PUYALLUP PARKS & RECREATION
2013 YOUTH WRESTLING GENERAL INFORMATION

PARENT ORIENTATION
There will be a parent orientation on Thursday, September 12th at 6:00pm at the Puyallup Recreation Center. This is an opportunity to meet the coaches and learn more about the program.

PRACTICES
OCTOBER 14, 2013 – FIRST PRACTICE – Aylen Jr. High, Wrestling Room, 6 - 8p.m.

Practices will begin on October 14th and be held on Monday, Wednesday, and Thursday from 6:00 – 8:00p.m throughout the season, except for school holidays and gym/school conflict nights. In November & December, we will add Tuesday nights and will split the team practices based on experience /skill. All wrestlers will practice three times per week. **All practices will be at Aylen Junior High School.**

AGES
Age is determined by the age of the wrestler as of January 1, 2014. **Wrestlers must be enrolled in Kindergarten (5 years old to compete) No wrestlers can turn 13 during the season (Oct – end of January).**

Copies of birth certificates must be turned in to league directors prior to any league functions or the wrestler will not be allowed to compete.

LEAGUE
We will be competing in the Pierce County Junior Wrestling League. Levels of competition will range from varsity, junior varsity and exhibition matches and tournaments. 4 league matches as well as novice (beginner) tournaments, and tournaments for the more advanced wrestlers. Each wrestler will have the opportunity to compete in 20 to 30 matches throughout the season.

Meets will take place on the weekends starting October 27th. For a complete list of meets and there locations please visit www.puyallupfalcons.com.

UNIFORMS
Puyallup Falcon Wrestling Club will provide a competition uniform to all wrestlers on match day. The uniform **must** be returned prior to leaving the competition venue. The uniforms are property of PFWC and any athlete who does not return their uniform may be responsible for the cost of replacing it. All registered wrestlers will receive a team t-shirt and the other team gear will be available for purchase.

OFFICIALS
Pierce County Junior Wrestling Association will provide officials for all matches.

FOR MORE INFORMATION
Visit **www.puyallupfalcons.com**