



CENTRALIA/CNWC K-6 WRESTLING SEASON

We are excited for the 2025/26 wrestling season. CNWC is offering beginners, and advance Folkstyle/freestyle/Greco 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 (secondary insurance). 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, create a profile for your wrestler, and purchase a USA card (make sure to make your club affiliation CNWC Concede Nothing Wrestling Club).

COST: For club fees we offer several different options depending on how long you want the season to be (6 weeks to 8 months). The 6 week beginners club fee is \$75 per athlete. The rest of the fee scheduled if the athlete would like to compete longer is on Facebook. Concede Nothing Wrestling Club.

SIGN UPS: To sign up fill out this form, and bring it to the first practice at the Centralia High school wrestling room. Beginners start on 11/3/25 at 5:15 pm, and advanced start on 11/3/25 at 6:30 pm. Practices will be on Mondays, Wednesdays, and every other Friday.

Wrestlers name: _____

Grade: _____ Wresters age: _____ School: _____

USA card # _____

Parents name: _____ Parents phone# _____

COMMUNICATION: All beginners group and advanced group parents please download the sportsyou app on your phone. Beginners' parents put in code: F7G8-7YBG. All advanced group parents put in code: HQ44-2F5X. This will allow us to communicate with you about competitions, practice changes, etc through the app. Athletes should also download the app and join the appropriate group.

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/kudeone@yahoo.com