

Welcome Back Wrestlers!

Mid Valley Wrestling

**All students Grade 1-12 are welcome
Every Tuesday and Thursday 5pm-615pm
WJ Mouat Secondary - small gym
First 3 Practices are FREE**



Follow Us and Contact:
Instagram @mid_valley_athletics_club
FaceBook @Mid Valley Athletics Club

For more information, please contact:
Jim Mitchell
jims.lutte@gmail.com

Mid Valley Athletic (Wrestling) Club

Olympic Freestyle Wrestling Club for ages 10-20+, Male and Female Freestyle wrestling techniques, skills and training, NCCP Certified Coaching for those of all levels wishing to learn about amateur wrestling. Learn skills, techniques, improve fitness, self defense, self confidence, scrimmages, and competition matches.

MVAC is a non profit society registered 1991 with the BC Societies Act.

MVAC objectives:

- to continue and to operate an amateur wrestling club for the Abbotsford region
- to promote, develop and improve all facets of the sport of amateur wrestling throughout the Mid Fraser Valley
- to provide members with assistance, facilities and opportunities to improve their amateur wrestling skills

The Mid Valley Athletic Club was originated by local high school wrestling coaches in 1990. Local coaches were looking to provide promote wrestling by providing experiences and opportunities. In the early years the focus was on providing wrestling cultural exchange travel trips.

The MVAC has operated on a continuous basis since 1991, fund raising in support of wrestling, MVAC funds have been directed to:

- local high school programs and development
- providing High performance coaches and training
- Training venues, mats and equipment
- National Championship training and participation
- local and regional competitions
- Hosting tournaments: Provincial (BC Games, BCHS Championship) Western Age Class and National Age Class

Currently, MVAC's focus is to increase local area wrestling participation and development in Abbotsford and the surrounding region. MVAC has been and continues to provide Physical Education instruction at local middle and high schools. The MVAC provides further opportunities to these interested students to learn and participate in wrestling locally.

MVAC PRACTICES: 2024-2025 Mid Valley Athletic Club (MVAC)

- practices: Tuesdays & Thursdays 5pm-615pm
- WJ Mouat Secondary School 32355 Mouat Drive, Abbotsford
- Boys & Girls Grade 1-12

WHAT TO BRING:

- Wrestling boots and gym strip
- water bottle
- long hair tied back

SAFETY:

- listen and follow instructions/group directions
- if you don't understand, ASK!
- no long or sharp fingernails
- be aware of your space. Not too close to other groups on the mat
- in potentially harmful positions or space, Tap Out to stop the action and reset
- let the coach and instructor know if you are injured right away
- if wrestlers become hurt, tell the coach, do not stay on the mat, move away to a safe space if possible
- falling to the mat; do not attempt to fall with outstretched extended arms/limbs
- when falling to the mat: roll to break your fall/impact to the mat
- never extend your joints or partners joints pass the normal range of motion

MVAC 2024-2025 Season Costs

Season: \$100 Oct.22/24-Feb.4/25

includes BC Wrestling Membership

- Drop In Fee after 3 free practices: \$5 per practice
- MVAC Tshirt (TBD)

EQUIPMENT SOURCES Wrestling shoes/knee pads/other

- Aktion Sports Equipment
- Takedown Distribution
- Wrestling Mart
- Wrestling Tournaments
- Coach Mitchell sells shoes

Mid Valley Athletic Club Practices 2024-2025

WJ Mouat

Small Gym (west side door entry)

5pm-615pm

October 2024	Tuesday	Thursday
	22	24
	29	31- no practice - Halloween
November 2024	5- cafeteria	7- cafeteria
	12	14
	19	21
	26	28- cafeteria

December 2024	3	5
	10	12- cafeteria
	17	19- no practice
January 2025	7	9- Chilliwack Tournament
	14	16
	21	23
	28	30
February 2025	4- last practice	
Coach: Lauren Koerber	PenguinLK@hotmail.com	778-255-1424

MID VALLEY WRESTLING CLUB

RELEASE OF LIABILITY TO PARTICIPATE

In consideration of Mid Valley Athletic (Wrestling) Club Practices:

I, _____ (parent/guardian) give permission for
 _____ (student) to participate in wrestling practices with Mid Valley Athletic (Wrestling) Club. I hereby assume all risks of his/her personal injury (including death) that may result from Mid Valley Athletic (Wrestling) Club practices/activity and or Wrestling Tournaments. As a parent/guardian, I do hereby release Mid Valley Athletic Club and BC Wrestling, their officials, employees or agents from all liability, including claims and suits of law or in equity, for loss, damage or injury, fatal, or otherwise which may result from the athlete taking part in Mid Valley Athletic (Wrestling) Club activities.

 Parent's/Guardian's Signature

 Date

This form must be on file for the student to participate in Mid Valley Athletic (Wrestling) Club. Please contact the coaches or Facebook Group page for any questions concerning the information on this document.

Wrestler Information:

First and Last Name: (legal name): _____

Birthdate: Year: _____ Month: _____ Day: _____ Age: _____

School: _____ Grade: _____

Gender (please circle one): Female/Male Weight (KG): _____

Wrestler's Cell Number: _____

Wrestler's Email: _____

Address: _____

City/Town: _____ BC Postal Code: _____

Allergies: _____

EpiPen Required? (Please circle one) Yes/No

Medication: _____

Other medical/injury issues: _____

Is an identification band or card carried to alert others of above conditions or medical use?
(Please circle one) Yes/No

If yes, which (please circle) Band/Card/Other: _____ Where: _____

Emergency Contact Info

Parent/Guardian Name: _____

Relationship to wrestler: _____

Cell Number: _____

Email: _____

WRESTLING BC - BCWA

MEDIA RELEASE FORM

This form indicates parental permission regarding use and publication of athlete likeness.

I grant BC Wrestling & Mid Valley Athletic Club permission to use and publish the name and likeness of my child, _____, in any and all promotional materials, communications and other publicity visible venues (publications). Such "Publications" included specifically, but are not limited to, publicly displayed photographs, press releases, advertising brochures, newsletters, professional publications, Facebook, Twitter, Instagram, other social media outlets, and postings on websites. I understand and agree the "Publications" will become property of BC Wrestling and Mid Valley Athletic Club and will not be returned, there will also be no compensation.

In addition, I waive the right to inspect or approve the "Publications" prior to publication and to receive any royalties or other compensation arising or related to the use of "Publications". I hereby hold harmless and forever release BC Wrestling and Mid Valley Athletic Club, and their employees agents and representatives, from any and all claims, demands, and causes of action which my child or, I our heirs, representatives, executors, administrators, or other persons acting on behalf or either of us or on the behalf of our estates, have as consequence of any publication authorized by the Release.

This release applies to all publications made by BC Wrestling and Mid Valley Athletic Club and is effective for the entire time the athlete is enrolled by BC Wrestling and Mid Valley Athletic Club. Either parent may revoke the release at any time during the athletes involvement by submitting a letter to the BC Wrestling Office, Suite 3014 3713 Kensington Ave. Burnaby, BC V5B 0A7. I hereby certify that I am the parent or guardian of _____, named above and do hereby give my consent without reservation to the foregoing on behalf of this person,

Parent/Guardian Name (PRINT)

Date

Signature