



# Ark City Takedown Club

Est.1970

Weekly Newsletter

Nov. 2<sup>nd</sup>, 2015

## A New Beginning...2015-2016!

### Pic of the Week!!!

### State Champs and Placers for 2014-2015

**Back Row:** (left to right) Dakota Taylor-5<sup>th</sup>, Marcus Robinson-1<sup>st</sup>, Shawn Dent-2<sup>nd</sup>, Jake Beeson-1<sup>st</sup>, Deston Miller-2<sup>nd</sup>

**Front Row:** (left to right) Traven Hutton-3<sup>rd</sup>, Holden Lough-3<sup>rd</sup>, Hunter Chase-2<sup>nd</sup>, Tucker Verebeck-1<sup>st</sup>, Chevy Sartin-1<sup>st</sup>, Jevin Foust-3<sup>rd</sup>, Gabe Buckbee-3<sup>rd</sup>  
Not Pictured: Caleb Oakley-5<sup>th</sup>

### 6U State Champs and Placers

Tucker Verbeck-1<sup>st</sup>, Talon Verbeck-1<sup>st</sup>, Kolby Quint-4<sup>th</sup>



### PRACTICE SCHEDULE:

#### Monday, Nov. 2

6:00-7:30 Advanced @ HS

#### Tuesday, Nov. 3

5:30-6:30 Beginner @ Rec

6:30-7:30 Intermediate @ Rec

6:00-7:30 Advanced @ HS

#### Thursday, Nov. 5

5:30-6:30 Beginner @ Rec

6:30-7:30 Intermediate @ Rec

6:00-7:30 Advanced @ HS

#### Monday, Nov. 9

6:00-7:30 Advanced @ HS

#### Tuesday, Nov. 10

5:30-6:30 Beginner @ Rec

6:30-7:30 Intermediate @ Rec

6:00-7:30 Advanced @ HS

#### Thursday, Nov. 12

5:30-6:30 Beginner @ Rec

6:30-7:30 Intermediate @ Rec

6:00-7:30 Advanced @ HS

### TOURNAMENT SCHEDULE:

#### Nov 7

Morrison Open

Fee: \$16, Sign-Up Deadline: Nov.4<sup>th</sup> (Wed.)

#### Nov 14

Ponca Open

#### Nov 15

Ponca Novice

#### Nov 20-21

Cliff Keen Kick-Off Classic Tulsa, OK

Fee: \$35, Sign-Up Deadline: Nov.12<sup>th</sup> (Thur.)

#### Dec 12

Ark City OPEN

#### Dec 13

Ark City 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 & TEAM GEAR

Order forms will be handed out the 1<sup>st</sup> day of practice and will need turned in Nov 10<sup>th</sup>

If you are renting a singlet a date and time will be posted soon, to let you know when this will occur.

## 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.

## 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](mailto:arkcitytakedown@gmail.com)

**FACEBOOK:** ArkCity TakedownClub

**WEBSITE:** [www.arkcitytakedownclub.com](http://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](http://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



**Beginner program:** the tournament will be held Dec 6<sup>th</sup>

**Wrestling Gear from Elite:** Thursday or next Tuesday I will pass out an order form. It will be due November 19<sup>th</sup>

**Advanced/Intermediate:** Cradle Gear forms will be due November 10<sup>th</sup>. Thursday or next Tuesday I will pass out an order form from Elite. It will be due November 19<sup>th</sup>.

# LOOKING FORWARD TO A GREAT SEASON!!!