



New Albany Deanery

**CATHOLIC YOUTH MINISTRIES**

# SIC WRESTLING



2018-2019 Season

## 2018/19 SIC Youth & Middle School Wrestling Individual Registration

**Name:** \_\_\_\_\_ **Address:** \_\_\_\_\_  
**Grade:** \_\_\_\_\_ **City:** \_\_\_\_\_  
**Parish:** \_\_\_\_\_ **State:** \_\_\_\_\_  
**School:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Parent(s) Name:** \_\_\_\_\_  
**Parent(s) Email:** \_\_\_\_\_  
**Parent(s) Number:** \_\_\_\_\_

### Uniform Sizing

*Singlet*    \_\_\_ Y Sm    \_\_\_ Y Med    \_\_\_ Y Lg    \_\_\_ Sm    \_\_\_ Med    \_\_\_ Lg    \_\_\_ XLg    \_\_\_ 2XLg  
*T-shirt*    \_\_\_ Y Sm    \_\_\_ Y Med    \_\_\_ Y Lg    \_\_\_ Sm    \_\_\_ Med    \_\_\_ Lg    \_\_\_ XLg    \_\_\_ 2XLg

### Photo Waiver

*The New Albany Deanery, Southern Indiana Catholic, and it's participating parishes/schools has my permission to use my likeness or my child's likeness publically to promote it's programming.*

*I understand that images may be used in print publications, online publications, presentations, websites, and social media.*

*I also understand that no royalty, fee or other compensation shall become payable to me by reason of such use.*

*Parent Signature:* \_\_\_\_\_ *Date:* \_\_\_\_\_

<b>Youth Wrestling K-4 grade:</b>	<b>\$50.00</b>	<b>\$</b> _____
<b>Middle School Wrestling 5-8 grade:</b>	<b>\$75.00</b>	<b>\$</b> _____
<b>Total Registration Fees Due:</b>		<b>\$</b> _____

### Coaching Positions

Name : \_\_\_\_\_

- I would like to be a head coach.  
 I would like to be an assistant coach.

*Checks payable to NADCYM*

*Registrations can be mailed to:  
NADCYM, 101 St Anthony Dr.  
Mt St Francis, IN 47146*

*For NADCYM Office use only:*

Cash/Check #: \_\_\_\_\_ Amount: : \_\_\_\_\_  
Date Received: \_\_\_\_\_ Date Deposited: \_\_\_\_\_

Physical on file @ \_\_\_\_\_



# Southern Indiana Catholic Youth & Middle School Wrestling

Please contact [athletics@nadyouth.org](mailto:athletics@nadyouth.org) for more information or Justin Hanks at 812-923-8355 ext 103



**PLEASE COMPLETE THE FOLLOWING SECTIONS OF THE REGISTRATION FORM:**

**Individual Registration  
Uniform Sizing  
Photo Waiver**

## Key Dates:

Nov 11	Final Registration, 6:00 PM Providence High School Wrestling Room
Nov 18	Practice Begins
Dec-Mar	Meets & Tournaments

## Important Information:

- SIC Youth Wrestling is open to boys K-4 grade attending deanery schools or whose family are registered members of a deanery parish.
- SIC Middle School Wrestling is open to boys 5-8 grade attending deanery schools or whose family are registered members of a deanery parish.
- Participants cannot wrestle for their public school team and a SIC team at the same time.
- Practices will be held at the Providence High School wrestling room.
- Practice and game schedule will be communicated at final registration/first practice.
- Participants in SIC wrestling will be provided with singlet/compression suit and t-shirt.
- Participants will need to provide their own headgear, mouth piece, and wrestling shoes.
- Coaches reserve the right to limit participation based for risk of injury, behavioral issues, or due to lack of attendance to practice.

**WE ARE CURRENTLY SEEKING A YOUTH WRESTLING COACH FOR THIS SEASON**

### OFFICIAL REGISTRATION INCLUDES:

- Completed Individual Registration Form
- Payment of Registration Fee
- Physical and Medical Release Form
- Concussion/ Cardiac Awareness Acknowledgement

*All forms and registration fees need to be completed before a participant will be allowed to practice.*

Tournament Fees	
Middle School Wrestling	
Included with you SIC registration fee	
Youth Wrestling	
Tournament fees will be paid individually by participants at the time of tournament registration. Participants are not required to participate in all scheduled tournaments.	
USA Wrestling Membership	
Middle School Wrestling	
Not required	
Youth Wrestling	
Required	
<a href="http://www.usawmembership.com">www.usawmembership.com</a>	
\$55.00 annually	

# WEIGHT CLASSES AND

## DIVISIONS

### 2018 Southern Indiana Catholic Youth Wrestling

#### Kindergarten - Fourth Grade

AGE DIVISION	BIRTH DATES	WEIGHT CLASS	MAX DIFFERENCE
Pee Wee	Born 2013-2014	35, 40, 45, 50, 55, 65, 75, 85 lbs	10 lbs
Bantam	Born 2011-2012	40, 45, 50, 55, 60, 65, 70, 75, 90, 105, 120 lbs	15 lbs
Intermediate	Born 2009-2010	50, 55, 60, 65, 70, 75, 80, 87, 95, 103, 112, 120, 140, 160, 180 lbs	20 lbs

### 2018 Southern Indiana Catholic Middle School Wrestling

#### Fifth - Eight Grade

AGE DIVISION	BIRTH DATES	WEIGHT CLASS	MAX DIFFERENCE
Novice	Born 2007-2008	60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 128, 136, 144, 152, 160, 175, 190, 210, 265 lbs	25 lbs
School Boy	Born 2005-2006	70, 77, 84, 91, 98, 105, 112, 120, 128, 136, 144, 152, 160, 170, 182, 195, 220, 285 lbs	
Cadet	Born 2003-2004	88, 94, 100, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285 lbs	

## Singlet Sizing

YOUTH SMALL	YOUTH MEDIUM	YOUTH LARGE
40-55 lbs	55-75 lbs	76-95 lbs
ADULT X SMALL	ADULT SMALL	ADULT MEDIUM
95-115 lbs	115-135 lbs	135-160 lbs
ADULT LARGE	ADULT X LARGE	ADULT 2X LARGE
160-190 lbs	190-220 lbs	220 + lbs

## COACHING

## POSITIONS

Adults volunteering to assist with coaching will need to complete the following requirements (if they have not already done so):

### SIC Coaching Application

**WE ARE CURRENTLY SEEKING A YOUTH WRESTLING COACH.** Please Contact Justin Hanks at (812) 923-8355 ext.103 if interested.

### Concussion Training

[www.cdc.gov/concussion/HeadsUp/Training/index.html](http://www.cdc.gov/concussion/HeadsUp/Training/index.html)

### Safe and Sacred online training

[www.safeandsacred-archindy.org](http://www.safeandsacred-archindy.org)

### Background Check

completed with Safe and Sacred

Additional coaching resources are available at: [www.nfhslearn.com](http://www.nfhslearn.com).