



PRACTICE & PRICING FLYER

Youth Wrestling Clinic Presented by Ironside Wrestling:

THE CLAW CLUB INVITES ALL!

2nd, 3rd, 4th, 5th, & 6th Graders
Middle (7th/8th) & High Schoolers

ENROLLMENT IS ONGOING – IT'S NEVER TOO LATE TO JOIN!

Clinic Dates:

Monday, October 17th, 2022 – Wednesday, June 7th, 2023



Weekly Schedule & Pricing:

WHEN: Monday and Wednesday 6:30 - 9:00 PM

WHERE: COMMACK MIDDLE SCHOOL WRESTLING ROOM

GRADES	2nd - 6th Grade 6:30 - 7:40 PM	Middle (7th/8th) & High Schoolers 7:45 - 9:00 PM
OPTION #1	\$175.00/per month (10% off with recurring payments)	\$150.00/per month (10% off with recurring payments)
OPTION #2	3 Month Commitment: \$375.00/ Paid every Three(3) months	3 Month Commitment: \$350.00/ Paid every Three(3) months

Please Note: Practices are canceled when school is closed. Practices lost will be made up on other days of the week.

BONUS: FREE mini wrestling camps across our 8 month clinic with guest wrestlers for all Claw Club Members
Dates TBD // (\$50 Mat fee for non-Claw Club wrestlers)

PLEASE NOTE: We require all wrestlers to have a current USA Wrestling card to participate in our club, team, camp, or competitions.

Go to <http://www.usawmembership.com/> to purchase or renew your USA Wrestling Membership.

FOR A WALKTHROUGH VIDEO ON HOW TO OBTAIN A USA WRESTLING CARD,

CLICK HERE: <https://youtu.be/uVeCUuec-ZQ>



The Original Winter Classic (3 Months)— Winter Session: \$400.00

For grades Kindergarten to 6th grade. November 2nd - January 31st

Beginners Welcome! Ideal for those who want to build on the fundamentals of wrestling and see if they like it first. (More individualized attention in this class)

“Our program's purpose is to teach the great sport of wrestling while instilling maturity and self-confidence in our community's youth. The Claw Club is designed specifically to allow our wrestlers to thrive. Whether their goal is personal growth, physical fitness, and or to improve technique, we will help them succeed! Our mission doesn't stop there. A portion of all proceeds from our program will be donated to the Commack Wrestling team.” — Coach Yodice



Follow @CommackClawClub for Special Announcements and Content!



Disclaimer: "This activity is NOT endorsed by the Commack Union Free School District nor the Commack Booster Club and any participation is at the discretion of the parent."

Package Details:

The Claw Club is run by Coach Yodice who is one of the Commack Middle & High School coaches with over 18 yrs of wrestling and 10yrs of coaching experience. In addition, he is still active in the sport of wrestling and MMA. Coach Yodice is a licensed Wrestling Coach in NYS and is also a licensed EMT.

Additionally, he is certified through NASM as a Nutrition Specialist.

- More opportunities for our fellow Commack Wrestlers
- Fun, healthy conditioning activity
- Licensed, experienced, and knowledgeable coaching staff
- Planned curriculum to build a strong wrestling foundation



Our goal for this program is to help accelerate and build a solid foundation of wrestling. In addition, sparking the interest of our young wrestlers to help motivate them to progress through the sport and transition into High School and or College. Our primary goal is to have fun while building an appreciation for the sport.

We are seeking committed wrestlers dedicated to having fun while learning! Our practices are slightly more physically and mentally demanding than a regular Middle School practice. We will also cover higher level techniques. This is an excellent experience for Middle School wrestlers preparing for their journey to the High School.

ALL LEVELS ARE WELCOME, NEW OR EXPERIENCED

**Please Note: We accept CASH,
Checks, and Credit Cards.**

(Checks made payable to: IRONSIDE WRESTLING)

Please complete the registration form prior to arrival in order to participate.

We hope to see you on the mat!

Contact: Coach Yodice

Email- JYodice@commack.k12.ny.us



@CommackClawClub



IRONSIDE WRESTLING
Commack Wrestling Claw Club



Commack Wrestling Claw Club



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**IRONSIDE WRESTLING PRESENTS:
THE CLAW CLUB 22-23
Youth Wrestling Program Registration Form**

Official Use Only:
Package: M2M 3M
Paid: \$ _____
Payment Due

Date: _____

Wrestler's Name: _____

Approx. Weight: _____ Grade: _____ DOB: _____

Wrestling Experience (circle): No experience 1 year 2 years 3+ years

REQUIRED: USA Wrestling Card #: _____

Note: All athletes who wish to participate in our club/camps/team/competitions, must have an active USA Wrestling Card.

You may purchase or renew a USA Wrestling membership at: <https://www.usawmembership.com/>

SEE FLYER FOR PRACTICE DETAILS

Regular Season: \$175.00/per month **3 Month Commitment: \$375.00/Paid every Three (3) months**
2nd-6th Grade Valid from point of purchase. To continue, new payment is required after 3 consecutive months.

Regular Season: \$150.00/per month **3 Month Commitment: \$350.00/Paid every Three (3) months**
Middle (7th-8th) and High Schoolers Valid from point of purchase. To continue, new payment is required after 3 consecutive months.

Winter Season: \$400.00
Beginners: Kindergarten-6th Grade

Please Note: We accept CASH, Checks, and

Credit Cards – 10% off with recurring payments

(Checks made payable to: IRONSIDE WRESTLING)

Parent(s) Name: _____ Home Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phones: Mom: _____ Dad: _____

Emails: Mom: _____ Dad: _____

Emergency Contact Name: _____ Emergency Contact Phone: _____

Relationship to Wrestler: _____

Parental Waiver and Consent:

While the CLAW Club strives to provide a safe and fun environment for your child to learn the sport of scholastic wrestling, all athletic training and sports activities involve inherent risks of injury that cannot be fully eliminated. By signing below, you, the parent/guardian of the above wrestler, acknowledge that there are certain risks of physical injury as your child participates in the CLAW Club Youth Wrestling Program run by Ironside Wrestling:

I agree to waive any liability that may arise associated with my child's participation in this program. I further assume the full risk of any injuries and expenses which my child may sustain while participating in any activities associated with the CLAW Club Youth Wrestling Program and or Ironside Wrestling. I agree to indemnify and hold harmless The Commack CLAW Club, its coaches and volunteers, Ironside Wrestling and the Commack Union Free School District, from all actions, claims, or demands which my child may have against these parties arising from participation in the CLAW Club Youth Wrestling Program on account of any loss, damage, or injury while participating in any activities associated with the CLAW Club Youth Wrestling Program.

Parent or guardian's Signature

Date

Disclaimer: "This activity is NOT endorsed by the Commack Union Free School District nor the Commack Booster Club and any participation is at the discretion of the parent.



USA wrestling

USA Wrestling and Ironside Wrestling Waiver and Release from Liability

1. I _____, the undersigned, on behalf of myself, my heirs and next of kin, personal representatives, agents, insurers, successors and assigns (all hereinafter "Releasors") hereby **FOREVER RELEASE, DISCHARGE AND COVENANT NOT TO SUE THE UNITED STATES WRESTLING ASSOCIATION, INC.**, its affiliated clubs, administrators, agents, directors, officers, state organizations, members, committees, volunteers, all employees of US Wrestling, and any and all participants, officials, referees, coaches, host clubs, sponsoring agencies, sponsors, advertisers, local organizing committees (and if applicable, owners, lessors and operators of premises used to conduct any US Wrestling sanctioned event, meet, practice or activity (all hereinafter "Releasors") from any and all liabilities, claims, demands, causes of action or losses of any kind or nature, past, present, or future, direct or consequential that I may hereafter have for **PERSONAL INJURY, PERMANENT, TEMPORARY, TOTAL OR PARTIAL DISABILITY, DISFIGUREMENT, PARALYSIS AND ANY OTHER LOSSES OR DAMAGES TO PERSON OR PROPERTY OR DEATH**, arising out of participation in, attendance at or traveling to and from any USA Wrestling sanctioned event or activity including, but not limited **LOSSES CAUSED BY [PASSIVE OR ACTIVE NEGLIGENCE OF THE RELEASES, or hidden, latent or obvious defects in the facilities or equipment used.**

2. Releasor hereby **FOREVER RELEASE, DISCHARGE AND COVENANT NOT TO SUE IRONSIDE WRESTLING, INC.**, the Commack Claw Club, and the Commack Union Free School District, from any and all liabilities, claims, demands, causes of action or losses of any kind or nature, past, present, or future, direct or consequential that I may hereafter have for **PERSONAL INJURY, PERMANENT, TEMPORARY, TOTAL OR PARTIAL DISABILITY, DISFIGUREMENT, PARALYSIS AND ANY OTHER LOSSES OR DAMAGES TO PERSON OR PROPERTY OR DEATH**, arising out of participation in, attendance at or traveling to and from any USA Wrestling sanctioned event or activity including, but not limited **LOSSES CAUSED BY [PASSIVE OR ACTIVE NEGLIGENCE OF THE RELEASES, or hidden, latent or obvious defects in the facilities or equipment used.**

3. Releasor understands and acknowledges that USA Wrestling activities and the sport of wrestling in general have inherent dangers that no amount of care, caution, training, instruction, supervision or expertise can eliminate. **RELEASOR EXPRESSLY AND VOLUNTARILY ASSUMES ALL RISK OF PERSONAL INJURY, PERMANENTLY, TEMPORARY, TOTAL OR PARTIAL DISABILITY, DISFIGUREMENT, PARALYSIS AND ANY OTHER LOSSES OR DAMAGES TO PERSON OR PROPERTY OF PASSIVE OR ACTIVE NEGLIGENCE OF THE RELEASEES, or hidden, latent or obvious defects in the facilities or equipment used.**

4. Releasor acknowledges and fully understands that each participant in any USA Wrestling sanctioned event, meet, practice or activity, including Releasor, will be engaging in activities that involve risk of serious injury, including permanent, temporary, total or partial disability, disfigurement, paralysis and any other losses to person or property including death, and that severe social and economic losses may result not only from Releasor's own actions or negligence, but from the actions, inactions or negligence of others notwithstanding the rules of play or the condition of premises or of any equipment used. Further Releasor acknowledges and fully understands that there may be other associated risks with such activities which are not known or not reasonably foreseeable at this time.

I ACKNOWLEDGE THAT I HAVE SUFFICIENT OPPORTUNITY TO REVIEW THE PROVISIONS OF THIS DOCUMENT AND UNDERSTANDS ITS PURPOSE, MEANING AND INTENT.

(Participants Signature)

(Date)

(Print Name)

The undersigned, _____ does hereby represent that he/she is, in fact, the parent or legal guardian of _____ and acting in such capacity agrees to the terms and conditions of the above stated waiver and release.

(Signature of parent or legal guardian)

(Date)

(Print Name)

(Relationship to minor)