



Little Pacers Youth Wrestling Club: Our program aims to meet each wrestler at his level of experience (whether he/she is new to the sport or training to be an OAC state champion), and develop his skill, understanding, and love of the sport. We value character, discipline, hard work, sportsmanship, and respect; we believe wrestling is a great vehicle to help instill those values into a child. The Little Pacers are led by head coaches Leo and Emmett Cain. Leo has been in the Delaware wrestling family for years as a coach and father of Emmett Cain a 2 time state qualifier who will also be assisting along with a number of passionate and caring volunteer coaches who are former standout wrestlers, and current high school wrestlers. Coaches Leo and Emmett and staff work closely with the Hayes High School and Dempsey Middle School coaches to ensure the Little Pacer wrestlers are being taught the most effective techniques and strategies. This year, high school and middle school coaches will be in attendance regularly to help out and assist in instruction.

First Practice: November 10, 2022

In person: You can sign up in front of the Hayes HS Wrestling Room from 5:30-6pm on the first couple nights. Registration will also be available online by visiting our social media sites on Facebook, Twitter or Instagram.

Practices for Little Pacers will be on Tuesdays and Thursdays from 6-8pm. We are not doing separate teams this year. We are running our sessions together with plans to differentiate as needed to meet the needs of ALL our athletes. The first practice will be on Thursday, November 10th.

*The cost for the Little Pacers Wrestling club is \$100 this season. Each athlete will be given a t-shirt/shorts. You will also have the opportunity to order additional gear through an online store (This will include singlets, warm ups, bags, gear for parents, etc...)

Contact Kevin Rieman at riemanke@delawarecityschools.net or 740-816-8326, Josh Lamb at lambjo@delawarecityschools.net or 419-733-2013, Emmett Cain 740-707-4490 or Cainta@delawarecityschools.net with questions or for additional information.



LITTLE PACERS

2022/2023 REGISTRATION FORM

Wrestler _____ Current Grade _____
Address _____ Approx. Weight _____
City, Zip _____ Age _____
School _____ DOB _____

Parents Names _____
Cell Phone Numbers _____

Emails _____

Emergency Contact _____ Phone _____
Medical Conditions _____

(Circle size)
Shirt Size- YS YM YL AS AM AL XL XXL XXXL
Shorts Size- YS YM YL AS AM AL XL XXL XXXL

We, the undersigned, understand that this club is not a school activity. In addition, we hereby state that we are aware that participation in all sports requires an acceptance of risk of possible injury. In giving our consent for our son/daughter to participate, we are aware that the risk of injury may be severe including risk of fractures, brain injuries, paralysis, or other severe complications. Additionally, we agree not to hold the participating school districts and coaching staff liable for any injury incurred by our son/daughter while in attendance at the club. The club sponsors do not provide medical or dental insurance for students injured in the club. We, the undersigned, do have insurance and accept full responsibility for any and all medical and/or dental expenses from any injury while he/she may suffer while taking part in the club.

Parent/Guardian Name _____

Parent/Guardian Signature _____

\$100 Paid

_____ Check ___ Cash ___ Venmo