



Little Pacers Youth Wrestling Club: Our program aims to meet each wrestler at his level of experience (whether he/she is new to the sport or training to be an OAC state champion), and develop his/her skill, understanding, and love of the sport. We value character, discipline, hard work, sportsmanship, and respect; we believe wrestling is a great vehicle to help instill those values into a child. The Little Pacers are led by head coaches Leo, Emmett, and Maggie Cain. Leo has been in the Delaware wrestling family for years as a coach and father of Emmett Cain; a 2 time state qualifier for Hayes, as well as Maggie Cain, who is also a middle school coach which really helps bridge the gap between Little Pacers and our middle school program. A number of passionate and caring volunteer coaches who are former standout wrestlers, in addition to current high school wrestlers, will be in attendance helping out as well. Coaches work closely with the Hayes High School and Dempsey Middle School coaches to ensure that Little Pacer wrestlers are being taught the most effective techniques and strategies. This year, high school and middle school coaches will be in attendance regularly to help out and assist in instruction.

First Practice: November 6, 2023

****Our signups will be outside the Hayes HS Wrestling Room from 5:00-6pm the first week of practice. Come see if wrestling is for you and your child!****

Practices for Little Pacers will be on Mondays and Wednesdays from 6:30-8pm. We are not doing separate teams this year. We are running our sessions together with plans to differentiate as needed to meet the needs of ALL our athletes. The first practice will be on Monday, November 6th.

We are also partnering with PURSUIT Wrestling in Lewis Center providing Saturday ONLY instruction at their facility with Pursuit coaches. The cost for Saturdays is included in our club price! This is a \$200 value by itself!

Times at Pursuit: 1pm-2:10pm 11/11, 11/18, 12/2, 12/9, 12/16, 1/6, 1/13, 1/20, 1/27 and 2/3.

****The cost for the Little Pacers Wrestling club is \$125 this season. (1/2 price for multiple siblings). Each athlete will be given a t-shirt/shorts. You will also have the opportunity to order additional gear through an online store (This will include singlets, warm ups, bags, gear for parents, etc...)***

****Little Pacer Registration is only in person...No online registration.***

Club email for questions: delawarelittlepacerswrestling@gmail.com



LITTLE PACERS 2023/2024 REGISTRATION FORM

Wrestler _____ Current Grade _____

Address _____ Approx. Weight _____

City, Zip _____ Age _____

School _____ DOB _____

Parents Names _____

Cell Phone Numbers _____

Emails _____

Emergency Contact _____ Phone _____

Medical Conditions _____

(Circle size)

Shirt Size- YS YM YL AS AM AL XL XXL XXXL

Shorts Size- YS YM YL AS AM AL XL XXL XXXL

We, the undersigned, understand that this club is not a school activity. In addition, we hereby state that we are aware that participation in all sports requires an acceptance of risk of possible injury. In giving our consent for our son/daughter to participate, we are aware that the risk of injury may be severe including risk of fractures, brain injuries, paralysis, or other severe complications. Additionally, we agree not to hold the participating school districts and coaching staff liable for any injury incurred by our son/daughter while in attendance at the club. The club sponsors do not provide medical or dental insurance for students injured in the club. We, the undersigned, do have insurance and accept full responsibility for any and all medical and/or dental expenses from any injury while he/she may suffer while taking part in the club.

Parent/Guardian Name _____

Parent/Guardian Signature _____

\$125 Paid

____ Check ____ Cash ____ Venmo