



# Current & Future Hawk Wrestlers

Summer Open Mat Dates & Times:

ALL age groups welcome!



## JUNE

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## JULY

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

### 5:30 -7:00 PM

- Will consist of 1 hour of wrestling and 30 minutes of weight room work
- Great opportunity for foundational work for beginner wrestlers, or polish skills for wrestlers with more experience
- Also great opportunity to get some conditioning
- Your child will need to come dressed in proper work out attire, bring their own water bottle & wear athletic or wrestling shoes.
- Wrestling is a physical sport. Although we will take every precaution to keep every wrestler safe, there is always the possibility of physical injury. If your child is under the age of 18, please sign & date this form giving consent for your child to participate in wrestling activities.

Childs Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please email Coach David Rozanski with any questions at Rozanskid@lisd.net.