

## LOWC WRESTLING PARENT'S INFORMATION

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DATE:

TIME:

LOCATION:

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### COACHES –

Norvin Hill, Head Coach \_\_\_\_\_ LOWCeagles@yahoo.com \_\_\_\_\_ 225-636-1066

Toby Dodson, Asst. Head Coach \_\_\_\_\_ LOWCeagles@yahoo.com \_\_\_\_\_ 225-270-4131

Mike Marson, Asst. Coach / Media \_\_ mrmarson@cox.net \_\_\_\_\_ 225-763-1682

Tony Ingram, Asst. Coach \_\_\_\_\_ Ingram63@yahoo.com \_\_\_\_\_ 217-620-7835

Carl Griffin, Asst. Coach \_\_\_\_\_ carl.d.griffin1991@gmail.com \_\_\_\_\_ 225-274-5435

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Please plan to attend the kickoff meeting if at all possible. This meeting usually last less than a half hour. In the meeting we will address everything outlined below and in this packet. If you are not able to attend, hopefully you will find this information helpful to you. Please fill out the forms and return them to us by the next practice your child attends.

About the program: LOWC was formed in 2007 and is available to kids from 4yo to seniors in high school. Wrestling is a non-cut sport, everyone makes the team and you do not need to live in Live Oak's school district or attend a Live Oak school. LOWC is one of the most successful programs in Livingston Parish and has captured 75 individual state titles sense it was started in 2007. We offer training in all three styles of wrestling, Folkstyle, Freestyle and Greco Roman. Both Live Oak High and LOWC is considered to be one of the top wrestling programs in the state. LOWC currently has three former club members competing in college programs.

### Bullet Points:

- Practice times and location.
- Most of the tournaments are held on Saturday throughout the state.
- Everyone gets to wrestle at all of the tournaments.
- We do not encourage wrestlers to lose or "cut" weight.
- We strive to maintain a clean and safe wrestling environment.
- We must shower and wash clothes after every practice and competition.
- We train every wrestler how to deal with fatigue and any type of injury.
- All wrestlers competing will be registered with USA Wrestling.
- Fees and cost associated with wrestling.



**LOWC Q & A**

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Q – Does my child have to lose weight to wrestle?

A – *No, we only to encourage them to eat right and exercise.*

Q – How many times will my child get to wrestle during the season?

A – *We average 5 folkstyle tournaments and they will wrestle at least two matches per tournament. The more matches they win and tournaments they compete in the number of matches will increase.*

Q – How long is a match?

A – *Depending on the age division matches range from 3 to 6 minute matches.*

Q – Will my child have to wrestle someone bigger than them?

A – *No, everyone wrestles within their weight class.*

Q – What is USA Wrestling?

A – *USA Wrestling is the governing body and we follow and compete by their rules and guidelines.*

Q – How long does a tournament last?

A – *Tournaments last all day. Plan on a full day from early morning to the late afternoon.*

Q – Is transportation provided to and from tournaments?

A – *We do not have transportation but we will make every arrangement possible to make sure everyone will be able to compete.*



**LOWC WRESTLER'S CODE of CONDUCT**

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- 1) As a wrestler I will do my very best to listen and learn from my coaches.
- 2) I will treat my coaches with respect and I will expect to be treated accordingly.
- 3) I will encourage good sportsmanship from my teammates, coaches, parents and officials at ALL practices, competitions and tournaments.
- 4) I will attend all practices, competitions and tournaments that I can and notify my coaches if I cannot.
- 5) If I weigh in and register to compete in a tournament and cannot attend I will notify the coaches as soon as possible.
- 6) I will expect that my wrestling time will be in direct relationship to my practice time.
- 7) I will remember that the main goal is to learn and have fun. I will let my parents and coaches know if I decide to quit.
- 8) I understand that my education is the MOST important reason I attend LOWC and I will make it my FIRST priority to maintain my grades. When I need assistance with my homework or to study for a test or attend tutorial after school and will miss or report late to practice I will let the coaches know in advance.

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WRESTLER PRINT & SIGN: \_\_\_\_\_

PARENT(s) SIGN: \_\_\_\_\_



**WRESTLER REGISTRATION FORM**

USA Wrestling # \_\_\_\_\_

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Division: \_\_\_\_\_

Weight: \_\_\_\_\_

School: \_\_\_\_\_

Grade: \_\_\_\_\_

Paid: \$ \_\_\_\_\_

C.C. - Check - Cash

Signed Wavier on file:

Code of Conduct:

**CONTACT INFORMATION**

Parent's / Guardian's Name

Mom: \_\_\_\_\_ Dad: \_\_\_\_\_

Mom's Cell: \_\_\_\_\_ Text: YES NO

Mom's Email: \_\_\_\_\_

Dad's Cell: \_\_\_\_\_ Text: YES NO

Dad's Email: \_\_\_\_\_

Emergency Contact

- Name & Relation: \_\_\_\_\_
- Phone Number: \_\_\_\_\_ Text: YES NO

List any physical conditions your coaches should be aware of: ie Asthma, Diabetes, etc.



# LIVE OAK WRESTLING CLUB



## WRESTLER WAIVER FORM

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State & Zip: \_\_\_\_\_

### Parent's / Guardian's Name

Mom: \_\_\_\_\_ Dad: \_\_\_\_\_

Mom's Cell: \_\_\_\_\_ Text: YES NO

Mom's Email: \_\_\_\_\_

Dad's Cell: \_\_\_\_\_ Text: YES NO

Dad's Email: \_\_\_\_\_

### Emergency Contact

• Name & Relation: \_\_\_\_\_

• Phone Number: \_\_\_\_\_ Text: YES NO

The undersigned parent/guardian of the above named wrestler hereby give my/our approval to participate in any and all Live Oak Wrestling Club activities. I/We assume all risks and hazards incidental to such participation (including practices) and the transportation to and from the activities. I/We do hereby further release, absolve, indemnify and hold harmless the wrestling club, organizers, sponsors and supervisors, any or all of them. I/We likewise release from responsibility any person transporting my/our child to or from the activities. In case of injury to my/our child, I/we hereby waive all claims against the organizers, league offices, the sponsors or any of the supervisors appointed by them.

In case of emergency, as Parent or Guardian of the named wrestler, I hereby give my consent for emergency medical care. This care may be given under whatever conditions are necessary for the wellbeing of the wrestler.

List any and all medical problems or prohibition the wrestler has:

Insurance Carrier: \_\_\_\_\_ ID # \_\_\_\_\_

Family Physician: \_\_\_\_\_ Phone # \_\_\_\_\_

Parent / Legal Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

- Live Oak Wrestling Club is a non-profit organization designed to help kids from all back grounds.
- Once payment is deposited there will be no refund for any reason.
- Waiver is valid for two years from signed date.



## WRESTLING PACKAGES

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### **FOLKSTYLE**

- Middle School (5<sup>th</sup> thru 8<sup>th</sup> Grades)\_\_\$225.00
  - ✓ USA Wrestling Card w/ Secondary Insurance
  - ✓ All Middle School Tournament Entry Fees
  - ✓ All USAW Folkstyle Tournament Entry Fees
  - ✓ (1) LOWC Shirt and Short Set
  - ✓ LOWC Party
  
- USAW Folkstyle Season\_\_\_\_\_ \$175.00
  - ✓ USA Wrestling Card w/ Secondary Insurance
  - ✓ All USAW Folkstyle Tournament Entry Fees
  - ✓ (1) LOWC Shirt and Short Set
  - ✓ LOWC Party
  
- High School\_\_\_\_\_ \$60.00 + \$10.00 for each tournament
  - ✓ USA Wrestling Card w/ Secondary Insurance
  - ✓ (1) LOWC Shirt
  - ✓ LOWC Party

### **FREESTYLE AND GRECO**

- \$40.00 for USA Wrestling Card w/ Secondary Insurance
  - ✓ Unless already purchased in a Folkstyle Package.
- \$10.00 for each tournament
- \$20.00 LOWC Shirt
  - ✓ Unless already purchased in a Folkstyle Package.

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***Singlets will be distributed and returned on the day of each competition.***

**MAKE CHECKS PAYABLE TO: LOWC**

