

## Want to be coached by a member of the **WORLD TEAM?**

Jeff Simons- Madeira Youth Wrestling Coach

- Team Ohio Cadet and Junior National Greco Roman Coach
- Member of 3 World Teams for Team USA (Greco Roman)
- 4th place in the World Championships in Sweden (Greco Roman)
- National Freestyle Runner-up
- National Greco Roman Champion
- 3x NCAA Qualifier @ The Naval Academy
- NCAA All American
- Extensive coaching experience with World Military Teams including 2 US Olympians

## Why Wrestling?

**Kids love to wrestle!** If they have siblings, I'm sure you've seen it. Now let's teach them proper technique!

**Anyone can wrestle.** You are grouped by age and weight, so it doesn't matter if you are small, short, tall or big. Every size and shape can compete at a high level.

**Everyone gets to participate.** Unlike some team sports, there is no riding the bench. Every wrestler will have the chance to participate and compete.

**They learn valuable life lessons.**

**Personal accountability:** When YOU win or lose, it's because YOU did it. No one else to credit or blame.

**Don't give up when things get hard:** Wrestling puts you in situations where you must dig deep and fight to reap the rewards. It's all YOU in a wrestling match and there's an incredible feeling of getting your hand raised after a hard-fought win.

**How to handle adversity:** In every match someone will win, and someone will lose. Losing in a team sport is disappointing, but it's different when it's only you. In wrestling you learn how to lose gracefully, and more importantly, how to quickly put it behind you and improve for the next match. You approach defeat as part of the learning process.

**REAL confidence is built.** Confidence is built through accomplishing hard things. Praise is fine, but it only lasts for so long. When you master a skill, score with a move you've been practicing, or win a match over a tough opponent, it's because of the work YOU put in!

**Great for other sports.** Many people get into wrestling because they are football players or in other sports and they want to improve their skills. Wrestling improves body awareness, balance, coordination, and the ability to control someone else. If you want to win in one on one situations in other sports, try wrestling!

**Energy outlet.** Kids have lots of energy and they need a way to release it. Wrestling practices and matches are non-stop with very little down time.

**Competitiveness.** If you are competitive by nature, you will love wrestling. Competing and winning against another individual is fun and a great sense of accomplishment.

## MADEIRA YOUTH WRESTLING REGISTRATION 2020-2021

"I think you learn more from wrestling than any other sport. You find out so much more about yourself and about competition. When it gets down to it, it's you and the guy across from you. When I was wrestling, for the six minutes that you're out there, it is one of the toughest, most demanding sports that I've ever been around. I think guys that can go through that and compete with all the different things going on, it really defines who you are."

Mike Zimmer- Head Coach Minnesota Vikings

"I'm a huge wrestling fan. Wrestlers have so many great qualities that athletes need to have."

Bob Stoops – Former Oklahoma Sooners Head Football Coach

"I would have all my offensive linemen wrestle if I could."

John Madden – Hall of Fame NFL Coach

The Madeira Youth Wrestling Club is open to all students from grades K – 6. Registration form may be completed and emailed back to [cdauidson@madeiracityschools.org](mailto:cdauidson@madeiracityschools.org) or completed at our first practice. Practice will be split into two groups (Novice and Experienced) We will either practice Tuesday & Thursday with one group at the high school and one in the middle school cafeteria, or both groups at the middle school with one group being on Monday & Wednesday and one group on Tuesday & Thursday. I will communicate information once I receive it. Tournaments are generally held on Sundays from mid-November to late-January. It's possible that we would do much more competition vs one team this year, but the competition aspect of the season isn't totally set yet. No prior experience is necessary and participation in tournaments is completely optional. Registration Form and fee (\$85 per wrestler, payable to Madeira Youth Wrestling) can be submitted at our first practice the week of Nov. 2nd, 2020. Once we have a definitive practice plan we will communicate that information. Depending on your child and their interest level, additional training opportunities will be available at no additional cost. If you have any questions please feel free to reach out via telephone or email. Chris Davidson 513-544-0999 [cdauidson@madeiracityschools.org](mailto:cdauidson@madeiracityschools.org)

First Name:		Last Name:	
Date of Birth:		Age/Grade:	
Approximate Weight:		Years of Experience:	
Shirt Size:	YS YM YL AS AM AL	Shorts Size:	YS YM YL AS AM AL

### Guardian information:

Father name:	Phone:	Email
Mother name:	Phone:	Email
Street Address:		City/state/zip

I (We) hereby agree that the Madeira Youth Wrestling Club, its members, coaches, officers, designates, parent and other volunteers shall not be liable for any injury or loss which my child or children may sustain while participating in activities of any kind whether sponsored by or under the supervision of the Madeira Youth Wrestling Club, and I (we) agree to indemnify and to hold harmless the Madeira Youth Wrestling Club, its members, coaches, officers, designates, parent and other volunteers of any kind from any claim whatsoever. I (we) further certify that the above information is accurate.

Signature of Parent \_\_\_\_\_  
(or Legal Guardian)

Date \_\_\_\_\_

<b>Registrar Use Only</b>	
Paid	
Amount	
Check # / Cash	