

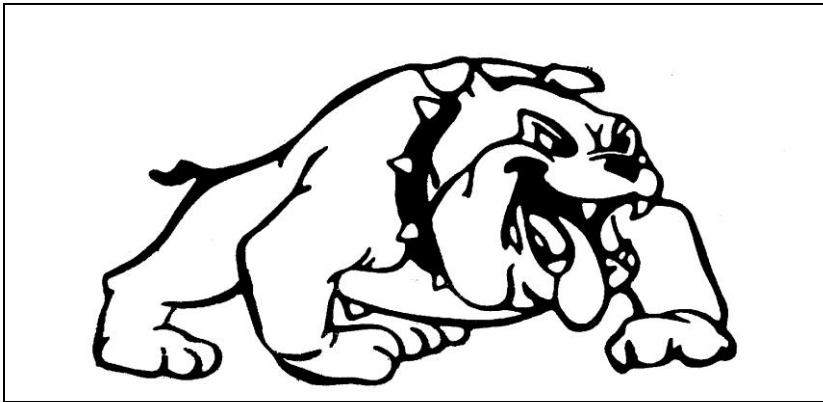
Ark City Takedown Club

Est.1970

Weekly Newsletter

Nov.15, 2016

GOOD LUCK TO ALL WRESTLERS GOING TO TULSA KICK-OFF



IMPORTANT CLUB NEWS!!!

PRACTICE SCHEDULE:

Thursday, Nov. 17
5:30-7:00 Beginner @ Rec
6:00-7:00 Intermediate @ MS
6:00-7:30 Advanced @ HS

No Practice for Beginners the week of Thanksgiving @ Rec

Monday, Nov. 21
6:00-7:00 Intermediate @ MS
6:00-7:30 Advanced @ HS

Tuesday, Nov. 22
6:00-7:00 Intermediate @ MS
6:00-8:00 Advanced @ HS

Wednesday, Nov. 23
Intermediate and Advanced practice TBD. An announcement and post will be made.

TOURNAMENT SCHEDULE:

Nov 26
Wichita Thanksgiving Classic – Open - \$25
Novice - \$15 6U, 8U & 10U
Deadline Monday, November 21 - \$25

Dec 4
King of the Ring – Open & Novice
Deadline Wednesday, November 30 - \$20

Dec 4
Beginner Tournament - Rec Center 2:00 p.m.

Dec 10
Ark City - Open

Dec 11
Ark City - Novice

Dec 17
Derby – Open

Dec 18
Derby - Novice

Pictures

Beginner Group (Rec)

November 17th
Pictures 5:30 to 6:00 – After pictures wrestlers will practice for an hour. Wrestler will need to change into an Ark City singlet which will be provide. Please come around 5:15 to get changed.

Advanced and Intermediate

Pictures will be taken at the High School at 6, November 22nd. Practice will begin after pictures are taken. Intermediate will stay at the high school for practice. Practice will be over closer to 8 that night. Please come in your AC singlet. If you don't have one, a singlet will be provided. If you are needing a singlet come around 5:45 to get changed.

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

Will be contracting those with balances

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: Buck Verbeck 620-222-4599, Scott Munson 620-441-8601, 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

SINGLET CHECK OUT:

For Intermediate and Advanced there will be a check out at the high school on Thursday the 17th & Tuesday 22nd. You will be required to put down a \$65 deposit at that time. You will get this back when the singlet is returned. If you have any questions please contact Leigh Ann Verbeck or Sonya Mosier.

SINGLETS**CARE:**

MACHINE

WASH COLD.

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

Wrestlers can wear any singlet they choose. However, if they are in a medal round, they need to have on an Ark City singlet.

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

LOOKING FORWARD TO A GREAT SEASON!!!