



Ark City Takedown Club

Est.1970

Weekly Newsletter

Nov.30, 2015

2015-2016 WRESTLING SEASON!

IMPORTANT CLUB NEWS!!!

TOURNAMENT PLACERS:



Bixby Open
Gavin Lough 1st
Holden Lough 2nd

- **Elite orders will be passed out this Thursday**
- **Beginner Program Tournament will be this Sunday @ the Rec. It starts at 2 please have your wrestler there around 1:30**
- **Each beginner wrestler will be weighed Thursday at practice for bracketing**
- **No practice for Advanced this Thursday. High School home dual**

PRACTICE SCHEDULE:

Monday, Nov. 30

6:00-7:00 Advanced HS

Tuesday, Dec. 1

5:30 Beginner – Rec

6:30 Beginner – Rec

6:00 – 7:00 Inter. – Middle School

6:00 – 7:30 Advanced – HS

Thursday, Dec. 3

5:30 Beginner – Rec

6:30 Beginner – Rec

6:00 – 7:00 Inter. – Middle School

No Advanced Practice

Monday, Dec.7

6:00-7:00 Advanced HS

Tuesday, Dec. 8

6:00 – 7:00 Inter. – Rec Center

6:00 – 7:30 Advanced – HS

Thursday, Dec. 10

6:00 – 7:00 Inter. –Rec Center

6:00 – 7:30 Advanced – HS

TOURNAMENT SCHEDULE:

Dec 5

Tonkawa - Open

Entry Deadline – Thursday 3rd

Dec 6

Beginner Tournament at the AC Rec 2pm

Dec 12

Ark City OPEN

Dec 13

Ark City NOVICE

Dec 19

Derby – Open

Dec 20

Derby - Novice

Jan 1-2

USJOC

Deadline Dec 21

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.

ACTC TOURNAMENT

Our tournament is just around the corner. It is December 12th & 13th and we will be setting up on the 11th. To make this happen we need a lot of volunteers. Both days we will need table works, floaters to give breaks, people to sell brackets, people to help with brackets and medals, and food brought for the hospitality room on Saturday.

By volunteering you are not only helping our tournament run smoothly but your child's entry fee will be waived. Also, if they go to State their entry fee and your hotel will be paid.

There is a sign-up sheet posted at the high school on the bulletin board.

If you are at the middle school I will bring the volunteer sign-up and wrestler sign-up by on Tuesday & Thursday.

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.

SINGLET 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: Buck Verbeck 620-222-4599, Todd Munson 620-446-2505 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



GOOD LUCK TO THE WRESTLERS GOING TO TONKAWA!