



# 2019 Middle School Wrestling Registration Packet

(grades 5-8)

## Cover Sheet

(for full registration packet, visit: [www.bangorareawrestling.com/registration](http://www.bangorareawrestling.com/registration))

Name of Wrestler: \_\_\_\_\_

\_\_\_\_\_ \$100 paid in full or  
\_\_\_\_\_ \$30 non-refundable deposit required **BEFORE** starting practices  
\_\_\_\_\_ \$70 final non-refundable payment due no later than February 15, 2019

\_\_\_\_\_ Liability Waiver signed & completed **BEFORE** starting practices

\_\_\_\_\_ Emergency Information and Consent signed & completed **BEFORE** starting practices

\_\_\_\_\_ Registration & Image Release Form due no later than February 15, 2019

\_\_\_\_\_ Code of Conduct due no later than the wrestler's 2nd week of practice.

\_\_\_\_\_ Proof of academic eligibility periodically throughout season

Did you know?

- Many of our wrestlers join us on the mat after playing basketball for their middle school. (Practices start mid-January, the week of MLK Jr holiday, with the competitive wrestling season running from 3rd week in Feb through end of March)
- Many wrestlers are first introduced to the sport in middle or even high school--it is never too late to give it a try!
- Both boys and girls wrestle. UMaine Women's team placed 3rd at the NCWA national championship in 2019!
- Many college and pro football players credit their football success to lessons they learned on the wrestling mat, including mental toughness and personal accountability.
- Wrestling offers the best possible conditioning so when the mud clears, you'll be in shape and ready for track, baseball, softball, lacrosse, ultimate frisbee, golf....

NOTE: Any requests for assistance with additional costs, including shoes, headgear and singlets requires a separate application and must be received by a coach or Bangor Area Wrestling Board member no later than January 31st. Our vision is that all school aged athletes wishing to wrestle have resources and support to thrive on and off the mat.

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## RELEASE OF LIABILITY FOR MINOR PARTICIPANTS

READ BEFORE SIGNING

IN CONSIDERATION OF \_\_\_\_\_, my child/ward, being allowed to participate in any way in Bangor Area Wrestling (BAW) related events and activities, the undersigned acknowledges, appreciates, and agrees that:

The risk of injury to my child from the activities involved in programs hosted by BAW is significant, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,

1. FOR MYSELF, SPOUSE, AND CHILD, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my child's participation; and,
  2. I willingly agree to comply with the program's stated and customary terms and conditions for participation. If I observe any unusual significant concern in my child's readiness for participation and/or in the program itself, I will remove my child from the participation and bring such attention to the coaches or board member of BAW immediately; and,
  3. I myself, my spouse, my child, and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS Bangor Area Wrestling, its directors, officers, officials, agents, employees, volunteers, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property incident to my child's involvement or participation in these programs, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.
  4. I, for myself, my spouse, my child, and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY INDEMNIFY AND HOLD HARMLESS all the above Releasees from any and all liabilities incident to my involvement or participation in these programs, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law.
- I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

\_\_\_\_\_  
(PARENT/GUARDIAN SIGNATURE)

\_\_\_\_\_  
(PRINT NAME)

Date Signed: \_\_\_\_\_

### UNDERSTANDING OF RISK

I understand the seriousness of the risks involved in participating in this program, my personal responsibilities for adhering to rules and regulation, and accept them as a participant.

\_\_\_\_\_  
(PARTICIPANT/ WRESTLER SIGNATURE)

\_\_\_\_\_  
(PRINT NAME)

Date Signed: \_\_\_\_\_

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## EMERGENCY INFORMATION & CONSENT

Wrestler's name:

Date of Birth:

Nickname:

Phone:

Address:

City: \_\_\_\_\_, ME Zip: \_\_\_\_\_

### Emergency Contact #1

Email:

Cell phone: \_\_\_\_\_ Work phone: \_\_\_\_\_

Address, if different from above:

### Emergency Contact #2

Email:

Cell phone: \_\_\_\_\_ Work phone: \_\_\_\_\_

Address, if different from above:

Medical Insurance:

Carrier:

Policy: \_\_\_\_\_ Group: \_\_\_\_\_

Name of Provider (MD, DO, FNP, etc): \_\_\_\_\_ Practice (EMMC, PCHC, etc): \_\_\_\_\_

Provider Phone:

ALLERGIES (list):

SERIOUS MEDICAL CONDITIONS (list):

I hereby grant to any and all healthcare providers designated by Bangor Area Wrestling to provide the above named wrestler any necessary medical care as a result of injury/ illness.

This consent includes first aid and transportation to and from healthcare providers.

\_\_\_\_\_  
(PARENT/GUARDIAN SIGNATURE)

\_\_\_\_\_  
(PRINT NAME)

Date Signed: \_\_\_\_\_



## 2019 Middle School Wrestling Team Registration & Image Release Form

Wrestler Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Gender: Male Female Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Primary Phone: ( ) \_\_\_\_\_ Primary e-mail: \_\_\_\_\_

Grade Level: 5th 6th 7th 8th

T-Shirt Size: Youth S M L Adult S M L XL XXL

Years of experience wrestling (0 means no experience): \_\_\_\_\_

Weight in pounds: \_\_\_\_\_

List other sports you play: \_\_\_\_\_

What school do you currently attend? \_\_\_\_\_

Do you qualify for free or reduced lunch? Yes/ No

What high school do you plan to attend? \_\_\_\_\_

### Parent / Guardian Information:

**Guardian #1:** \_\_\_\_\_ (relationship: parent, grandparent, legal guardian)

Address (if different than above): \_\_\_\_\_

Home Phone: ( ) \_\_\_\_\_ Cell Phone: ( ) \_\_\_\_\_

Email: \_\_\_\_\_

**Guardian #2:** \_\_\_\_\_ (relationship: parent, grandparent, legal guardian)

Address (if different than above): \_\_\_\_\_

Home Phone: ( ) \_\_\_\_\_ Cell Phone: ( ) \_\_\_\_\_

Email: \_\_\_\_\_

### IMAGE RELEASE

In consideration of participation in the programs of Bangor Area Wrestling, the undersigned agrees that their likeness, or the likeness of their child/ward may be photographed or videotaped and that such image may be published in an outlet used to promote or publicize the sports program, including Facebook.

\_\_\_\_\_  
(PARENT/GUARDIAN SIGNATURE)

\_\_\_\_\_  
(PRINT NAME)

Date Signed: \_\_\_\_\_



## Middle School Wrestling

### Code of Conduct/ Understanding of Expectations

Welcome to Bangor Area Wrestling (BAW) Middle School Wrestling Team!

The coaching staff and BAW board welcome you and your family to the team. This level of wrestling is a building block and familiarization stage in your athletic career. The Middle School Wrestling staff is dedicated to making this a positive learning experience for you as the athlete and your family. We are dedicated to supporting you in your journey of learning life lessons, improving athletic ability, and having fun.

***As a player/parent of a member of the Bangor Area Wrestling Middle School Wrestling,***

***I \_\_\_\_\_ (name of wrestler) and \_\_\_\_\_ (parent)***

- Will give my best effort to be on time to all events and notify coaches in advance if I will miss or be late.
- Understand it is my responsibility to notify coaches if I need help securing transportation to practices or meets.
- Will support all coaches working with wrestlers, to ensure a safe, positive experience for all participants.
- Will honor the traditions of Folk Style wrestling, and will participate accordingly.
- Will ensure safety and well-being for all participants by following coach's instructions fully.
- Will practice good sportsmanship by showing positive support for all coaches, participants, and officials at any wrestling event.
- Will be respectful of property where practices and events are held, including the Salvation Army.
- Accept that the regular use of vulgar or offensive language could result in dismissal or suspension from the program.
- As a middle school wrestler will not knowingly use, possess, or distribute alcohol, tobacco or illegal, controlled or scheduled substances.
- Accept that if I am not adhering to the rules, I will be asked to leave and my family is responsible for transportation.
- Understand the importance of prompt pick up at the end of practice.
- Understand that if I arrive more than 15 minutes prior to the start of practice, I will check in with the staff at Salvation Army

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- Understand the importance of reducing the risk of skin infections and I agree
  - 1) to carry wrestling shoes separately from street shoes so they are clean and dry
  - 2) report any new or suspicious skin lesions to the coaches immediately
  - 3) to seek medical clearance from my healthcare provider, including completion of the Maine Principals' Association form *Medical Release for Wrestler to Participate with Skin Lesion*
  - 4) to bathe/ shower after every practice or wrestling event and use antifungal soap when available
  - 5) to assist in proper cleaning of the mat
- Understand that I am an important member of the middle school team and if I have not been designated to fill a "varsity" (team scoring) spot at an event, every effort will be made by the coaches to secure me opportunities to compete in exhibition matches.
- I understand that it is my responsibility to remain academically eligible throughout the season and to speak with a coach ASAP if I feel I'm at risk of becoming ineligible.
- Understand that I am responsible for extra costs, including uniform, headgear, shoes and transportation. I understand that it is my responsibility to notify a coach as soon as possible if I find I am not able to secure these things as there may be loaner items available.
- Understand that I am expected to help with fundraising and team volunteer activities periodically through the year.
- Understand that practices are closed to parents and siblings as coaches work to ensure safety and allow as much room for wrestling as is available in the space provided. (Parents are welcome to wait in adjacent classroom or monitor practices through hallway window.)

I have read the above and had the chance to discuss any concerns with coaches or BAW board member. I agree with the above statements.

\_\_\_\_\_  
(PARTICIPANT/ WRESTLER SIGNATURE)

\_\_\_\_\_  
(PRINT NAME)

Date Signed: \_\_\_\_\_

\_\_\_\_\_  
(PARENT/GUARDIAN SIGNATURE)

\_\_\_\_\_  
(PRINT NAME)

Date Signed: \_\_\_\_\_