



## Important Reminders

1. All wrestlers are required to purchase a USA Wrestling Card. Please visit their website at [www.usawmembership.com](http://www.usawmembership.com) to complete the purchase and print a copy of your card for club records. Copies of cards should be given to a RLWC Board Member by the first practice. Cost of cards are \$40. **Please be sure to choose Rick Larsen Wrestling Club as your club affiliation.**
2. The RICK LARSEN WRESTLING CLUB (RLWC) board has worked hard to provide a safe environment for our wrestlers. Please check your child for cold or flu-like symptoms prior to every practice. If your child exhibits any skin rashes please have your child refrain from wrestling until seeking medical attention and/or speaking with one of the RLWC coaches.
3. Please make sure your child's nails are trimmed prior to each practice. 4. Each wrestler should have their own water bottle and towel. Water will not be provided.
5. Please download the **HEJA app** to receive timely communication regarding RICK LARSEN WRESTLING CLUB including practice updates or cancellations, tournament information, and upcoming reminders.
6. Practices are set to begin October 9h
  - a. RLWC PeeWee & beginner Bantam wrestlers (5 yrs-8 yrs/first year wrestlers) will practice on Monday, Tues./Thurs. from 6:00pm-7:00pm.
  - b. RLWC experienced Bantam through Novice wrestlers (8+) will practice on Tues./Thurs. 7:00pm- 8:15pm
  - c. Optional Friday practice will be available during tournament season.
7. Practices will be open to participants only. Parents may drop off/pick up participants at

the auxiliary gym /wrestling room.