



2018-19 Wrestler Registration

The [Tonka Wave Wrestling](#) club is a fun and competitive program for Middle School Wrestlers who want to improve their wrestling skills. Wrestlers will increase their conditioning, balance, flexibility, strength and self-confidence. All development skills mentioned, makes wrestling the best (cross training) sport available. Our goal is to continue the development of wrestlers to prepare for high school wrestling. **Our program:**

Tonka Wave Middle School Wrestling (6th – 8th Grade) extends the Middle School season by offering practices, dual meets and tournaments beyond the traditional Middle School season. We practice **2 times a week** and will teach technique, drills, conditioning and live wrestling.

- **Tuesday / Thursday's** (1/8 to 3/7) – 6 to 7:15pm –
- **Cost** – An optional donation of \$50 to \$100 to the program
- **Minnetonka High School** wrestling room

Registration: Use **this form** to pre-register or bring the first night of practice.

Wrestling Season: The club wrestling season begins 1/8 concluding at the MN/USA Kids State Tournament in March.

Competition: Our [schedule](#) consists of open tournaments, dual meets, qualifiers and state/national level competition.

Coaching: The club is coached Minnetonka Wrestling **Coaches Dustin Michel, Kelli Rasmussen & James Heer** with assistance from Minnetonka Varsity Coaching Staff and parents.

Equipment: T-shirts will be provided to all paid wrestlers. Middle school uniforms are available for extended season use through Coach Michel.

Payment: Check# _____ Cash\$ _____ Credit Card (onsite) _____

Participant's Name: _____

Parent(s)/Guardian(s) Name: _____

In case of Emergency (Cell #): _____

Home Address: _____

City, State: _____

E-mail address: _____

Weight (est.): _____ **Grade:** _____ **School:** _____

Season T-Shirt: YL (80-100) AS (100-120) AM (120-150) AL (150-180) AXL (180-210)

By signing and submitting this form, be aware that in participating in Tonka Wave Youth Wrestling training camps and programs, you will be waiving and releasing all claims for injuries, arising out of these programs, that you or any other named participants may sustain. The terms also refer to parents and guardians as well as participants in the programs. In registering for these programs you agree to the following:

As a participant in these programs, I recognize and acknowledge that there are certain risks of physical injury, and I agree to assume the full risk of any injuries, damages or loss which I may sustain as a result of participating in any manner, in any and all activities connected with or associated with such programs. I further recognize and acknowledge that wrestling activities involve strenuous exertion or potential body contact and are hazardous recreational activities that involve substantial risks and injury. I also give Tonka Wave Youth wrestling coaches or clinicians the right to seek medical attention for my child if they are sick or injured. I am aware that neither Tonka Wave Youth Wrestling nor Minnetonka Public School District 276 will be responsible for medical or any other associated costs.

Parent signature: _____

PLEASE COMPLETE A REGISTRATION FOR EACH PARTICIPANT.

Send in forms to Mike McAnally, 21960 Minnetonka Blvd. Suite 100, Excelsior, MN 55331

For more information contact Mike McAnally at wrestling@tonkawave.com, 612.817.9971 or visit www.TonkaWave.com