



Collins Hill Youth Wrestling Club, Inc.



As many of you know, the Collins Hill High School Wrestling Team is the reigning State Champion in both Traditional and Dual State competitions for the 4th consecutive year. Ranked 30th in the country by Amateur Wrestling News at the end of last season, Collins Hill has accumulated 6 State Championships, 3 Runners-Up, and 3 Third-Place finishes in Traditional Competitions since 2000 alone. Adding to that, the Eagles have been State Dual Champions 4-straight seasons and 5 out of the last 7 years. Hard work and dedication has brought the Collins Hill HS Wrestling team to the forefront of the national wrestling community. Each varsity wrestler last year had one thing in common—participating on youth teams prior to high school.

CHYWC Youth Wrestling Team (Youth and Middle School)

Now's YOUR chance...

Highlights:

- Online Registration—October 1, 2011 though November 30, 2011
- Walk-In Registration (and pre-season practice) Begins Monday, October 17, 2011, at the Collins Hill High School Field House (across from the stadium concession stand).
- Pre-Season Practices are every Monday/Wednesday from 6:30pm to 8:30pm
- Regular Season Practices will Begin Thursday November 17, 2011, and run Tuesdays & Thursdays (Youth 6:00pm-7:30pm / Middle School 7:30pm-9:00pm), with additional Middle School practices on Mondays 6:30pm-8:00pm

Online registration:

www.chywc.org

Walk-In Registration:

**Collins Hill HS Field House
50 Taylor Road
Suwanee, GA 30024**

Walk-In Registration - 2011/2012 Season

Wrestler's Name _____

Father's Name _____

Cell Phone _____

Address _____

Mother's Name _____

Cell Phone _____

City, State, Zip _____

Emergency Contact _____

Cell Phone _____

Phone _____

Email _____

Method of Payment

Cash

Check

Registration for 2011/2012 Season

Additional Wrestler from same family

I am a returning Wrestler with a CHYWC "PennState" style singlet

Fees	Totals
\$155.00	
\$130.00	
Subtract \$25.00	

Parent/Guardian Signature _____

Date Rec'd: _____ Total Rec'd: _____

Received By _____

SHOULD FOOTBALL PLAYERS WRESTLE?

"I would have all my Offensive Lineman wrestle if I could."
- **John Madden, Hall of Fame Football Coach**

"Well-respected by coaches and teammates for his tough, aggressive nature (comes from his prep wrestling background)"
- **NFL Draft Scout on Alex Stepanovich**

"My football coach told me, 'You better get in wrestling or I'll beat you up.'"
- **Tim Lee, Texas High School All-American**

Lee said that wrestling helps him on the football field because he knows he has to stay low. "In wrestling, you've got to have self-discipline and self-motivation. As a lineman, it's the same thing ... me vs. you. He brings that mentality to the football field."
- **Tim Lee's High School Football Coach, Tim Howard**

"Some of Matt Roth's intensity can also be attributed to his successful run as a state-champion wrestler in high school. Many coaches, scouts and wrestlers-turned-football-players will laud wrestling for the leverage and quick hands it provides for football. Roth credits wrestling for the never-say-die attitude it gave him.

It's the attitude. (Wrestling) helps you with your hips, your hands and your balance, but more than anything it helps you with your attitude." he said. "A lot of these kids that are basketball players, we eat those kids up. It's just our mentality—you're going to get the job done and you're going to punish them."

Roth said his dream partner on the wrestling mat would be Ravens LB Ray Lewis, himself an accomplished high school wrestler."
- **by Chris Neubauer, Pro Football Weekly**

Ten Good Reasons for Football Players to Wrestle

By Dr. Bill Welker, West Virginia University

1. **Agility**--The ability of one to change the position of his body efficiently and easily.
2. **Quickness**--The ability to make a series of movements in a very short period of time.
3. **Balance**--The maintenance of body equilibrium through muscular control.
4. **Flexibility**--The ability to make a wide range of muscular movements.
5. **Coordination**--The ability to put together a combination of movements in a flowing rhythm.
6. **Endurance**--The development of muscular and cardiovascular-respiratory stamina.
7. **Muscular Power** (*explosiveness*)--The ability to use strength and speed simultaneously.
8. **Aggressiveness**--The willingness to keep on trying or pushing your adversary at all times.
9. **Discipline**--The desire to make the sacrifices necessary to become a better athlete and person.
10. **A Winning Attitude**--The inner knowledge that you will do your best - win or lose.