

# **Intramural Wrestling Program For Columbia Elementary Students**

**Option 1** - This will be a three week program held for any interested student after school twice a week at each elementary building. The program is run by Columbia varsity coach Ron Guernsey and various high school wrestlers. The cost is \$15 per wrestler, \$20 for families with two or more participants. This is a Columbia Education Program and is open to all students in grades 1-5. Permission form is on the back of this flier. Practices will be run according to the following schedule.

**Miller Elementary-** Mondays and Wednesdays, 3:45- 5:00  
March 10, 12, 17, 19, 24 (Intramural tournament held on Wednesday March 26)

**Brooklyn Elementary-** Tuesdays and Thursdays, 3:45- 5:00  
March 11, 13, 18, 20, 25 (Intramural tournament held on Wednesday March 26)

The purpose of this program is to acquaint students with the sport of wrestling. The focus is on beginning technique. Students need only gym clothes and tennis shoes to compete.

**Option 2** – This option is for more advanced wrestlers who have experience or who would like to participate weekend travel tournaments. This program is similar to the traditional freestyle program that we have held for years, but our emphasis will be on folkstyle (high school) wrestling rather than freestyle (international and Olympic). This group will meet Mondays and Wednesdays 7-8:30 in the high school wrestling room off the fitness center gym. Quinn Guernsey will provide the coaching and run the practices. Parents will need to sign up their athletes at their first practice. Cost for this program is \$20 per wrestler and athletes will need to have wrestling shoes for competition.

Ron Guernsey- [guernseyr@myeagles.org](mailto:guernseyr@myeagles.org)-  
Home 517-563-2493 School 517-592-6634

Permission form for Columbia Elementary student participation in CCE's intramural after school wrestling program. (This form is not for the advanced wrestlers who want to participate in the 7-8:30 folkstyle practices at the high school. Paperwork for participation in that program will be available at the first practices)

I give my permission for \_\_\_\_\_, son/daughter, age \_\_\_\_ to participate in the elementary after school wrestling program and release Columbia School District from liability of an injury or medical incident during the 2008 Wrestling intramural program.

Parents Signature \_\_\_\_\_

School \_\_\_\_\_ grade \_\_\_\_\_

Phone #: \_\_\_\_\_

Emergency Contact # \_\_\_\_\_

Shirt Size \_\_\_\_\_

Information Ron Guernsey- [guernseyr@myeagles.org](mailto:guernseyr@myeagles.org)

Home phone- 517-563-2493

Community Ed 517-529-9400

make checks payable to Columbia Community Education

\$15 per wrestler, \$20 per family with two or more participants.