

## SF Cougar Wrestling Club 2025-26 Membership Registration and Waiver

Membership Fee: \$40.00

The membership fee includes a t-shirt and an end of the season pizza party. The fee is nonrefundable.

++All wrestlers should purchase their AAU Card. This will be necessary for AAU Districts/State. This is a separate fee and the card can be purchased online.

Club Name: **SF Cougar Wrestling Club** Code: **UW9D3YAYE**

\*Membership fee and waiver will be required prior to your athlete's participation.

(If paying by check, please make it **payable to Cougar Wrestling Club**)

**Registrations turned in to Coach Brady Meyer at the parent meeting or to an S-F School Office**

Name \_\_\_\_\_

Parent's Name \_\_\_\_\_

Phone \_\_\_\_\_ Emergency Contact # \_\_\_\_\_

Grade \_\_\_\_\_

T- Shirt size: (Youth sizes) Small Medium Large X-Large \_\_\_\_\_

Or Adult sizes Small Medium Large X-Large \_\_\_\_\_

I hereby authorize the directors of Cougar Wrestling Club to act for me according to their best judgment in any emergency requiring medical attention. I also hereby waive and release Sumner-Fredericksburg Community Schools and Cougar Wrestling Club from any liability for any injuries sustained while participating in club activities. I also certify that my son, or daughter, is medically fit to participate in this program.

Parent or Legal Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

\*Practices will be at the S-F High School wrestling room. Grades K-2 will practice 1x/week primarily on Tuesday nights 6-7PM. Grades 3-6/8 will practice 2x/week on Tuesday 7-8PM and Thursday 6-7:15PM. Our first practice will be on November 4<sup>th</sup> and our final practice prior to districts will be around the last week of February. Some practice dates vary based on events going on at the school. Practice schedule changes will be announced via Remind messaging. Download the "Remind" app and sign up. **Send a text to 81010, Class code is: @sfcou**

\*If you have any questions or concerns you can contact Brady Meyer at 319-404-9102.

\*\*Cougar Wrestling Club is intended as a youth recreation program for students in grades Kindergarten through Eighth Grade who are enrolled in the Sumner-Fredericksburg Community School District.