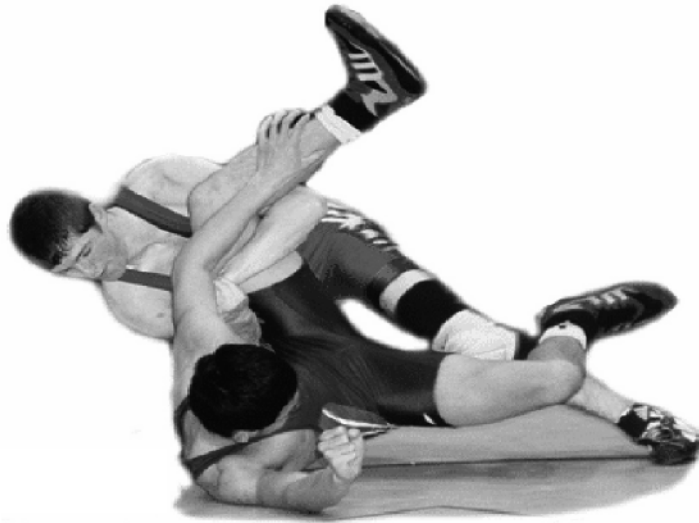


Washington Wrestling Club

American University • Bender Arena/Jacobs Center Wrestling Room • Washington, DC



Sundays, 2:30 pm-4:30 pm;
Wednesdays, 6:30 pm- 8:30 pm

All Grapplers, Any Ability and Experience Welcome

The **Washington Wrestling Club** is a USA Wrestling sanctioned club dedicated to promoting opportunities for wrestling from the High School level and beyond. Members are novice to experienced wrestlers and use the club for just working out to preparing for competitive events. The club also supports the efforts of the American University (AU) Wrestling Program. See www.washingtonwrestlingclub.com

The club meets twice weekly in the AU wrestling room located alongside the weight training area on the first floor of Bender Arena. Format of practice is very informal—mostly open mats. Experienced members are always willing to coach beginners. Most participants currently practice Folkstyle (high school/ collegiate) and/or jiu-jitsu. Some members are also learning Freestyle, Greco, or Sombo.

Bender Arena is easily reached from the AU entrance off Massachusetts Ave., NW, just north of Ward Circle. Convenient parking is located in the building. The campus can also be reached via AU shuttle from the Tenley Metro station of the Red Line.

Facilities include a fully matted practice room, changing areas and showers. Participants are required to have a current USA Wrestling card that can be purchased at the club for \$60 and includes club dues for September through August.

AU requires all participants (except AU students) to register in advance and to bring a photo ID to each practice.

Contact any club member below to register or obtain more information.

Clarence D. Long: clong@washingtonwrestlingclub.com

Tom Schwarting: tom.schwarting@gmail.com

Steve Schapiro: steves@md.net

Please see www.washingtonwrestlingclub.com for details.

Washington Wrestling Club

Athlete Membership Form

Membership Year is September 1 to August 31. A membership card will be emailed to you.

Use Legal Name

First _____ Middle _____ Last _____

Street Address _____

City _____ County _____ State _____ Zip _____

Application Date _____ Work Phone/Ext. _____ Home Phone _____

E-Mail Address _____ USA Wrestling No.: _____

Birth Date _____ Gender Male Female Cell Number _____

Do you have Health and Accident insurance? Yes No

By paying or authorizing payment of my annual membership dues, I certify that: 1) I have never been convicted of any sex offense nor felony; or, if so, I must apply for membership (and receive approval) through the USA Wrestling Office; and, 2) this application is correct in every material aspect, including but not limited to my (street) address and birth date. The Applicant agrees to be bound by the USA Wrestling Code, including all USA Wrestling Policies, which are available for review on the USA Wrestling Website.

Note: Parent/Guardian signature if member is under 18 years old.

Member's Signature _____ Parent/Guardian Signature _____

Date

Date

Weight: _____ Height: _____ Age: _____

Name of High School: _____ Location: _____

Name of College: _____ Location: _____

Year Started Wrestling: Folkstyle _____ Freestyle _____ Greco _____ Sombo _____ Other (specify): _____

Other Sports Participated In: _____

Wrestling and Other Sports (or Martial Arts) Titles and Accomplishments: _____

Name of Parents (If Minor under 18 years old): _____

Name of Spouse or Significant Other: _____

Emergency Contact Person: _____