



Iowa City West Trojan Youth Wrestling Club



Dear Wrestlers and Parents,

Welcome to the Iowa City West Trojan Youth Wrestling Club. West High has become one of the top programs in the state and the country. Last season, West High won both the traditional state tournament and the dual state tournament for the second year in a row and finished the season ranked 11th nationally. Nick Moore, Nate Moore, Derek St. John, and Grant Gambrall all won individual state championships. In addition Dylan Carew and Nate Moore captured national championships this summer while Nick Moore and Grant Gambrall won national titles last spring. We would like to invite your child to become a part of this tradition by joining the Trojan Youth Wrestling Club.

This club is designed to provide developmental opportunities by using thoughtfully structured practices and a well balanced competitive schedule (for those in the competitive group). The fundamental skills developed through participation in this club will lead to success on the junior high and high school levels.

The Club is open to kids from Kindergarten through 8th grade. We will be meeting on Monday and Wednesday evenings in the West High Wrestling room. The beginners club will focus on basic techniques of folkstyle wrestling. The goal and objective of the beginner's club is to learn wrestling techniques and to have fun. The competitive club will focus on developing fundamental skills necessary for having success while competing. The competitive club is intended for athletes who will be competing with the club at tournaments throughout the winter.. Mike Colleran and Jake Halvorsen will be head coaches for the clubs. Cost for the Club will be \$35.00 for the beginner's session (Oct-Dec) and \$35.00 for the each of the competitive sessions (Oct-Dec and Jan-Mar). A practice schedule will be distributed on the 29th along with a tournament schedule for those wrestling in the competitive group. Please sign up at the door the first night of practice, or mail your application in ahead of time.

The beginner's club will start on Monday October 29th and will run from 6-7pm. The competitive club will also start on October 29th and will run from 7-8:30. As a general rule, if school is cancelled or is dismissed early for bad weather, the Club will not have practice. This is for safety reasons.

If you have any questions, please contact Mike Colleran by phone (319-248-9812) or e-mail (colleran9@yahoo.com).

We look forward to seeing you,

Mark Reiland
Head Wrestling Coach
Iowa City West High School
State Tournament Champions '06 '07
State Dual Champions '03 '04 '06 '07
Ranked 11th Nationally '07

Mike Colleran
Trojan Youth Wrestling Club
Northwest Junior High Head Coach
Former Assistant and Head Coach
Woodberry Forest School, VA
VISWA State Champions '00 Runner up '01 '03

Jake Halvorsen
Trojan Youth Wrestling Club
4 year Varsity Wrestler at West High
Sophomore Year State Champion
Junior Year State Finalist
Senior Year State Finalist

Child's Name _____ Beginner Club _____ Competitive Club _____

Street _____

City _____ Zip _____

Grade _____ Weight (approximate) _____ Phone # _____

Parents' email address _____

I give permission for my child to participate in the Trojan Youth Wrestling Club. I understand that Iowa City West High School and the Trojan Youth Wrestling Club are not responsible for any injury or loss of personal property occurring during this training.

Participant's Name _____

Parent/Guardian Signature _____

*Please make checks payable to: Trojan Wrestling Club

**Check and forms can be mailed to: Michael Colleran, 116 Washington Park Rd, Iowa City, IA 52245

Check out the new West High Wrestling Home page at www.icwestwrestling.com.