

USAG Kaiserslautern Youth Sports & Fitness 2010 Wrestling

1. **PROGRAM DESCRIPTION:** Wrestling serves ages 6-14
2. **SPORTS REGISTRATION FEES:** The cost of the Wrestling program is \$46.00 for the first child with remaining children receiving a 10% discount for all children registered with Landstuhl Youth Services. The children must participate in the same sport season to get the discount. The over all cost of the sports program is subsidized 66% for all participants in order to keep program costs affordable. If you have special circumstances and need a further reduction of fees, please contact Central Enrollment Office for necessary paperwork at DSN 493-4516 or Civ 0631-3506-4516.
3. **AGES:** 5-14
4. **PHYSICALS:** Annual health physicals are mandatory for all ages in order to participate in the Wrestling Program. **The physical must be presented at the time of registration and current through the sport season. i.e. 20 March 2010. CHILDREN WILL NOT BE PLACED ON THE ROSTER WITHOUT A CURRENT PHYSICAL.** If a physical is needed, call Pediatrics Clinic at Landstuhl Regional Medical Center to make an appointment (DSN 486-5300 or CIV: 06371-86-5300). Please make sure to your Physician completes the CYS Services Health Assessment/Sports Physical (AE form 608-10-1A May 2009). This and other Forms are available on the CYS Services website mwrgermany.com.
5. **PARENTS MEETING:** Please attend the **Mandatory Parents' Meetings** scheduled on **20 Nov 09 6:00 in the Landstuhl Elementary School Gym**. Team rosters, practice and game schedules, sports philosophy, rules, regulations and more will be covered!
6. **Meets:** Wrestling meets require travel to Army Communities throughout western Germany and Eastern Belgium. Upon finalization of the wrestling meet schedule, it, as well as directions, and near-by places of lodging will be provided for you. The first meet of the season is yet to be determined. You will be contacted with is information from the Youth Sports Office. Coaches will notify you of any changes to the practice or game schedule. If you are unsure of practice or game times, please contact your coach or the Youth Sports Office (DSN 486-8375/8315). In case of inclement weather, listen to AFN radio for game cancellations; call your coach or the Youth Sports Office. All meets are conducted on Saturdays.
7. **COACHES:** All volunteer coaches will be certified in First Aid, have a background check, and be certified by a Youth Sports Clinician through the National Youth Sports Coaches Association (NYSCA). The NYSCA teaches the fundamentals of physiology and psychology of youth, basic sport skills, sportsmanship, and emphasizes participation rather than winning. **All training and certification will be provided by Landstuhl Youth Sports & Fitness free of charge. See scheduled times and dates on reversed side. Coaches must attend.**
8. **TRANSPORTATION:** Transportation to practices and games is the sole responsibility of the coaches and parents except for the U.S. Forces Tournament.
9. **REFUND POLICY:** **Your sports registration fee may be refunded *IF* you decide to withdraw your son/daughter from the sport before his/her second practice of the season or in the event of documented medical problems.**

10. Youth that have wrestled on a high school team are ineligible for the CY5 Services wrestling program.

DATES TO REMEMBER: Wrestling

| EVENT | TIME | DATE | DAY | LOCATION |
|------------------------------------|-------------|------------------|------------|--|
| Wrestling REGISTRATION | 9:00-5:00 | Begins 13 Oct 09 | Mon-Fri | Central Enrollment Bldg. 2898 Pulaski Barracks & One Stop Shop @ Landstuhl Post Library |
| Parent Meeting | 6:00-7:30 | 20 November | Friday | Landstuhl Elementary Gym |
| Coaches Clinic MANDATORY | 9:00-5:00 | 14 November | Saturday | Landstuhl School Age Services Bldg.3851 |
| Practice Begins the week of | 5:00-9:00 | 14 December | Monday | Ramstein High School |
| Opening Meet | TBA | TBA | TBA | TBA |

**FOR ANY FURTHER ASSISTANCE, PLEASE CONTACT THE LANDSTUHL SPORTS & FITNESS STAFF, ANTHONY BROCCOLI OR KURT NUSSHAG AT LANDSTUHL YOUTH SPORTS OFFICE AT DSN 486-8375; OR
E-MAIL: kurt.nusshag@us.army.mil
WE ARE LOOKING FORWARD TO A FUN PACKED SEASON.**