



K-SENIOR LEVEL WRESTLING SEASON

We are excited for the 2023/24 wrestling season. We are offering beginners, and advance practices this year for kindergarten through senior level wrestlers (boys and girls). Our beginners' wrestlers are usually our younger group who have not wrestled for very long, or their focus is not yet where it needs to be for advanced practices. Our advance wrestlers typically have a solid base of wrestling knowledge, work hard, are consistent, and focused. We focus a lot on teaching the sport of wrestling, but we also focus a lot on helping to build great people. Practices will be structured and disciplined!

HOW TO SIGN UP: Each wrestler will need a USA card. You only need the folkstyle limited card and not the full membership if you are only doing local non regional, non-state or non-national tournaments. Otherwise, the full membership is needed. To get the USA card: Go to usaw/membership.com, create a login, purchase a USA card (make sure to make your club affiliation CNWC Concede Nothing Wrestling Club). For club fees we offer several different options depending on how long you want the season to be. You can find out the club fees on Facebook: Conceded Nothing Wrestling Club. Sign up day is on 10/30/23 at the Centralia High School wrestling room from 5:30 pm to 6:30 pm. There will be no refunds available for club/sign up fees!

FIRST PRACTICE: Centralia High School wrestling room- Beginners: November 2nd from 5:15 PM until 6:30 PM, Tuesdays and Thursdays. Advanced: November 2nd from 6:30 PM to 8:15 PM Tuesdays, and Thursdays. We will have live matches every other Friday during practice in the wrestling room. Our wrestlers will compete in the USA wrestling schedule. You can find the calendar of tournaments on washingtonstatewrestling.com. We are also joining the down south league which will also be an option for our k-6 wrestlers. We will have more info on that as we get it.

PARENTS/COACHES: All parents and coaches who plan to coach need to get the wrestling leader card through usa/membership.com. The process does require a background check, before you are allowed to purchase the wrestling leader card.

We are looking forward to helping build great athletes and people!

"The Centralia school district does not sponsor this event, and the school district assumes no responsibility for it".

Thank You,

Scott Phillips
Concede Nothing Wrestling Club
360-508-4410
Kuderone@yahoo.com