

Team Ox

We are fast approaching the end of our regular season and it is time to get geared up for 'Team Ox'. Team ox is for those wrestlers that want to continue with tournaments after the regular season has ended. We will focus on Greco, Free Style and Regular Style wrestling.

We encourage everyone to join. The cost is \$100 and that pays for the card and helps with hotel costs for out of town tournaments.

Practices will be held on Tuesdays and Thursdays from 6:00pm to 7:30pm. We will use the High School practice room. Junior High will start Feb. 10th and the Senior High will practice after their Regular season is over. Coach Conaway will let the Senior High know the date.

Please fill out the paper work and hand in to either Coach Dave Conaway or Coach Brian Martin.
(Payment plans may be arranged through Coach Conaway)

- ① High School practice will start Tuesday March 17th
- ② We need to have your application by Feb 15th with a \$100 check made out to Crunch Bench. or a payment plan.
- ③ We are also planning a trip again to the state wrestling tour March 5-6-7th. More info coming next week.

Thank you,

2009 PAWF/USA WRESTLING MEMBERSHIP APPLICATION

Name _____
(First) (Last)

Club _____

Date of Birth ____/____/____ Grade: ____ Gender: M / F
month day year

Address _____

City _____ State _____ Zip _____

Telephone (____) _____ Email _____

Signature of Applicant _____

CARD NUMBER

Official Use Only - do not write in this box

Please circle ONE of the following athlete divisions:

OPEN	H.S. Junior 9th-12th grade	Cadet 1993-94	Schoolboy 1995-96	Novice 1997-98	Midget 1999-00	Bantam 2001-02
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All USA Wrestling Membership Cards: \$35
Please make checks payable to: PAWF/USA Wrestling
Coaches cards must be purchased directly thru USA Wrestling

Mail Application and Payment to: Van Plocus, State Chairman, 3096 Route 85, Home, PA 15747

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