



DOWLING MAROON MAT CLUB

Registration

Wrestlers Name _____

Parent's name _____

Grade _____ Age _____ Weight _____

School _____

Shirt Size: Youth: s m l xl Adult: s m l xl xxl

of extra shirts @ \$12 each(include sizes): _____

Address: _____

City: _____ Zip _____

Home phone _____

Cell phone _____

Email 1 _____

Email 2 _____

T-shirt and singlet included w/registration

Return registration fee + \$50 first child, \$40 second child, \$25 each additional to:

Dowling Maroon Mat Club Wrestling
1400 Buffalo Road
West Des Moines, IA 50265



Dowling Catholic Maroon Mat Club is open to all kids k-8 in the greater Des Moines area regardless of school attendance. We offer an exciting program for kids of all experience levels who want to develop wrestling skills in a competitive and fun environment. In addition to technical instruction, participants will increase strength, conditioning, agility and self-confidence.

Schedule, Registration form and Reasons to join the Dowling Maroon Mat Club are included in this brochure.

2011 – 2012

Maroon Mat Club Schedule



Our first practice will be (all wrestlers) November 6, 2011 at 4:00. **On Nov 6th, We will hold a parents meeting in the small gym at 4:00 while the wrestlers practice.**

Season practice schedule

-Sunday: Practice 4:00 – 5:30

-Weekday practices are on Tuesday (before Christmas)

Wednesdays (after Christmas) from 6:15 – 7:30. Please refer to practice calendar for specific practice dates.

*Tournaments will be held most Saturdays and some Sundays and will be announced by the coaching staff weekly.

*Dual meets with other school's programs will be held occasionally throughout the year

*Season ends with Dowling Tournament on Jan. 22nd except for wrestlers competing at USA, AAU or Kids State.

Visit www.maroonmatclub.com for all your Maroon Mat Club information.

Why join the Maroon Mat Club?

- Its fun!! Wrestling is a challenging sport but through hard work and dedication everyone can achieve success. Making improvements and gaining success is extremely rewarding.
- Improve strength and conditioning. Wrestling requires strength and stamina. Practices and competitions will make wrestlers stronger and enhance endurance. This will help them in all other sports.
- Everyone can do it. Wrestlers compete against others their same size and age and all body types can wrestle and be successful.
- Wrestlers learn independence and teamwork. Wrestlers practice as a team and rely on each other. Wrestlers compete on their own and rely on themselves.
- Wrestlers gain and improve physical skills such as speed, quickness, coordination, balance and leverage.
- Wrestlers gain a competitive edge and mental toughness. No other athletes push themselves as hard as wrestlers. They learn to develop a will to win and a never-quit attitude.