



# X-MEN WRESTLING CLUB

## 2023 DEVELOPMENTAL TOURNAMENT

This tournament is for all **beginner** wrestlers with 2 years or less experience

**Date:** **Sunday – January 8, 2023**  
**Location:** LaSalle Middle School Gymnasium  
3700 1st Ave NW, Cedar Rapids, IA  
**Weigh-Ins:** 1:15pm – 2:00pm  
**Cost:** \$15 - Walk-In Only  
Checks payable to: "X-MEN WRESTLING"  
Admission is free for spectators.  
Limited to 300 wrestlers  
Concessions will be available

**Awards:** Medals to all participants!  
**Grades:** PK thru 6<sup>th</sup> Grade

- All wrestlers should wrestle 3-4 matches depending on time.
- No wall brackets will be used.
- Wrestlers will be paired randomly by weight and their grade.
- Matches will consist of 3 - (1) minute periods.
- Pins will be called but wrestling will continue until the match time has ended.
- Both wrestlers' arms will be raised at the end of the match.
- Please remember that this tournament is designed to give the beginning wrestler more mat time & confidence before they enter the more competitive tournaments.
- For more information contact Ben Hoover - [bhoover@holmesmurphy.com](mailto:bhoover@holmesmurphy.com).

<b>Wrestler's Name:</b>	<b>School:</b>
<b>Parents' Name:</b>	<b>Grade:</b>
<b>Address:</b>	<b>Birthdate:</b>
<b>City, State, Zip:</b>	<b>Phone:</b>
<b>E-mail:</b>	<b>Weight:</b>
<u>Accident and Injury Waiver</u> I certify that _____ has my permission to participate in the X-Men Wrestling Club Tournament. I hereby accept full responsibility for his actions. I understand that Xavier HS, LaSalle MS, any of their agents and the coaches and advisors are not responsible or liable for any accident, injury, or loss of property.	
Signature of Parent or Guardian	