

**CAPE GIRARDEAU LITTLE LEAGUE WRESTLING**  
**2017**  
**WHERE CHAMPIONS TRAIN**

**WHO:** Any students who are in grades K-6<sup>th</sup>. Instruction will be led by the CHS wrestling coaching staff.

**WHAT:** This is a program designed to give the youths of this area a basic knowledge and fun experience of amateur style wrestling.

**WHEN:** Registration will take place on Monday, March 20<sup>th</sup> at Cape Central High School from 5:00 – 6:00 p.m. (practice will follow). All practices and events will be held on Monday and Wednesday nights throughout March and into April. Practices will run from 6:00-7:00 with dual meets lasting until 7:30. A practice schedule will be provided during sign-ups.

If you are unable to attend registration or have any other questions, please contact James Brake immediately @ 573-225-2280 or E-mail - Brakej@capetigers.com

**WHERE:** Practices will be held in the CHS wrestling practice room at Cape Central High School (1000 S. Silver Springs Rd). Same place as registration (park on the stadium side of the building)

**COST:** \$30.00 (CASH ONLY) and includes a t-shirt.

Bring this flier with you to registration on March 20th.

**COME TRAIN WITH THE TIGERS**  
**PRACTICE BEGINS March 20<sup>th</sup>**

Name of Participant: \_\_\_\_\_ Weight: \_\_\_\_\_

Age: \_\_\_\_\_ Grade \_\_\_\_\_

School: \_\_\_\_\_ Teacher: \_\_\_\_\_

Parents Name, home address and phone number:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

Shirt Size: youth size:      S      M      L  
   Adult Size:      S      M      L      XL      XXL

By signing below, I understand that my child will be involved in a contact sport and that severe injury may occur. CHS and the CHS coaching staff will not be held liable for injuries if they do occur. We also understand that the youth league is not a babysitting service and if your child cannot behave then he may be asked to leave without a refund.

Parent or Guardian signature and date: \_\_\_\_\_