

MAT RATS

WRESTLING CLUB

Youth wrestling is a challenging and intense physical activity where children are introduced to the concepts of competition, goal setting, winning and losing. Mat Rats wrestling seeks to approach these concepts in a realistic and sensible way. Wrestling also teaches basic fundamentals that can be used in many other sports.

Sign up will be held on **Tuesday, December 7, 2021** from **5:30PM – 6:30PM** @ CF HS Wrestling Room.

There will be a swap meet at sign up. Please bring your gently used equipment and place on table for others to put to good use.

Parent Meeting at 6:30P in Cafeteria. Please plan to attend whether old or new to Mat Rats.

Practice on first night (Dec 7) will be 6:00PM – 7:00P for all ages, **first week only**.

Future Practice will be Tuesday and Thursday as follows

Prek-2nd Grade: 530-630P

3rd Grade – 6th Grade : 630-800P

Uniform for Practice: T-shirt, shorts, headgear, and wrestling shoes

Uniform for Team Tournaments: MR singlet, headgear, and wrestling shoes

Uniform for Open Tournaments: Singlet or T-shirt/shorts, headgear, and wrestling shoes

Mat Rats host a few home tournaments and helps with 2 JV/V tournaments per season. These are a huge fundraiser for the club. For these to continue to be successful events we *NEED* Lots of volunteers to help. The club family activity fee is \$100. This fee will be returned to you after family participation in the club's activities during the season. We are looking for each family to help at various times during the tournaments and different events we have. Again, this check **will not** be cashed if your volunteer commitment is met.

Please prepare 2 checks for sign up. Both checks can be made out to MAT RATS.

- 1.) **\$75** for the Mat Rats Season. This includes MR fee and CF Comm Ed Fee.
*****If your wrestler attended 2021 Intro Camp Fee is \$65.*****
- 2.) **\$100** for the family activity fee (if multiple children, only one activity fee is required per family and is refundable once you have volunteered). ***WE WOULD PREFER YOUR TIME NOT MONEY!**

Any questions: Contact cfmatrats.communications@gmail.com

To Stay Up To Date on Information:

Follow us on FB: Cannon Falls – Randolph Mat Rats Wrestling Club

Website: www.mnmatrats.com

Join TeamApp: our mobile app: search for CF-R Mat Rats Wrestling Club

Name: _____ **Birth Date:** _____ **Gr.** _____

Address: _____ **Parent(s) Name:** _____

Phone: _____ **E-mail:** _____

I agree not to hold CF-R Mat Rats Wrestling Club / ISD 252 responsible for injury or accident to my child and waive any right to file suit due to injury.

I give permission for the Mat Rats Wrestling Club to post photos of my child on the Mat Rats website or newspaper.

Signature: _____ **Date:** _____

For club use only: MR Fee paid _____ ck #/cash FA FEE paid _____ ck #/cash