

# CARDINAL YOUTH WRESTLING

Kids that are waiting around after school for wrestling practice must sign up for and attend Cardinal Muscle. Sign-up sheets for Cardinal Muscle are sent electronically at the end of each month. Check your email and watch facebook for reminders.

DATE	GRADES	TIME
November 1,3,8,10	Pre-K - 6th grade	6:00 to 7:15
November 15,17,22,29		
December 1,6,8,13,15,20		

December	1	Home, Varsity, Wayne, Bedford	6:00 pm
December	9	Home, Varsity, Dan Christensen Invitational	3:30 pm - 11pm
December	30	Home, Cardinal Youth Tournament, Weigh in	4:00 pm - 5:00 pm
January	5	Home, Varsity, Woodward Granger, Lenox	6:00 pm

Practices after youth tournament: TBD

Information will be updated on our Facebook page: Central Decatur Wrestling

Cardinal Wrestling Apparel: <https://cardinalwrestling22.itemorder.com/> **NOVEMBER 7th** deadline

Please Note: The H.S. girls program is named Southern Tier, both are available on this website.

Connor Christensen 641-344-8708, Brian Carson 446-4816, Kyle Ramaeker 641-414-7511, Wade Hamilton 445-6122 Please contact us with questions.

\*\* \*\* \*\* \*\* \*\* Save top half for your records\*\* \*\* \*\* \*\*

PLEASE COMPLETE AND RETURN TO THE ELEMENTARY OFFICE

PARENT'S NAME \_\_\_\_\_ CELL# \_\_\_\_\_

STUDENT'S NAME \_\_\_\_\_ GRADE \_\_\_\_\_ WEIGHT \_\_\_\_\_

I give permission to my son/daughter to participate in Cardinal Youth Wrestling. I accept full responsibility for his or her conduct and behavior and understand that there is no insurance provided.

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