



Germantown Wrestling is pleased to offer November Boot Camp/Mat Club for experienced, novice and beginner K-12 wrestlers to prepare for the upcoming season.

Wrestlers will be broken down by age group and numbers– ES, MS and HS

Strict Social Distancing and Covid-19 Procedures will be in place

When: Starting Wednesday October 28, 2020 until Sunday, November 29, 2020

Days and Times: Monday through Friday 5-8 pm (group times will be posted) and Sunday Mornings 9-11 AM **6 Days a week!!**

Where: At our temporary location on 2 mats at the **Rockville Sports Plex, 60 Southlawn Court, Rockville, MD**

Coaches: Coach Craig Staton with Germantown Wrestling will be running the room on Monday, Wednesday, Thursday and Sundays along with guest clinicians from various local programs on Tuesdays, Fridays and throughout.

Coach Greg Elliott with Germantown Wrestling will be coaching the Novice and Beginner wrestlers from 5:00 to 6:00 on Monday, Wednesday and Fridays along with the great staff of Germantown Wrestling and others.

Costs: One Month Boot Camp-\$60 Season USA Wrestling Card-\$15 One Month Special Facility Membership-\$5

3 EASY STEPS TO REGISTER!

Step 1 Register for Boot Camp **Step 2** Register with USA Wrestling **Step 3** Register with the Facility

Step 1 Boot Camp Registration-Go to www.GermantownWrestling.org and click **REGISTER NOW for BOOTCAMP/MATCLUB**

Step 2 USA Wrestling Registration

Please go to www.usawmembership.com to register for USA Wrestling

Germantown Wrestling is a USA Wrestling certified program. All wrestlers are required to obtain a USA Wrestling card.

Step 2 Facility Registration

Please go to www.yoursportspass.com to register for the facility (Choose **Studio Sportsplex Germantown** for the Special rate) Follow the steps carefully and create an account.

The temporary facility, Rockville SportsPlex, has strict Covid 19 procedures in place. All building entrants must have a facility membership. The membership assists with contact tracing requirements set forth by local, state and federal governments. Temperature checks are required for anyone entering the building. You will be required to use the bar-code from your membership on your phone to gain access to the facility .

Germantown Wrestling will follow all CDC, State of Maryland, Montgomery County and USA Wrestling guidelines. All wrestlers will be required to wear a mask when not training. Coaches will be required to wear a mask at all times.

We may need to provide a sign up sheet for practice to make sure we are in compliance with all guidelines. Times are subject to change. Thank you for your flexibility and patience during these challenging times.

CONTACT: Dave Blankenship, Executive Director phone (301) 503-9988 email GermantownWrestlingClub@gmail.com