



# FALL 2023 PRE-SEASON TRAINING 5th - 8th Grade

**WHEN: 5:15 - 6:45 PM**

**WHERE:**

Monday and Friday  
 Week #1: NOVEMBER 13 & 17  
 Week #2: NOVEMBER 20  
 Week #3: NOVEMBER 27  
 Week #4: DECEMBER 4 & 8  
 Week #5: DECEMBER 11 & 15  
 Week #6: DECEMBER 18 & 22

**WEST DE PERE  
HIGH SCHOOL WRESTLING ROOM**

(Enter Door #4 , Weight Room / Turf Facility Entrance)

***COST = FREE!!***

***Sign up online***

**[HERE](#)**

*Practices will be conducted by coaches, high school wrestlers, alumni and volunteers from within the West De Pere Wrestling Program. The focus will be on developing and honing techniques and will include exceptional technical training, conditioning, weight training and live wrestling. Athletes will be encouraged to develop healthy practice habits, create a positive mindset and have fun while encouraging and pushing each other to get better.*

**CONTACT : CHRIS GALLEGOS, Head Wrestling Coach, West De Pere High School - cgallegos@wdpsd.com**  
**VARSITY ASSISTANT COACH : Nick Schneider - schnnj10@gmail.com**  
**MIDDLE SCHOOL COACH: TJ WILLIAMS - twilliams@wdpsd.com**

----- **FORM MUST BE COMPLETED AND TURNED IN BEFORE ATHLETE CAN PARTICIPATE** -----

## WRESTLER INFORMATION

Wrestler Name: \_\_\_\_\_

Grade: \_\_\_\_\_

School: \_\_\_\_\_

Phone: \_\_\_\_\_

I approve of my child's participation in the West De Pere Wrestling Club and certify that within two years he/she has had a physical examination and that he/she is in good health and able to participate in all activities. If medical attention is required for injury while attending activity, I give my permission for such care. I hereby release West De Pere School District, West De Pere Wrestling, its officers, employees and agents from any and all liability arising out of injury or illness my child incurs while participating in club activities. I understand the rigorous activity in which he / she will be involved.

\_\_\_\_\_  
PARENT GUARDIAN SIGNATURE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
EMERGENCY PHONE NUMBER

\*\*\*\*\*BRING TO PRACTICE WHEN THE ATHLETE STARTS PARTICIPATION\*\*\*\*\*