



# Cedar Hawk Wrestling Club

## Spring & Summer Freestyle

Coe College Wrestling Room / Eby Fieldhouse

**Open to All Schools & Students (Grades 7-12)**

March 1 - May 27, 2011  
 Tuesday & Thursday Nights  
 6:00pm – 7:30pm

**Cost: \$30.00 / month** (plus a current USA Wrestling Card)

Each wrestler MUST have their USA card with them, or on record with the Cedar Hawk Wrestling Club to participate in practice sessions. Save money by paying \$80 for all 3 months.

### Purchase USA Cards

It is encouraged for club participants to purchase their USA Wrestling Cards online at a cost of \$36.00. ([www.themat.com/membership](http://www.themat.com/membership)) USA Wrestling Cards may be purchased onsite for \$50.00. This card is the same card required for entry in tournaments sanctioned by USA Wrestling and the Iowa Wrestling Federation.

### For more information contact:

Ron Swanson  
 Phone: (319) 431-5584  
 Email: [rswanson@crsoftware.com](mailto:rswanson@crsoftware.com)

### Featured Clinicians



#### Mark Ironside

2X NCAA Champion  
 4X All-American and Big Ten Champ  
 1998 Dan Hodge Award Winner

#### John Oostendorp

Coe College Wrestling Coach  
 NCAA DIII 2008 Coach of the Year  
 2X All-American and Big Ten Champ  
 1995 World Team Member  
 1996 US Greco Roman National Champ



#### Dustin Hinchberger

Coe College Head Assistant Coach  
 3X NCAA National Champ DIII  
 Jr. National Freestyle All-American

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|------------|--|--|---|---|--|
| Fees Paid: |  | <input type="checkbox"/> March \$30.00 | <input type="checkbox"/> Season \$80.00 | USA Card Purchased (\$50.00) <input type="checkbox"/> Yes <input type="checkbox"/> No |  |
|            |  | <input type="checkbox"/> April \$30.00 |   |   |  |
|            |  | <input type="checkbox"/> May \$30.00   |   | USA Card No: _____  |  |

Name: \_\_\_\_\_ Graduation Year: \_\_\_\_\_ High School: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Email: \_\_\_\_\_

1. I, \_\_\_\_\_, the undersigned, on behalf of myself, my heirs and next of kin, personal representative, agents, insurers, successors and assigns (all hereinafter "Releasers") hereby FOREVER RELEASE, DISCHARGE AND COVENANT NOT TO SUE THE UNITED STATES OF AMERICAN WRESTLING ASSOCIATION, INC., its insurers, its affiliated clubs, administrators, agents, directors, officers, state organizations, members, committees, volunteers, all employees of USA Wrestling, and any and all participants, officials, referees, coaches, host clubs, sponsoring agencies, sponsors, advertisers, local organizing committees (and if applicable) owners, lessors and operators of premises used to conduct any USA Wrestling sanctioned event, meet, practice or activity (all hereinafter "Releases") from any and all liabilities, claims, demands, causes of action or losses of any kind or nature, past, present or future, direct or consequential that I may hereafter have for PERSONAL INJURY, PERMANENT, TEMPORARY, TOTAL OR PARTIAL DISABILITY, DISFIGUREMENT, PARALYSIS AND ANY OTHER LOSSES OR DAMAGES TO PERSON OR PROPERTY OR DEATH, arising out of my participation in, attendance at or traveling to and from any USA Wrestling sanctioned event or activity including, but not limited to, LOSSES CAUSED BY THE PASSIVE OR ACTIVE NEGLIGENCE OF THE RELEASEES, or hidden, latent or obvious defects in the facilities or equipment used.

2. Releaser understands and acknowledges that USA Wrestling sanctioned activities and the sport of wrestling in general have inherent dangers that no amount of care, caution, training, instruction, supervision or expertise can eliminate. RELEASER EXPRESSLY AND VOLUNTARILY ASSUMES ALL RISK OF PERSONAL INJURY, PERMANENT, TEMPORARY, TOTAL OR PARTIAL DISABILITY, DISFIGUREMENT, PARALYSIS AND ANY OTHER LOSSES OR DAMAGES TO PERSON OR PROPERTY OR DEATH, sustained while participating in, attending, preparing for or traveling to and from any USA Wrestling sanctioned event, meet, practice or activity, including the risk of PASSIVE OR ACTIVE NEGLIGENCE OF THE RELEASEES, or hidden, latent or obvious defects in the facilities or equipment used.

3. Releaser acknowledges and fully understands that each participant in any USA Wrestling sanctioned event, meet, practice or activity, including Releaser, will be engaging in activities that involve risk of serious injury, including permanent, temporary, total or partial disability, disfigurement, paralysis and any other losses to person or property, including death, and that severe social and economic losses may result not only from releaser's own action, inactions or negligence, but also from the actions, inactions or negligence of other notwithstanding the rules of play or the condition of the premises or of any equipment used. Further Releaser acknowledges and fully understands that there may be other associated risks with such activities that are not known or not reasonably foreseeable at this time.

I ACKNOWLEDGE THAT I HAVE HAD SUFFICIENT OPPORTUNITY TO REVIEW THE PROVISIONS OF THIS DOCUMENT AND UNDERSTAND ITS PURPOSE, MEANING AND INTENT.

\_\_\_\_\_  
 (Participant's Signature) (Date) (Print Name)

The undersigned, does hereby represent that he/she is, in fact, the parent or legal guardian of and acting in such capacity agrees to the terms and conditions of the above stated waiver and release.

\_\_\_\_\_  
 (Signature of parent or legal guardian) (Date) (Print Name)

\_\_\_\_\_  
 (Relationship to minor)