



Golden Gate Wrestling at Eureka Valley Recreation Center

100 Collingwood St. SF CA 94114 Tuesday/Friday 6pm Saturday Noon upstairs All Purpose Room

Basic Policies:

1. Golden Gate Wrestling (GGWC) has operated out of Eureka Valley Recreation Center as a SF Parks and Rec program since 1986.
2. GGWC is a 30 year old SF based 501c3 non-profit that specifically services kids, youth, and adult wrestling programs.
3. GGWC is the ADULT wrestling program focused on FreeStyle/GRECO/Grappling for all over 18 years old.
4. Alliance Wrestling is the GGWC YOUTH wrestling program focused on FreeStyle/GRECO for San Francisco Bay Area high school aged Wrestlers 12-18 years old.
5. Camp Grappling is the GGWC KIDS wrestling program focused on the 'Kids' aged 6-11 years old.
6. Wrestlers in *-ALL-* GGWC programs are *-required-* to *purchase* a USA Wrestling membership card in order to protect the Wrestler with a full medical policy, and the GGWC coaches and SF rec center with a \$2mil liability policy. The card can be obtained on-line at <http://TheMat.com> . Look for membership, competitor, SF Bay Area, and Alliance Wrestling or GGWC. The card is \$50 and is valid from September through September. Please print off a copy of the card to give to the coaches, and keep another copy with you when you come to practice. This card entitles the Wrestler to local/state/national competitions as well as full medical insurance coverage.
7. GGWC requires of the ADULT wrestlers an annual dues fee of \$60 to cover maintenance of the mats, etc... This is *-in addition to-* the USAW Competitor Wrestling Card. GGWC has a PayPal link: <http://dermodynamics.com/GGWC2013.htm> .

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8. USA Wrestling *-requires-* that GGWC staff its practices in all programs with qualified certified adult coaches who have had background checks. These USAW Coaches Cards and background checks are also available from <http://TheMat.com> for ~\$50. Two coaches are required to be present for an official insured program practice.
9. Youth wrestlers specifically need the permission of their parents and high school coach to practice with Alliance Wrestling. Camp Grappling is handled specifically through an official program registration with Eureka Valley Rec.
10. Wrestlers in all programs must have current valid USA Wrestling cards with them at practice in the event of an injury that requires visiting the hospital emergency room.
11. If a Youth Wrestler cannot afford the USA Wrestling competitor card fee of \$50, GGWC will purchase it.
12. To join the Alliance Wrestling email ListServ and be kept informed of the practice schedule, please send an email to: AllianceWrestling-Subscribe@YahooGroups.com . You will then receive an email invite and be subsequently added. You do not need a Yahoo email address to be added to the ListServ.
13. To join the adult GGWC email ListServ and be kept informed of the practice schedule, please send an email to: GGWCPractice-Subscribe@YahooGroups.com . You will then receive an email invite and be subsequently added. You do not need a Yahoo email address to be added to the ListServ.
14. Once added to the appropriate ListServ, you can contact the coaches and the group by sending an email to: AllianceWrestling@YahooGroups.com or GGWCPractice@YahooGroups.com . It is recommended that you always send an email to this ListServ before each practice stating whether you are coming or not, your name, weight, age, skill level so others will be more motivated to get to practice.
15. Alliance Wrestling and Camp Grappling have private/closed Group FaceBook pages for just parents to share comments, photos, and videos. Only parents & guardians of registered Youth Wrestlers will have access.
16. All Wrestlers in any program will be given a Team rash guard T-Shirt to be worn at practice. Wrestlers should wear legitimate compression shorts, boardshorts, or singlets. Jewelry, baggy clothes with pockets, and street shoes are prohibited. Grapplers may choose to be barefoot. All wrestlers *-MUST-* wear a rash guard T-Shirt.

**Thank You from the Coaches of Golden Gate Wrestling
at Eureka Valley Recreation Center**



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Confidential Individual Wrestler Emergency Form for ADULTS

(PLEASE PRINT or CIRCLE and Return to the Coaches)

Name: _____

DOB (mm/dd/ccyy): ____/____/____ Tel#: _____

Address: _____

eMail Address: _____

Experience: _____

City: _____ State: _____ ZipCode: _____

Shoe: 7 7.5 8 8.5 9 9.5 10 10.5 11 11.5 12 12.5 13

RashGuard T-Shirt Size: XS S M L XL Weight (#lbs): _____

Health Issues: asthma epilepsy allergies other:

Signature: _____ Date: _____

Emergency Contact Name: _____

Relationship: _____ Tel#: _____
