

WRECKING CREW WAREHOUSE RULES

These rules apply to everyone!

No visitors on mat unless requested by Management.

Visitors are welcome to watch practice, but will remain or return to the Viewing Stand once practice is started.

All grapplers must be currently registered and paid in full or pay per class, unless other arrangements have been with Management.

Everyone Must Sign In Before Going On Mat!

Respect and good sportsmanlike conduct is expected from visitors, grapplers, and coaches at all times during practice whether on the mat or in the weight room. Foul language or lack of respect/consideration **by anyone or directed at anyone** will not be tolerated and will be dealt with immediately.

Absolutely no food or gum is permitted in the Mat Room at any time. Water will be provided for the wrestlers during specified water breaks and prior to or after practice.

No jewelry of any kind may be worn.

Appropriate workout gear must be worn as determined by coaches or instructors.

Anyone under 18 must have a parent's signature on the form before being able to attend!



Wrecking Crew Wrestling Club
534 Meadowyck Lane
Southampton, NJ 08088



WRECKING CREW WRESTLING CLUB

2009

SPRING GRAPPLING/MMA SESSION



A Chartered USA Wrestling Club

March 10, 2009 - June 5, 2009

Men & women ages 16 and up

**Tuesday & Thursday
6:00 PM - 7:30 PM**

**Friday
6:00 PM - 7:00 PM**

Monroe Street
Mount Holly, NJ 08060

Phone: 609-859-3410 Fax: 609-654-7975

Wrecking Crew Wrestling Club

HISTORY

The **Wrecking Crew Wrestling Club** was formed in 1993 by a small group of coaches who saw a need to provide a better practice environment for the experienced and talented wrestlers of Burlington and Camden Counties. Year round instruction is provided for both Elementary and High School Wrestlers in Scholastic, Freestyle, and Greco-Roman Style. No longer confined to Burlington and Camden Counties, the club draws students from all over South and Central Jersey, as well as Pennsylvania. It is the Goal of The Wrecking Crew to train our members to be the finest athletes in the sport of wrestling. We train the body with the skills and conditioning needed to compete at the highest level and we train the mind to develop the mental and emotional skills needed to succeed, not only in this sport, but in life.

GRAPPLING & MMA

Wrecking Crew is holding sessions in the sport of grappling. This is a USA wrestling sanctioned sport and has an Olympic team as well. With the growing popularity of Mixed Martial Arts, grappling has become a staple in MMA training and technique. The sport of grappling consists of wrestling, judo and jiu jitsu. It is a form of fighting without strikes. There are many throws, joint locks, chokes and other techniques used to gain an advantage over an opponent. The best part about training in grappling is that it is for **ages 16 and above** and **ALL experience levels!** It offers a fun alternative full body workout, as well as promotes positive self esteem and self confidence! Everyone will train at their own level and intensity so please do not pass this up if you have not done anything in a while.

March 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

REGISTRATION FORM

Please fill out and submit the form below. Cost is \$100.00 per month or \$15.00 per class. Make checks payable to:

Wrecking Crew Wrestling Club
534 Meadowyck Lane
Southampton, NJ 08088

_____ has my permission to participate in all Wrecking Crew and USA Wrestling activities, including any appearance on video without compensation. I assume all risks and hazards incidental to such participation including transportation to and from any and all related activities; and I do hereby waive, release, and absolve, indemnify and agree to hold harmless Wrecking Crew and USA Wrestling directors, coaches, and volunteers. I also authorize and give permission to the staff of the Wrecking Crew to act in my behalf in obtaining medical care in the event of an accident or illness requiring professional medical care. I fully understand the above agreement and will not hold the Wrecking Crew staff responsible for any actions taken by them in obtaining the best medical care possible for my child.

 Parent's Signature _____ Date _____

 Print Parent Name

 Address

 City _____ State _____ Zip Code _____

 (Area Code) Home Phone _____ (Area Code) Cell Phone _____

 Parent E-Mail Address _____

 Grappler's Name _____ USA Card # _____

 Age _____ Weight _____ Date of Birth _____

 Insurance Company _____

 Effective Date _____ Policy # _____

 Any Medical Conditions? _____

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