

Open Mat Mondays at Valley Forge High School ***Wrestling enrichment***

Free Wrestling workout and instruction for all levels of competition

Grades: Entering 5th through 12th

Dates: April 19, 26, May 3, 10, 17 and 24

Time: 3:00 pm – 4:00 pm (entering 9th – 12th grades)
4:00 pm – 5:00 pm (entering 5th – 8th grades) If below 5th grade, please contact coach Phillips

Where: Wrestling Loft, Valley Forge High School, 9999 Independence Blvd., Parma Hts., Ohio

Program: All are welcome, if you will be or are currently attending Valley Forge or another school.

April 19 – Double and single leg techniques

April 26 – Defense and counters

May 3 – Half, tilt and arm bar series

May 10 – Cradles, bundles and assassin

May 17 – Perfecting the escape

May 24 – Open wrestling and challenges.

Wrestlers must have proper wrestling shoes. We do have some wrestling shoes and headgear for use.

******Parents/guardians of wrestlers must sign a release form before wrestlers can participate in all or any sessions.**

Wrestlers bring their own water/gear.

Questions: Email Coach Phillips at phillipsm@parmacityschools.org

Release Form for wrestling at Valley Forge during Open Mat Mondays

I give my child _____ permission to attend Open Mat Mondays at Valley Forge High School in April and May 2021. I understand that wrestling is a contact sport where injuries can occur. The coaches running the clinic will ensure that wrestlers have appropriate wrestling partners of same wrestling ability and approximate weight. The Valley Forge trainer may or may not be available. If an injury occurs, the wrestler will be attended by the trainer if present, or the parent/guardian will be contacted. In case of an emergency, appropriate measures will be taken, including first aid and calling 911. All coaches have been vaccinated. Wrestlers experiencing COVID symptoms will not be allowed to attend.

If a wrestler has any pre-existing conditions that need to be disclosed, please list below. If none, please write "none":

Parent/Guardian (print): _____

Sign: _____ Date: _____

Emergency contact number: _____

Bring to first session please!