



Poolesville Wrestling Club



October 12, 2009

It is time to register for the 2009-2010 season and the Poolesville Wrestling Team wants you.

PAA Wrestling will place beginning and intermediate wrestlers on teams in the Damascus Sports Association Wrestling League (DSAWL). DSAWL is a developmental program focusing on teaching kids wrestling fundamentals and sportsmanship. Our advanced wrestlers will join with others from Clarksburg and Montgomery Village to form a team to compete in the Capital Area Wrestling League (CAWL).

PAA Wrestlers have historically enjoyed tremendous success in the DSAWL and our teams are looked upon as a model of good behavior. Last year, PAA wrestlers took home numerous medals at the DSAWL Tournament and the Mid-Maryland Regional Tournament (including champions from the Carrol County and Gaithersburg leagues). Our program is an excellent feeder program for the Poolesville High School wrestling team. The fruits of PAA Wrestling Team were evident last year with the Poolesville High School team wrestling in the state tournament, and 3 former PAA wrestlers placing in the top 12 during the Maryland State Wrestling Tournament in March.

No experience is necessary. Boys and girls ages 6 – 14 are eligible. (Must turn six before January 1, 2010). Wrestlers compete only against comparable opponents. Kids are classified by a weight/age multiplier to prevent large younger wrestlers from competing against large older (more developed and stronger) wrestlers.

We are very excited about the upcoming season. We have a great group of new and returning coaches for our team. In addition, most of our wrestlers are returning for another year on the team. As always, we are looking to add new athletes to the roster. If you know athletes interested in wrestling (with or without experience) please encourage them to talk to me or one of the other coaches: Roger Yerger, Brian Gross, Mike Sofelkanik, Hershel Gorham, Dave Roy, or Paul Szafranski.

Participants need wrestling shoes, but a shoe exchange is held at the first practice. Everything necessary (singlets and headgear) is provided. Kids/parents can buy team sweats and t-shirts.

Practices will begin Tuesday, November 10th, and are every Tuesday, Wednesday, and Friday from 6:00 to 7:30 pm at John Poole Middle School. All kids are invited to come, wrestle, or just see if this is the sport for them. Team matches begin in January. Most DSAWL matches will be at Damascus High School, but Poolesville normally hosts at least one doubleheader at JPMS. There are at least two tournaments for DSAWL wrestlers: December 12th is a pre-season "Matbash"; and the DSAWL Tournament on February 20th, 2010.

Poolesville Wrestling is a proud and successful program. While we teach our team wrestling fundamentals, our primary goal is for everyone to learn respect and sportsmanship. As a result, our kids are winners and gentlemen. Parents are invited to a mandatory parents-only meeting at JPMS during practice on Tuesday, November 17th where we will explain what is expected of all wrestlers and their families.

Registration fees are \$100 for the first child and \$80 for each additional sibling. Make checks out to PAA. Turn in your checks, completed registration forms, and copies of birth certificates (first time wrestlers only) to Laura Gardner at the first practice. We may need to limit the overall size of the team for safety reasons since all wrestlers practice on the same mat. Therefore, priority will be given based on when the completed registration forms and checks are turned in. Please submit them quickly.

Thanks,

Coach Joe Truppo
301 349-4119

Return Forms to:

Laura Gardner
17233 Spates Hill Rd
Poolesville, MD 20837
301-349-5219