

NO MERCY School of Wrestling

Wrestler Orientation

*25 x CA State Freestyle/Greco Roman Club Champions, 8 x AAU Grand National Club Champions,
3 x USJO National HS Judo Team Champions, 3 USA National Champions,
1 USA World Team Member, 35 USA All Americans, 127 CA State FS & GR Champions
5 CA CIF State Champions*

What are we getting into?

NO MERCY is a nationally chartered wrestling club that provides instruction in an atmosphere that allows the athlete to excel at all levels.

You'll find the wrestling room is a microcosm of the world in general. Learning how to learn, to set goals, work and train for the future, learn from losing, and how to succeed.

Friends and alliances will be made. We all start out strangers, but you will make new friends. You'll learn how to "work the ref" and use what you learn to do better at school and at home.

Wrestling is Unique

Wrestling will make you more self reliant. No other sport has the one on one intensity that teaches you how to learn from your losses. Few other sports put you into a combat situation, in the center of an arena with hundreds, and sometimes thousands of people watching.

NO MERCY is Unique

Athletes from the NO MERCY School of Wrestling have won the California State Freestyle & Greco Roman Championship tournament at all levels including Senior Men's Open (18 years+), Junior (High School Age) and Cadet (ages 15-16), Women & Girls, Schoolboy & School-girl (ages 13-14), Novice (ages 11-12), and Midget (ages 9-10). Only one other club in San Diego county has ever won the State Club Trophy, and they have won it once. With over 200 wrestling clubs statewide, the state tournament is very tough to win.

Our Biggest Secret

We keep wrestling FUN. If you stay with the sport, it will make you tough, but you won't stay with it unless you are having fun. Others find wrestling the perfect sport because they're too big, small, slow or shy, for other sports. Regardless of why you've signed up for wrestling, never forget

you will not want to continue unless it's something you enjoy. All parents and coaches have a responsibility to remember that we're here to keep wrestling fun for the kids.

We Train Champions

Keeping practice fun does not mean that we do not strive for excellence as individuals or as a club. By keeping the sport fun, our wrestlers are given the chance to develop to their full potential.

Winning is not our goal. Winning is a by-product of excellence. Flawless execution while forcing your opponent to make mistakes gets your hand raised when the test is over. Making sure that wrestling is a positive experience for every wrestler and the family is our goal. Winning is a by product of our training methods. Pay attention in class, do the homework (practice), and you'll pass the test (tournament). We teach the same skills every boy and girl needs to excel at school or in just about anything they do.

If you want to succeed you must take the emphasis off of "winning" and concentrate on "working" toward excellence.

It's not easy to become good at something and even harder to become "the best" in the county, state or nation. We're all measured by how we handle our defeats. Losing is learning for winners.

Some wrestlers do not win a single match their first year in the sport. Most of these quit before the local season is over or they do not come back for their second year. Others come back and go on to become champions.

Safety

Keeping practice & tournaments fun does not mean that we allow horse play or goofing off. The training sessions are kept fast moving to keep the interest level up and to discourage rough-housing.

You're much more likely to get hurt at practice than at a tournament because total mat time at a tournament is usually less than 20 minutes a week and you're on guard every second, while time spent in the wrestling room is at least 3 hours a week, and maybe as much as 9 hours a week. Goofing around results in injuries.

Warming Up

Every athlete, regardless of age must warm up before competition or practice. Training sessions must always begin with a series of warm up exercises designed to loosen the muscles and tendons. This can be a boring ritual that encourages the average wrestler to cheat, defeating the purpose of the warm up. Games make the warm up drills fun, and discourages cheating. The normal warm up time for practice is 10 to 15 minutes.

We do not get many of the bone crunching injuries where kids are crashing full speed into each other. Our warm up drills are not designed to condition our wrestlers. Two hours of practice 3 or 4 times a week will not do that. The purpose of the warm ups is to stretch muscles and tendons to reduce injuries.

Warm Up before a match

Keep your sweats on until the last minute. Make sure you've stretched out and have done enough cardiovascular to break a moist sweat. Get mentally & physically ready to go the instant the whistle blows. Keep the chatter down the last few minutes, and don't allow well wishers to break your mental preparation while on deck.

Competition Nutrition

What you eat for the 24 hours before a competition will affect performance. Never eat a large breakfast the day of competition. Your body wants to take a nap when

it has a large amount of food to digest. Never eat food that takes a long time to digest the night before a competition. Beef, pork, fried food and dairy products must be avoided because they hog oxygen in your blood system. Poor competition nutrition effects the wrestler psychologically because it does not become apparent until the 3rd or 4th minute of wrestling. You start to run out of gas. Your opponent seems to become stronger.

Parent Participation

The only way to keep kids under control in a wrestling room or at a tournament is with parent participation. In most sports you drop off your kid(s), the coaches take over, and you become a spectator.

Every parent should participate. We have lots of jobs for every mom and every dad, and no experience is required.

How to help your wrestler

The best way you can help your wrestler (and the club) is to become a referee or pairing official. Every kids' match has a minimum of 2 referees, sometimes three. This takes the pressure off of the new refs and improves the quality of the officiating.

You can become a licensed referee, even if you have NO experience as a wrestler. An adult can learn everything we teach the kids, only faster and more exactly.

The best coaches see the match through the refs' eyes & teach the wrestler how to convince the refs that he or she deserves the win.

If you spend 3 or 4 hours on the mat at a tournament you'll pick up some tricks to show your wrestler(s). As a referee, you're always excused from your duties when your wrestler is on deck.

Officiating starts in the practice room. All you need is a whistle. Read the rules, but practice officiating while

your wrestler is learning to wrestle. Relax and have fun.

How to help your club

It is better for your wrestler to see you working at the tournament, than sitting in the bleachers looking bored.

All kids wrestling matches have 2 referee's, a time keeper, a score keeper, a bracket keeper, and a staging parent. That's 6 adults plus 2 coaches for each and every match.

Parent Etiquette

We do not allow parents, wrestlers or coaches to blame the refs, or anyone else, for our losses, especially when we get ripped off.

Wrestling is about learning to take personal responsibility for your actions or lack of action. It is better to lose with dignity than win with shame. Beginner refs and wrestlers make beginner mistakes and World Class refs and wrestlers make World Class mistakes.

The important thing is to not lose sight of what we're REALLY teaching the kids (and some of the parents) and that is HOW to BE a WINNER in everything you try.

Fear of Failure

One of the hardest things for parents to deal with is "fear of failure" for themselves & their children. It's only natural not to put yourself into a position where you may not succeed.

The majority of first year parents and wrestlers fail if you think winning is what's on the score board. Wrestlers & parents must learn that fear makes you stronger, more alert, and quicker (once you learn to make fear work for you). Some parents' biggest fear is that their wrestler will see them make a mistake.

Coaching Certification

To be a volunteer coach you must be licensed by USA Wrestling, the National Governing Body for the sport in the United States. The cost for a coaches license is \$20.00 per year. To coach at SDIKWA (San Diego Imperial Kids Wrestling Association) tournaments you must attend at least one of the SDIKWA parent coaches clinics or be a "Certified" coach. You can get more info about SDIKWA clinics at watsnzoo@pacbell.net.

Those who wish to improve their coaching credentials can attend one of the Copper or Bronze level coaching clinics that run at the same time & place as the parent/coaches

clinics. The Copper credential is the first step toward national credentials (Bronze, Silver & Gold). The cost for the Copper clinic is usually \$35.00 to \$50.00.

Coaching Etiquette

Sometimes a coach will forget that we are all role models. If someone you know is about to go around the bend or over the edge, do them a favor and take them outside for some fresh air. Anyone who uses profanity, verbally abuses an official (or anyone for that matter) or displays any unsports-manlike behavior will be ejected from the tournament or practice room.

Win or lose, the wrestlers should shake hands after each match. If you want to set a good example after a loss, shake hands with the other coach after each match, you may see him again next week, or the week after. If you and your wrestler enjoy the sport, you'll see many of the same faces next year, and the year after.

Wrestler Etiquette

Aside from common sense good sportsmanship, wrestling has a competition etiquette that has developed over the years. Training your wrestler is like table manners. If they don't practice good manners at home, they can't have them when you go out of town to the state, regional or national tournaments.

When your wrestler is called to the mat, make sure he or she checks in with the Mat Chairman, and that your wrestler has a hanky and is in the proper color singlet. If your wrestler's name is on the left side of the bout sheet your color is red. If your on the right side of the bout sheet, your wrestler should be in a blue singlet.

When your wrestler is called to the center of the mat he/she should have the hanky in hand and show it to the referee, and then put the hanky inside the singlet. Regardless of the marks on the mat, each wrestler should know the proper side to stand on. As you face the scoring table from the center of the mat, red should be standing to the left of the ref and blue to the right.

Wrestlers are not allowed to speak to each other or the officials during the course of the bout.

At the end of the bout you should shake hands with the opponent, the

referee, the mat judge, the opposing coach & the mat chairman.

Parent Etiquette

It's easy to be a model wrestling parent when your kids never misbehave, all the calls go your way and your car never gives you problems.

On the other hand, the day will come when your car breaks down on the way to the tournament, you leave your wallet at home, your kids act like monsters and the referee's rip off your wrestler match after match. This is no excuse for making a fool of yourself. Bad calls are part of sports from the Super Bowl & the Olympics to the beginner ref's at our local tournaments.

The only way for you as a parent to help your wrestler get less bad calls is to encourage your wrestler to demonstrate his/her skill to the ref in such a way that even a FIRST DAY ref will be able to make the correct call. You'll still get bad calls. Keep quiet. There's nothing positive you can do from the bleachers or the sidelines. At state, regional & national tournaments their are procedures the coach can implement if the officials do not follow the rules, but if 2 of the 3 officials agree on a call that could go either way, their decision is final.

What's the cost?

The annual club fee is \$75.00, plus the cost of your USA membership card of \$31.00. Local tournament fee's are \$7.00 to \$10.00. Out of town tournaments are usually \$15.00 or more.

Singlets are optional except at Championship tournaments. The rules require red or blue singlets.

No Mercy singlets can be ordered at www.singlets.com or email info@singlets.com or you can call 877-228-6374

No Mercy sweats, wrestling shorts, warm-ups, hats etc can be ordered at Team Sport About at 760-599-9467 teamsportabout@earthlink.net

Age Groups & Weight Classes

There are 12 age groups wrestlers are allowed to enter at tournaments.

- 5- 6 Rookies
- 7- 8 Bantams
- 9-10 Midgets
- 11-12 Novices
- 13-14 Schoolboy/girl
- 15-16 Cadets
- 15-18 Juniors (Must be in HS)

- 15-17 FILA Cadets
- 17-20 FILA Juniors
- 17-22 University Division
- 17+ Open Division
- 35+ Veterans (Masters)

In the practice room the wrestlers are grouped according to approximate size & age. Each group should have 1 or 2 experienced wrestlers to help teach the skills to the new wrestlers.

Each age group is a "team" at the state championships. At local tournaments Rookies, Bantams & Midgets (5-6, 7-8, 9-10) compete in the morning tournaments, and are almost always finished by 12 or 1 pm. The 11-12, 13-14 & 15-16 age groups wrestle in the afternoon and are usually finished by 4 to 5 PM.

Girls & Women

Every year for the last few years the number of girls learning to wrestle has increased. No one expects the girls to ever outnumber the boys, but their are already enough participating to allow the girls to have their own State Championship tournament. Girls learn the basics by competing and training with boys in the practice room and at local tournaments.

Ride Sharing

It makes no sense to have 50 cars clogging the parking lot when we all live so close to each other, and it's not always convenient to get your wrestler to practice on time. First year wrestlers need the training more than the experienced wrestlers, and new wrestlers are much more likely to want to skip practice because no matter how much fun we have, practice is still physically challenging. Getting to know the other parents and sharing rides makes sense.

Rides to Tournaments

Car pooling & caravanning to tournaments can save money, the kids enjoy the trip more, you get to know other parents in the club, and it's more enjoyable if you stop for Pizza on the way home.

If you're not able to car pool, it's a good idea to caravan with at least one other family. People break down and have accidents.

When do we practice?

Tuesday, Wednesday, Thursday 6:00-8:00 PM at Rancho Buena Vista HS wrestling room from the first Tuesday in October until the kids leave for nationals in July.

What's the season?

There are three "Beginner" and "Novice" tournaments in December. Every 1st year wrestler should start with a beginner tournament. If you start come into the room after the "Beginner" tournament it's a lot better to train for an extra few months and have a great initial experience than get thrown to the wolves when you're not even close to being ready.

Novice Tournaments are not open to wrestlers who have ever placed 1st at an open tournament.

Local open tournaments are in January and February.

Mid Season Championships are the end of January and the Association Championships are usually the first week of March.

Wrestlers training for Greco State & Freestyle State continue weekly tournaments in Orange, San Diego & Riverside counties. State

tournaments will be held in March, April and May. Western Regionals are in late June.

Tournament Registration

Each local tournament is divided into a morning and afternoon session. Each session is run separately at the same location.

Rookies, Bantams & Midgets (5-6, 7-8 & 9-10) register & weigh in from 6:30-7:30 am. Wrestling starts at 9:00.

Novices, Schoolboys/girls & Cadets (11-12, 13-14 & 15-16) can register & weigh in from 7:30-8:00 am or 9:30-10:30 am. Wrestling starts at noon.

When you show up at a tournament you should go to registration with your USA Card & a copy of your birth certificate and pay your entry fee (you only have to show your birth certificate once at local SDIKWA tournaments). You'll be given a weigh in card. Take the weigh in card to weigh ins. After your wrestler is weighed in, it's time for breakfast. Every local tournament will have an inexpensive breakfast of pan-cakes etc.

Don't be late for registration. If you're a few minutes late at local tournaments you'll pay a \$5.00 late fee, and there's no guarantee that your wrestler will be allowed to enter the tournament. At out of town tournaments you should plan on arriving at the start of registration, or a little before.

Tournament Wrestlers

Tournament participation is not mandatory, but wrestlers who come to practice & seldom get to try what they've learned will almost always fade away, like ball players who come to practice but never get to play in the game.

At local tournaments each wrestler is assigned to a specific mat and wrestles all matches at that mat. Once assigned to a mat, the wrestlers should stay in the vicinity of the mat so as not to miss a call to the mat (disqualification).

Beginner Tournament

Every 1st year wrestler should attend this tournament. Only 1st year wrestlers are allowed to enter.

Novice Tournament

All wrestlers who have never placed 1st at an open tournament are eligible.

Local Tournaments

The term "open" means that the tournament is open to all wrestlers who have a USA card. SDIKWA encourages wrestlers from outside San Diego & Imperial counties to participate in our local "open" tournaments by paying the entry fee of any California state finalist (1st & 2nd). This gives your wrestler a better chance of wrestling a California State Champion his/her first year.

County Championships

This is a closed tournament. Only SDIKWA clubs may enter wrestlers. Top 3 placers receive a trophy, while 4th-6th receive medallions. All 1st year wrestlers should train for this tournament.

USA State Championships

All wrestlers who place in the top six at the County Championships should go to state. California has an annual state championship for each age group from Bantam (7-8) and up for Greco Roman & Freestyle wrestling. The top 6 placers receive medallions.

Western Regionals

The top six placers from each of the 11 western states qualify for this tournament. Wrestlers who participate at Western Regionals qualify for USA Kids Nationals.

National Championships

Their are two national wrestling organizations in the United States. AAU (Amateur Athletic Union) is a multi sport organization that includes

wrestling. USA Wrestling is the National Governing Body (the organization that selects our Olympic team) for wrestling in the United States. USA sanctions national championship tournaments for women, men, college and high school age wrestlers, and kids 9-14.

Wrestling Camps

Soon after becoming a "wrestling family" you will begin receiving a publication called USA Wrestler that is loaded with advertising for wrestling camps. Also, you get dozens of direct mail solicitations next spring. You're certainly free to send your wrestler anywhere you like, but, few of the camps are set up for kids below the high school age, many do not offer international (Vs folkstyle) instruction, and finally, the No Mercy School of Wrestling offers an excellent commuter kids camp.

Technique Video's

There are hundred's of technique video's you can buy.

Some nationally recognized & very famous wrestlers/coaches will tell you that it is absolutely wrong to cross train kids in Freestyle and Greco Roman techniques or Judo. At the Olympic level they're right. Specialization at that level is almost a necessity. Parents are encouraged to train their younger wrestlers in Freestyle, Greco, Judo, Sombo and Folkstyle. It's all wrestling. It's all a form of self defense.

As a parent you may have a bias toward collegiate style or Judo. But to be fair to your athlete, expose him/her to competent instruction in multiple disciplines and make the "specialization" decision AFTER you're comfortable with the results of the cross-training.

Freestyle Wrestling

Freestyle is one of the Olympic styles of wrestling. The rules are different from what Americans wrestle in high school and college. Freestyle is faster paced than folkstyle with much more emphasis on attacking and turning the opponent to his/her back. Freestyle is an excellent foundation for kids who go on to wrestle in high school or college. Virtually all of the Freestyle techniques your wrestler will learn can be used in high school.

Greco Roman

Greco gets a bad wrap from dyed in the wool collegiate coaches

because they don't know how valuable the techniques can be in winning both Freestyle and collegiate/scholastic matches.

No one will ever suggest that ALL Greco techniques can be used in Freestyle or folkstyle, but it's nice to have a few tricks that the majority of your opponents don't know how to counter.

Greco rules prohibit the use of legs to gain any kind of advantage.

Judo

USA does not cover Judo. There are several national caliber Judo dojos in San Diego county. Many of our State & National Champions train for Judo tournaments in the off season at the San Shi dojo on Cedar, just east of Tri City hospital.

Insurance

USA Wrestling has a blanket policy of SECONDARY major insurance. This coverage only applies to those individuals who either have no insurance or their insurance has been exhausted. The deductible is \$500.00.

Risks of Wrestling

Wrestling, like all sports, has certain risks of injury. Every adult has a responsibility to prohibit anything they see taking place that they believe may result in an unsafe situation.

Your wrestler will get bumps, bruises and bloody noses. Some for the first time in their young lives. Don't panic. Every year at least one first year wrestling mom calls complaining that their child was "injured" at last nights practice because he/she woke up sore.

NO MERCY School of Wrestling

Practice Format

1 whistle = Par Terre

2 whistles = Run

3 whistles = Line Up by Size

Warm Up & Training Routine

- 6:00-6:15 Run, Par Terre
Palladin, Par Terre
Monkey, Gorilla, Spider, Alligator, & Palladin Races
- 6:15-6:45 Skill Drills: Standing
Level Change, Bounce, Lock, Lift, Throw
High Single, High Double, Arm Spin
- 6:45-7:00 Skill Drills: Par Terre
Lock, Load, Lift, Dig, Throw
Gut Wrench, Hi Gut with Spurs, Ankle Lace, High Thigh
- 7:00-7:05 Water Break
- 7:05-7:15 Palladin, Army Ants, Fox & Geese, Poison Trees
- 7:15-7:30 Skill Drills: Counters
Par Terre: 1/2 Nelson, wrist Ride, gut wrench, laces
Standing: knee tap reverse gut, olympic tilt, crotch dump
pancake, hip in scissor step, 1/4 Nelson, Front Russian
- 7:30-7:45 Skill Drills: Takedowns & Turns
- 7:45-8:00 Overtime
3-1 Standing
3-1 Par Terre
Clinch

Evaluation: Wrestler _____

Date _____

Par Terre Hi Skill Level/Points

Barbwire with big step	B 2+1+F	_____
Front Russian w/baby steps	B 2X	_____
Front Russian Counter	B 2+1	_____
1/2 Nelson sit out counter	B 0	_____
1/2 Nelson hook counter	B 2?	_____
1/4 Nelson with big step	B 2+1+F	_____
Cradle series	I 2+1+F	_____
3/4 Nelson	A 2+1+F	_____
Shoulder Lock series	A 2X	_____

Par Terre Middle

Gut Wrench	B 2	_____
Trap Arm Gut Wrench	B 2+1	_____
Gut Wrench Counter	B 2+1	_____
Crotch Lift	B 1,2,3	_____
Crotch Lift Counter	B 1,2	_____
Chicken-Wing	I 2+1+F	_____
Double Chicken Wing	A 2+1+F	_____

Par Terre Low

Ankle & Leg Lace	B 2X	_____
Ankle & Leg Lace Counter	B 0	_____
High Thigh	I 2X	_____
Leg Turk	A 2+1	_____

Standing Hi

Inside Cobra Tie	B 0	_____
Whizzer series	B 0,1,2,3	_____
Head & Arm Step Counter	B 2	_____
Head & Arm Roll Counter	B 2+1	_____
Head & Arm Sag Counter	B 2+1	_____
Near/Far Arm Drag	B 1,2,3,5	_____
Arm Spin	B 3+1	_____
Head & Arm back-step	B 3+1,5	_____
Duck-Under	I 1,2,3,5	_____
Slide Bye	I 1,3	_____
Underhook series	I 0,1,2,3	_____
Russian Tie series	I 1,2,3	_____
Japanese whizzer	I 3+1	_____
Double Under Hook	A 3	_____
Standing Front Russian	A 3	_____
Lateral Drop	A 3+1	_____

Standing Middle Skill/Points

High Crotch	B 1	_____
Pancake	B 2	_____
Fireman's Carry	I 3+1	_____
Over Under Hook	I 0	_____
Back-Heel	I 2,3	_____
Double Leg-Touche	I 3+F	_____
Chin Strap	A 2,3	_____
High Dive	A 1,3	_____
Body-Lock Feet to Back	A 3+1	_____
Body Lock Counter	A 0	_____
Crucifix	A 2+1+F	_____

Standing Low

Olympic Elbow/Waist Tilt	B 2X	_____
Hip In Jump/Step Behind	B 1	_____
Sngl/Dble Back step roll-up	B 2+1	_____
Hi Double Leg lift & dump	B 3,1	_____
Hi Single with step thru	B 3,1	_____
Reverse Gut Wrench	B 2X	_____
Reverse Gut Counter	I 0,2	_____
Single Leg with corner turn	I 1	_____
Single Leg with sit thru	I 1	_____
Double Leg	I 1,2,3	_____
Ankle Pick	I 2,3	_____
Short Drag	I 2	_____
Iranian	I 1,2	_____
Iranian Counter	I 0,1	_____
Cow Catcher	I 2	_____
Reverse Body Lock	I 2	_____
Reverse Body Counter	I 2	_____
Cooper Scooper	A 2+1,F	_____
Mexican Lock & Roll	A 2X	_____
Ankle Chase	A 1	_____
Step-Out with high thigh	A 3+2x	_____

Advanced

Standing Fireman	A 5	_____
Front/Back Souplesse	A 5	_____
Standing Gramby	A 3,5	_____
Full Nelson	A 2+1+F	_____
Sukahara Scorpion/Stinger	A 2X	_____
Iranian-Touch-Fall	A 3,5,F	_____

Registration Form

NO MERCY School of Wrestling

505 Vale View Drive, Vista CA 92083-6720; (760) 724-4542; FAX 945-4689

(Please Print)

Wrestlers Name: _____ Birth Date: _____ Approx Wt _____
First Middle Last

Mailing Address: _____ School: _____ Grade: _____
Please include apartment or unit number if applicable

City State Zip Eve Phone: _____

Mother Name: _____ Cell Phone: _____
First Middle Last

Mother Works At Day Phone: _____

Mom Email Address _____

Father Name: _____ Cell Phone: _____
First Middle Last

Father Works At Day Phone: _____

Dad Email Address _____

Emergency Name: _____ Phone: _____
First Middle Last

WARNING, WAIVER & RELEASE AGREEMENT

In consideration of my dependent minor being allowed to participate in any way, including travel to and from, any wrestling event or related activity of USA Wrestling, San Diego Imperial Kids Wrestling Association (SDIKWA), or any wrestling related function, I hereby:

1. Agree that prior to allowing my dependent minor to participate, I will inspect the facilities, equipment, competition pools, age & weight divisions. If I believe anything is unsafe or beyond the capability of my dependent minor, I will immediately notify the event director and withdraw my dependent minor from any further participation until the condition(s) is rectified to my satisfaction.
2. Acknowledge and fully understand that my dependent minor will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from his/her own actions, inaction's or negligence, but also the actions, inaction's or negligence of others, the rules of play, or the condition of the premises, or of equipment used. Further, that there may be other risks not known to me or not reasonably foreseeable at this time.
3. Assume all the foregoing risks and accept personal responsibility for any and all damages following such injury, permanent disability or death.
4. Release, waive, discharge and covenant not to sue, or bring any legal action, including judicial review and/or arbitration proceedings against USA Wrestling, its affiliated clubs, their respective administrators, directors, officials, agents, coaches, employees, volunteers, other participants, sponsors or sponsoring agencies, advertisers, promoters, and if applicable, owners and/or tenants of the premises used to conduct the event, all of which are hereinafter referred to as "releasees", from any and all liability to my dependent minor, myself, my heirs, next of kin, or assigns, for any and all claims, demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of one or more of the releasees.
5. Understand that I am giving up substantial constitutional rights for myself, my dependent minor, my heirs, next of kin and assigns, and knowing this, I sign this Warning, Release & Waiver Agreement knowing the risks involved, and do sign entirely of my own free will.

(Print Parent/Guardian Name) Date

(Parent or Guardian Signature)

MEDICAL HISTORY QUESTIONNAIRE

(Please Print)

Wrestlers Name: _____ Birth Date: _____ Age _____
First Middle Last

Mailing Address: _____
Please include apartment or unit number if applicable City State Zip

Date of dependent minor's last complete physical by a medical doctor: _____ USA Card # _____

Guardian Name: _____ Eve Phone _____ Day Phone: _____
First Middle Last

Emergency Name: _____ Eve Phone _____ Day Phone: _____
First Middle Last

Insurance Company: _____ Policy number: _____

Family Doctor: _____ Eve Phone _____ Day Phone: _____
First Middle Last

PLEASE CIRCLE THE CORRECT ANSWER. ALL INFORMATION WILL BE KEPT CONFIDENTIAL.

(attach additional sheets if a more detailed explanation is necessary for any of the questions)

- | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Yes No 1. Allergic to any general medication (aspirin, sulfa, penicillin, etc.)? If so, list what medication(s) _____ | Yes No 13. Do you wear any dental appliance? If yes circle the appropriate appliance: Braces Full plate Permanent bridge Permanent retainer Removable retainer Removable partial plate Permanent crown or jacket |
| Yes No 2. Using a prescribed medication on a permanent semi-permanent basis? If so, list the name(s) of the medication(s), and why it was prescribed _____ | Yes No 14. Do you wear contact lenses during competition? |
| Yes No 3. Ever been informed that you may have epilepsy? | Yes No 15. Have you had a fracture during the past 2 years? If yes, which bone(s) was broken & the date(s) it happened: _____ |
| Yes No 4. Ever been treated for diabetes? If so, indicate the type(s) of insulin or pills used: _____ | Yes No 16. Ever had a shoulder dislocation, separation or other shoulder injury in the past 2 years that incapacitated you for a week or longer? If so, give the date of the injury: _____ |
| Yes No 5. Ever advised that you are anemic or had sickle cell anemia? | Yes No 17. Ever had surgery to correct a shoulder condition? If so, give the date(s) and describe what was done? _____ |
| Yes No 6. Have or have ever had high blood pressure? If so, list what medication(s) taken regularly: _____ | Yes No 18. Ever had an injury to the back? |
| Yes No 7. Do you have or have you ever had any of the following diseases? If so, circle the appropriate ones.
Heart disease (rheumatic fever) Liver disease (hepatitis) Kidney disease (infections) Lung disease (pneumonia) | Yes No 19. Experience pain in the back? If yes, indicate frequency:
Seldom Occasionally Frequently
With vigorous exercise With heavy lifting |
| Yes No 8. Ever been informed that you may have asthma? If so, what medication(s) are taken regularly? _____ | Yes No 20. Any knee injury during the past 2 years with swelling? |
| Yes No 9. Do you presently have an unrepai red hernia? | Yes No 21. Any injury to the ligaments and/or cartilage of either knee? |
| Yes No 10. Ever been "knocked out" or experienced a concussion during the past 3 years? If so, give the dates of each: _____ | Yes No 22. Ever been advised to have surgery to fix a knee problem? |
| Yes No 11. If 10 is "YES" did the you stay overnight in a hospital? If yes, give the date(s): _____ | Yes No 23. If 22 is yes, has the surgery been done? Date: _____ |
| Yes No 12. Have you ever had an injury to your neck involving nerves, vertebrae (bones), or discs that incapacitated you for a week or longer? If yes, give the dates of each such injury: _____ | Yes No 24. Experienced a severe ankle sprain during the past 2 years? |
| | Yes No 25. Any injury to a foot or toes? If yes, explain: _____ |
| | Yes No 26. Any chronic conditions that have not been mentioned above? If so, explain: _____ |

PARENTS INSTRUCTIONS ON MEDICAL TREATMENT

(Sign ONLY one of the instruction choices)

1. If my child needs medical attention, it is my wish that I be contacted before any medical procedures are taken on behalf of my child, unless immediate treatment is believed to be necessary by the person(s) attending my child's condition. Pursuant to the Waiver and Release Agreement I have signed, I agree to indemnify and hold harmless any individual(s) who provide emergency treatment on behalf of my child, and to accept full responsibility for all costs related to such treatment.

Parent/Guardian Signature _____

Date Signed _____

2. If my child needs medical attention, it is my wish that the treatment be started while efforts are being made to contact me. So that treatment is not delayed, I authorize any & all medical procedures believed to be necessary by the person(s) attending my child's condition, with the understanding that efforts to contact me will continue to be made. Pursuant to the Waiver and Release Agreement I have signed, I agree to indemnify and hold harmless any individual(s) who provide emergency treatment on behalf of my child, and to accept full responsibility for all costs related to such treatment.

Parent/Guardian Signature _____

Date Signed _____

No Mercy School of Wrestling

Conduct Agreement

In consideration of being allowed to train with the No Mercy School of Wrestling, I agree that I shall conduct myself in a responsible manner at all times.

- 1 I will not confront any referee, pairing official, coach, contestant or spectator.
- 2 I will not make any derogatory remark to or about any referee, pairing official, coach, contestant or spectator.
- 3 I will make no gestures to or about any referee, pairing official, coach, contestant or spectator.
- 4 I will use NO PROFANITY at any time.

I understand that I WILL be issued a "RED" Expulsion Card by a mat, pairing or tournament official if I violate this agreement, and that this event will be immediately reported to the Head Official, the Tournament Director and the Security Committee.

I hereby agree to leave the premises if I am issued a Red Card.

I understand that I will not be permitted to attend the next scheduled tournament and hereby agree to not appear at the next scheduled tournament following the issuance of a Red Card to me.

I understand that if I receive two Red Cards in a single season that I will be banned from attending all tournaments for the balance of the season.

I understand that a "Yellow" Warning Card may be issued to me at the discretion of each mat, pairing or tournament official, and that the issuance of Yellow Card will immediately be reported to the Head Official, who will record the event, and automatically issue me a Red Card if I get two Yellow cards in the same day. I further understand that Officials authorized to issue Red & Yellow cards are under no obligation to first issue a Yellow Card before issuing a Red Card, and that a Yellow Card may be immediately upgraded to a Red if the Official decides that the situation warrants such action.

I have read the above procedures and agree with Article 2 of the No Mercy Constitution that states that "The purpose of the No Mercy School of Wrestling is to foster in the youth of the community the ideals of good sportsmanship, honesty, loyalty, courage, and respect for authority so that they may be stronger, both physically and emotionally, and grow into good, clean, healthy and trustworthy adults."

PRINT ATHLETE NAME

PRINT PARENT/GUARDIAN NAME

ATHLETE SIGNATURE

PARENT/GUARDIAN SIGNATURE

DATE

DATE