

# WESTSIDE WRESTLING CLUB

**NOVEMBER 13TH THRU FEBRUARY 7TH  
2023 2024**

REGISTRATION FEE

**\$100.00**

## GRADES

Kindergarten through 8th Grade

## PRACTICE TIMES

Monday and Wednesday 6:00pm-7:30pm

## LOCATION

Jefferson High School Wrestling Room

**Wrestlers must provide a copy of their AAU Card prior to first practice. You can purchase a card at:  
[www.aausports.org](http://www.aausports.org). If you do not have a card you will not be permitted to practice.**

CONTACT: Head coach ~ Rob Martin ~ 319-558-3530. *Email: romartin@crschools.us  
or just show up to one of the practices*

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

T-Shirt Size \_\_\_\_\_

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

CHECK APPROPRIATE BOX

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

CHECK

Phone: \_\_\_\_\_

CASH

Email: \_\_\_\_\_

Make check out to: J-Hawk Mat Club

Mail check to 1243 20th St SW, Cedar Rapids, IA 52404, C/O Rob Martin

**or bring with you to the first practice**