**ROOSEVELT HIGH SCHOOL WRESTLING**

**JRC WRESTLING CLUB**

(For Kindergarten through 6th grade)

**DATES AND TIMES**

**FIRST DAY OF PRACTICE IS NOVEMBER 7TH AT 6PM**

**Last day of winter practice is February 9th, 2017**

 Monday’s, K-2nd grade 6:00pm-7:00pm CAMP CODE RR880101B

Tuesday’s, 3rd-6th grade, 6:00pm-7:30pm CAMP CODE RR881101B

Thursday’s, 3rd-6th grade, 5:30pm-7:00pm CAMP CODE RR882101B

<https://dmps.revtrak.net/tek9.asp?pg=RW_CommEd>

**COST**

K-6th Grade $35.00

Members of the JRC Wrestling Club will be able to wrestle in the John R. Cook Memorial Tournament on December 3rd 2016 for a cost of $15.00. We also host the Midwest Grand Nationals Tournament on Sunday December 4th 2016 in which more experienced kids can wrestle in. Details will be out soon!

All Practices will be held at the Roosevelt High School Wrestling Room, Roosevelt High School is located at 4419 Center Street, Des Moines, IA 50312. Please park on the North side of the building closest to the softball fields.

**JUNIOR RIDERS IS NOW JRC WRESTLING CLUB!**

We have changed our kid’s club name to honor the late John Richard Cook who passed away on July 21st 2013. John attended Greenwood Elementary, Callanan Middle School and graduated from Roosevelt High School in 2011. John was also a wrestler for Roosevelt High School. John was a National qualifier for the Team Iowa Greco-Roman Team. John was the founder and president of the Guts Gear Foundation, a non-profit foundation dedicated to bringing awareness about children with renal failure and supplying them with educational and entertainment items during dialysis. We want John’s legacy to live on forever through the sport he loved so much!

**WHY SHOULD YOUR CHILD WRESTLE FOR THE JRC WRESTLING CLUB?**

We want all kids that participate in our club to have a great experience. Your child will learn the basics of wrestling providing a solid foundation as they move through their wrestling careers. We look to improve coordination, build strength, and help with self-confidence, self-control and self-esteem all in a fun and safe environment. We will also teach the six building blocks of wrestling that will help each child learn our foundation of wrestling.

**GENERAL INFORMATION**

Wrestlers should bring the following to practice:

1. Shorts and T-Shirt
2. Wrestling Shoes
3. A water bottle
4. A great attitude
5. **No Outside Shoes are allowed in the Wrestling Room-** Please follow this rule to keep sand/debris and infections out of the wrestling room. Thank you

Questions? Contact Coach Daryl Dotson at daryl.dotson@dmschools.org