



# Wrestling Fundamentals

## GRADES 3-7

**January 8 – March 15**

**No Class: January 15**

**Mondays & Thursdays 3:15 pm – 4:30 pm**  
**Elementary School – Wrestling Room**

**Cost:**

**\$35**

Includes  
T-Shirt

Come learn the fundamentals of Wrestling with Coach Nick Ziegler! You will be taught the basic fundamentals of wrestling while engaging in *fun* drills which will help you on your road to become a member of the Blue Devil Wrestling Family!

Register by January 3 (or until full)

Minimum/maximum number of participants required or program will be canceled

Thank you to Wrestling Club & Sponsors for T-Shirts!

By this Waiver, I assume any risk, and take full responsibility and waive any claims of personal injury, death or damage to personal property associated with Lodi School District Recreation and Education Program activities and events organized by The School District of Lodi.

I understand and confirm that by signing this WAIVER AND RELEASE I have given up considerable future legal rights. I have signed this Agreement freely, voluntarily, under no duress. My signature is proof of my intention to execute a complete and unconditional WAIVER AND RELEASE of all liability to the full extent of the law. I am 18 year of age or older and mentally competent to enter into this waiver.

Drop Off Form to:  
Pool Lobby or District Office  
Or any school office

Mail Form to:  
Lodi CREW  
Attn: Heidi Endres  
1100 Sauk Street  
Lodi WI 53555

Any Questions call:  
592-1076

Child's Name: \_\_\_\_\_

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

♦ **Health issues/concerns, please  
write on back of form**

\$35

Shirt Size:  Youth Medium  Youth Large

Adult Small  Adult Medium

Method of Payment:

Check (make payable to Lodi CREW)

Cash (drop off only)

Register On-line! [www.lodi.k12.wi.us](http://www.lodi.k12.wi.us)

Parent Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Parent Signature \_\_\_\_\_

**Wrestling Fundamentals – Winter I 2018**