

Holdrege Wrestling Club

The three different levels of our wrestling club are designed specifically for age, and different experience levels. We strongly recommend that newer wrestlers and youth wrestlers limit their competition and primarily focus on learning proper technique, sound body mechanics, and most important to remember to have fun!

Printable version online at holdregewrestling.com

Practice Times and Location

HS Wrestling Room

Tumblers (1 hour): Mondays @ 6:15pm

Twisters (1 hour): Mondays & Thursdays 6:15pm

Dust Devils (2 hours): Mondays & Thursdays 7:15pm

Wrestlers should have shoes on and ready to go at the start of practice.

Costs:

Tumblers: \$20.00

Twisters: \$30.00

Dust Devils

Folkstyle Membership: \$30.00

Full Membership (FS/GR): \$60.00

Checks can be made to: Holdrege Wrestling Club
For: Club Membership

**Prices based off USA Wrestling Membership Prices.
Our Twisters and Dust Devils memberships will include a USA Wrestling Membership**

Quick Info

Open to Male and Female Wrestlers

Pre-K – Post Season HS are welcome!

(3) Classes are based upon experience levels

T-Shirt comes with membership.

Coaches will post wrestling tournaments that they will be attending. If parents are requesting a coach to attend a specific event, please give as much notification prior to event.

Singlet will be provided to our competitive athletes.

Any questions please reach out to any of our coaches:

Brandon Rimpley: rimpleybw@gmail.com

Logan Ausman: logan.ausman31@gmail.com

Nick Rimpley: Nicholas.rimpley@gmail.com

Athlete Name: _____ Age: _____ D.O.B. _____ Lbs. _____
Address: _____ City/State/Zip: _____
Parent /Guardian Name _____ Phone # _____

Class (circle one): Tumblers Twisters Dust Devils
T-Shirt Size: Youth _____ Adult _____

Parent/Guardian Email _____ Y / N for newsletters (circle one)

My child is in good health and is properly insured by a health insurance agency. He/she has my permission to participate in all wrestling and athletic activities. In case of an emergency, I hereby give permission to the physician selected by the wrestling staff to secure proper treatment for my child. I agree that all pictures and videos taken at practices/camps/meets may be used by the wrestling staff for promotional purposes. In the event of an injury, or any harm done to my child, I hold harmless the coaches or sponsors.

Parent/Guardian Signature: _____ Date: _____

FAQ

Where will practice be held?

High School Wrestling Room

When is practice held?

Tumblers -Monday nights
Twisters -Monday & Thursdays nights
Dust Devils -Monday & Thursday nights

(There will be conflicting dates for HS Coaches with the wrestling schedule, but practice will still be held at normal times on scheduled dates by one of the coaches)

How long does practice last?

Tumblers (1:00): Mondays 6:15pm – 7:15pm
Twisters (1:00): Mondays & Thursdays 6:15pm – 7:15pm
Dust Devils (1:15): Mondays & Thursdays 7:15pm– 8:30pm

Are practice & Competitions mandatory?

We strongly recommend that athletes attend as many practices as possible. Competition is dependent on which class you child is in and their level of experience.

Does my child have to diet?

We do not encourage or discourage weight gain or loss, that is up to the wrestler and parent.

Does my child need a lot of equipment?

Your child will need a pair of wrestling shoes, and athletic wear to practice in.
We have a limited number of children's wrestling shoes in various sizes.

They will be available on registration night and practices on a first come first serve basis!

When is registration & parent's meeting?

Thursday December 28th – 6:00pm @ HS Wrestling Room

When do practices start?

Tumblers: Monday, January 8th @ 6:15pm, @ HS Wrestling Room
Twisters: Monday, January 8th 6:15pm @ HS Wrestling Room
Dust Devils: Monday, January 8th 7:15pm @ HS Wrestling Room

Do I need to be there for practice?

As a parent you are more than welcome to sit on the benches and watch or come back after practice to pick your child up.

Reminder Coaches at Holdrege Wrestling Club are volunteers and not a babysitting service. The coaches are here to help ALL youth wrestlers at every age learn and develop in their different classes that are oriented toward age, and experience. If a problem does occur during practice and a parent or guardian is not present, we will notify the parent or guardian listed on registration of the incident immediately. If there are any problems or incidents that happen at any point during the season the staff will be recommending the parent or guardian stays for the duration of practice for the remainder of the season.

Do you need volunteers?

We are always looking for help! If you have any interest in coaching, carpooling for tournaments or concessions stand volunteers for our home tournament please let one of the coaches know!