

Ark City Takedown Club

Est.1970

Weekly Newsletter

Nov. 10th, 2014

A New Beginning...2014-2015!

IMPORTANT CLUB NEWS!!!

**GOOD LUCK
TO ALL
WRESTLERS
GOING TO
TULSA KICK-
OFF & PONCA
OPEN**

TEAM PICTURES:

Will be on Thursday,
November 20th.
Times will be posted
by next practice. I
will also send out an
email, posted it on
Facebook and the
website.

TEAM GEAR, WARM-UPS & SINGLETs:

All order forms are due on **Thursday the 13th**.

SINGLET CHECK OUT:

For Intermediate and Advanced there will be a
check out on Thursday the 13th. You will be
required to put down a deposit at that time. If you
have any questions please contact Leigh Ann
Verbeck or Sonya Mosier.

PRACTICE SCHEDULE:

All Classes are at the AC Rec.

Monday, Nov. 10

4:00pm Advanced

Tuesday, Nov. 11

4:00pm Advanced

5:30pm Beginner

6:30-7:30pm Intermediate

Thursday, Nov. 13

4:00pm Advanced

5:30pm Beginner

6:30-7:30pm Intermediate

Monday, Nov.17

4:00pm Advanced

Tuesday, Nov. 18

4:00pm Advanced

5:30pm Beginner

6:30-7:30pm Intermediate

Thursday, Nov. 20

4:00pm Advanced

5:30pm Beginner

6:30-7:30pm Intermediate

TOURNAMENT SCHEDULE:

Nov 15

Ponca City Open

Fee: \$16, Sign-Up Deadline: Nov. 11th (Tues.)

Dec 7

Beginner Tournament at the AC Rec.

Dec 13

Ark City OPEN

Dec 14

Ark City NOVICE

Dec 20

Derby – Open

Dec 21

Derby - Novice

As a club we will select most tournaments we
will attend together. It is the responsibility of
the parent/guardian to pay for the tournament
fee. Sign-up sheets will be posted on the
bulletin board in the wrestling room.

CLUB FEES:

Beginner Group: \$20

Advanced/Intermediate: \$30

USAW Card: \$37

If your wrestler would like to
continue wrestling after the
Ark City Tournament, a
USAW Card will need to be
purchased.

SINGLETs CARE:

MACHINE WASH COLD.

Do not put it in the dryer, hang
it up.

ETIQUETTE AND EXPECTATIONS:

This is a list of items to either do or avoid.

1. **Practice:** Please don't make the coach have to compete for your kid's attention in practice. Parents can watch but need to remain quiet.
2. **Coaches:** We are always open for more volunteer coaches!!! If you're interested in coaching PLEASE see one of the coaches or secretary for more information.
3. **Get Involved:** We NEED parent and volunteers to help with our club. It is very important that during our tournament you help in some way.
4. **Skin Infections:** Keep an eye out for ring worm and impetigo they are contagious. If you see red spots develop on your wrestler have a coach or doctor look at it as soon as possible.
5. **Ark City** has a long and prestigious reputation as being one of the best wrestling programs in the state. Please know that you represent Ark City and your actions and words reflect the club.
6. **Under the weather:** If you child is not feeling well or has been sick please do not bring them to practice that day.

WAYS TO STAY INFORMED:

NEWSLETTER:

A weekly newsletter will be posted on the bulletin board and there will be copies to take with you.

CLUB EMAIL: arkcitytakedown@gmail.com

FACEBOOK: ArkCity TakedownClub

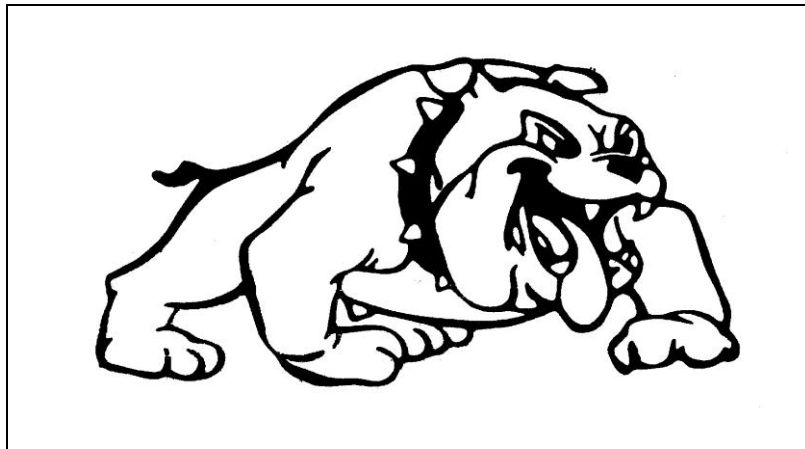
WEBSITE: www.arkcitytakedownclub.com

If you ever have any questions please send an email or contact one of the following: Dirk Foust 620-218-4197, Buck Verbeck 620-222-4599, Leigh Ann Verbeck 620-506-1251, or Sonya Mosier 620-441--7344

WWW.USAWKS.ORG

If you're new to the sport of wrestling, check out the website above. There is a wealth of information on this website.

- Tournament Info.
- Results
- List of KS Clubs
- Talk Forum
- Wrestling Rules



LOOKING FORWARD TO A GREAT SEASON!!!