"/> Do you have any allergies	

List allergies if any _____

Have there ever been any injuries to any part of the body? Please list what injuries and dates _____

Are you now on prescribed medications? **Yes / No** Why: _____

Yes / No Do you wear contact lenses?

Yes / No Do you have dental appliances?

Yes / No Do you have any chronic conditions that have not been mentioned above?

If yes, please list them: _____

Wrestling is a reasonably safe sport as long as certain guidelines are followed. Wrestling is a contact sport and injuries to the neck, shoulders, arms, back, and other injuries related to a contact sport may result. If you have any physical condition that precludes you from such activities, please obtain a physician's consent to participate.

The questions on this form have been answered completely and truthfully to the best of my knowledge. I have read the proceeding and certify that I'm physically fit for the sport of wrestling. I fully understand the risks inherent in the sport of wrestling. I voluntarily participate in this activity.

Wrestler's Name: _____ **Date:** _____

Parent's Signature: _____ **Date:** _____

Medical Release

Representatives of the Board of Directors and/or Coaching Staff **have my permission** to secure medical attention, hospitalization, ambulance transportation etc., for our child _____ while attending practice, traveling to and from scheduled meets, and during wrestling meets.

Our child is allergic to these substances: _____

Other conditions that influence the medical treatment of my child: _____

Family Physician: _____ Phone: _____

Wrestler's Name: _____ **Date:** _____

Parent's Signature: _____ **Date:** _____

I do not consent to medical treatment and hereby release the above representatives from ALL responsibilities.

Parent's Signature: _____ **Date:** _____

Why Wrestling?

By Rick Bamford

Numerous educational benefits are derived from a well-developed wrestling program not only for the competitors but also to the other students in the school, the school climate, staff, parents and the entire community.

Areas of benefit for the competitor include:

- Physical fitness in virtually all aspects of this component.
- Physical skill development which can impact upon many other sports in a positive way.
- Knowledge and understanding of the principles of movement the way the body works.
- Attitudes and Appreciation for the value of hard work and potential outcomes personally as well as positive attitudes towards one-self and appreciation for others.
- Social skills related to sportsmanship and respect for others rights and feelings.

Students involved in this type of program tend to have a channel for their aggressive natural tendencies and yet learn acceptable ways for expressing this aggression.

Wrestling as an activity does not discriminate against any student. Size does not factor as an advantage in that the very smallest student in the school has just as much chance of winning his/her weight class championship as the biggest student.

Rule Book & Guide to Wrestling: [https://wrestling.ca/officials/rules-regulations,](https://wrestling.ca/officials/rules-regulations)
<http://www.themat.com/forms/Rulebook.pdf>

Benefits of Wrestling: http://themat.com/section.php?section_id=3&page=showarticle&ArticleID=24251

GPWC Board Members

Adam Link (President)	(780) 897-8825	gpwrestle@gmail.com
Dean Pangracs (Vice President)	(780) 882-3038	
Joanne Scarrow (Treasurer)	(780) 518-1169	
(Secretary)		
Rob Eriksen (Coaches Rep)	(780) 832-7585	
(Member at Large)		
Carrie Pangracs (Member at Large)	(780) 518-4718	

Parent's Guide to Wrestling

Whether you are the parent of a new wrestler, or a seasoned veteran, wrestling can be confusing. Here's a crash course on lingo and to help prepare you for tournaments. Veteran parents and coaches are also great resources. Don't be afraid to ask! We were all new parents once!

Everyone Can Do it!

With wrestling, everyone has the opportunity to participate! There are several schools and clubs kids can participate at. The best part is, there are no real restrictions in participating. Since there are no expensive equipment requirements it is economically feasible for almost anyone. All you need are some gym clothes and a place to practice. You do not have to be a certain body size. Unlike sports that emphasize height and weight requirements, wrestling can be done by anyone without having to change how they are built. Both boys and girls are encouraged to participate and practice in the same room. (Naturally, males compete with males and females compete with females.) Alberta has had national champions weighing as little as 42kg to as heavy as 130kg (that's 92lbs to 286lbs!) Wrestling is unique in the sense that it helps you to work better with your own body, not by trying to make the same mold work on everyone. Wrestling is also an excellent cross-training sport for other sports like rugby, football, hockey and any other sport that emphasizes balance or physical contact. In addition to this, wrestling is an excellent confidence-building sport.

Pairings

Pairings matches wrestlers for bouts by using a number drawn by wrestlers during registration. An uneven number of opponents may result in a bye instead of an actual match. As the tournament proceeds, match results are returned to pairings so that more matches can be arranged. The placeholders will be determined on the wrestler's progression through the tournament, and points awarded due to wins, types of wins and losses.

Bracket Sheet

Each weight class will have a bracket prepared from weigh-ins and registration. The final list of participants for each weight class will be posted in a designated area. Your wrestler's name will be paired with their opponent for the current (or yet-to-be wrestled) round. Some weight classes may have several brackets. For example, you could see Bantam 50A, 50B and 50C bracket sheets. If you do not see your wrestler's name on the bracket, please see your coach immediately so that they can check with pairings! Sometimes large brackets are posted last

Weight Class & Age Groups

Your wrestler will be categorized by age and weight. Each age group will have different weight classes, depending upon the tournament size and host. Age groups are based on your wrestler's birthday for AAWA tournaments.

When can we go home?

Before you leave the tournament, **always** check with an GPWC coach to make sure that your wrestler is finished. Usually, if your wrestler has had two losses, an X will appear on their bracket after their second loss and they are done wrestling. However, that depends on how deep they are in the tournament.

Things to Remember

Have your wrestler rest between matches and play mellow activities like a PSP, DS or coloring. If they run around, they will be exhausted for their next match.

Keep them hydrated and eating healthy snacks like fruit and jerky. Feeding them sugar will result in a crash and no energy.

If you stay in a hotel with a pool, you may want to limit pool time the night before a tournament. Swimming may drain your wrestler's energy.

Relax and have fun!

Enjoy the time with your wrestler, their teammates, other families and support them on and off the mat. Stay positive and encourage them to do their best. This may be their first time ever or their 1,000th match. Let them know you support them and cheer them on! Promote good sportsmanship and lead by example.