



Ark City Takedown Club

Est.1970

Weekly Newsletter

Nov.17, 2014

2014-2015 WRESTLING SEASON!

IMPORTANT CLUB NEWS!!!

TOURNAMENT PLACERS:

TULSA KICK-OFF

Jacob Beeson 1st
Tucker Verbeck 4th
Corbin Hockenbury 6th

Ponca – Open

Congratulations to those who placed in Ponca. Picture will be posted soon.

TEAM PICTURES:

Will be this coming Thursday...November 20th

Beginners can you please be at the Rec @ 4:45, pictures will begin at 5.

Advanced & Intermediate can you please be at the Rec and ready for pictures @ 5:15.

If you are using a club singlet for pictures, they we will distributed that day. Singlets will need to be returned after pictures.

PRACTICE SCHEDULE:

All Classes are at the AC Rec.

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

Monday, Nov.24

4:00pm Advanced

Tuesday, Nov. 25

4:00pm Advanced

5:30pm Beginner

6:30-7:30pm Intermediate

Thursday, Nov. 27

NO PRACTICE

HAPPY THANKSGIVING

TOURNAMENT SCHEDULE:

Nov 22

Tonkawa - Open

Entry Deadline – Thursday 20th

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.

If you have not taken care of your club fee, please do so with Leigh Ann Verbeck.

Also if your wrestler has any unpaid tournament please take care of ASAP.

Will be posting soon who owes the club.

BRONZE CLINC

If you are interested in coaching or have been helping, on November 29th there will be a clinic in Rose Hill.

Where: Rose Hill Library

Time: 10:00am – 5:00pm

If you are interested please get with Leigh Ann Verbeck to make sure you have a current USAW Coaches' membership.

SINGLET CHECK OUT:

Intermediate and Advanced. If you need a singlet please get with Leigh Ann Verbeck or Sonya Mosier. You will be required to put down a deposit at that time.

SINGLETS CARE:

MACHINE WASH COLD. Do not put it in the dryer, hang it up.

PLEASE clip your wrestler's nails weekly and do periodic skin checks for ring worm or other infections.

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!!!