



Important Reminders

1. All wrestlers are required to purchase a USA Wrestling Card. Please visit their website at www.usawmembership.com to complete the purchase and print a copy of your card for club records. Copies of cards should be given to the RLWC Secretary, Toni Moen 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 COVID-19 symptoms prior to every practice. If your child exhibits any of the following symptoms in the last 14 days, please keep your child home from practice. RLWC participants, parents, and volunteers must follow all Hanover Central School Corporation COVID policies and procedures. Please note these can change throughout the duration of the season.
 - a. Temperature of 100.4 or above
 - b. Cough
 - c. Shortness of breath
 - d. Chills
 - e. Muscle Pain
 - f. Sore Throat
 - g. Loss of Taste or Smell
 - h. Diarrhea
 - i. Had close contact with someone infected with COVID-19
 - j. Traveled internationally or domestically
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. RLWC prides itself in maintaining a clean environment for its wrestlers. However, wrestling is a close contact sport and therefore, contagious viral/bacterial infections can easily spread. 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.
6. Please download the GroupMe app to receive timely communication regarding RICK LARSEN WRESTLING CLUB including practice updates or cancellations, tournament information, and upcoming reminders.
7. Practices are set to begin November 9th.
 - a. RLWC PeeWee & beginner Bantam wrestlers (5 yrs-8 yrs/first year wrestlers) will practice on Tues./Thurs.from 5:30pm-6:30pm.
 - b. RLWC experienced Bantam through Novice wrestlers (8+) will practice on Tues./Thurs. 6:00pm- 8:00pm
8. Practices will be open to participants only. Parents may drop off/pick up participants at the auxiliary gym/wrestling room.