

## Why should my son become a member of the Thunderbolt Wrestling Club?

The experience our sons received from being members of the Thunderbolt Wrestling Club has helped them to compete on the Pius X High School Wrestling Team. - Kerr Family - member of Cathedral of the Risen Christ and Current Thunderbolt Club Managers Deb and Joe Kerr

Dads are encourage to get out on the mat with their sons during practice to not only learn and practice wrestling, but to build and grow in their relationship as fathers and sons. Edwards Family - Saint Mary's Parish

We found that our son was well prepared physically and mentally to participate in other sports after being involved in the Thunderbolt Wrestling Club - Benes Family - members of St Joseph Parish

Being member of Thunderbolt Wrestling Club taught our sons how to compete and the merits of self accomplishment. - Stewart Family - members of Blessed Sacrament Parrish

Our sons were able to meet and get to know other friends from other Catholic Schools and potentially future classmates at Pius X High School— Sasse Family— members of Saint Peters Parrish

[www.thunderboltwrestling.info](http://www.thunderboltwrestling.info)

### Thunderbolt Wrestling Club Coaching Staff

**Jerry Clinch 402-430-3114**

Head Coach Pius X Wrestling  
Director Thunderbolt Wrestling Club  
2x High School State Medalist  
21 years coaching



**Dave Koenig**

Head JV Coach Pius X  
2yrs  
High School State Medalist



**John Zach**

Asst. JV Coach Pius X Wrestling  
3yrs  
High School State Medalist



**Zach Dalton**

Asst. Coach Pius X Wrestling 2yrs  
2yr State Qualifier



**Eric Schilmoeller**

1yr Thunderbolt Club Coach  
4yr State Qualifier



6000 A Street  
Pius X Wrestling Room  
Back northeast doors

**THUNDERBOLT  
WRESTLING CLUB**

P.O. Box 30223  
Lincoln, NE 68503

[www.thunderboltwrestling.info](http://www.thunderboltwrestling.info)

2009-10

**Thunderbolt  
Wrestling  
Club**



We rejoice in our suffering, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us.  
Romans 5:3-5

# 2009-10 Thunderbolt Wrestling Club

Coaches and current wrestlers will be instructing on the basics of wrestling, which include balance, strength, endurance, and wrestling technique. Participants are required to bring workout cloths and clean tennis shoes or wrestling shoes. All practices are held at Pius X High School in the wrestling room. Access to the practice area is through the doors located on the east side of Pius X High School by the tennis courts.

Prior wrestling experience is not required. Achievement and results in wrestling are a product of the wrestlers willingness to do their best and try their hardest. Pius X wrestling coach and staff lead and instruct the practices. Dads are encourage to assist and join their sons on the wrestling mat during practice. Coach Jerry Clinch, previous Pius X wrestler and High School State Medalist and current Pius X High School Head Wrestling Coach invites and is joined at practice by other state medalists and successful Pius X wrestlers.

Preliminary practice begins December 14th for previous wrestling club members . Meeting on **December 14, 16, and 21.** Practice for new and previous members resumes after Christmas break on Monday January 4th for all grades K-8. Pre-K students may join with permission from Coach Jerry Clinch. Practice is held every Monday and Wednesday. During the second half of the season an additional practice session is offered on Thursdays.

Formal wrestling meets are offered throughout the season locally and regionally. Participation is voluntary and can be establish based on the wrestlers ability and availability to participate.

Bring registration form and fee to first practice.



## 2009-2010 Thunderbolt Wrestling Club Form

(please print)

Wrestler's Name \_\_\_\_\_

Address \_\_\_\_\_

\*\*Parent Name \_\_\_\_\_

\*\*Email \_\_\_\_\_

Work Phone \_\_\_\_\_ Home Phone \_\_\_\_\_

School \_\_\_\_\_ Parish \_\_\_\_\_

Grade \_\_\_\_\_ Age \_\_\_\_\_ Weight \_\_\_\_\_

Social Security Number \_\_\_\_\_

Date of Birth \_\_\_\_\_

Future High School \_\_\_\_\_

T Shirt Size (circle one)

Youth S M L ..... Adult S M L XL

I give \_\_\_\_\_ permission to participate in the Thunderbolt Wrestling Club. I will not hold any coaches, agents, or Pius X High School responsible for any injuries or accidents. I will also not hold the Club responsible for lost or stolen articles. I carry insurance on my son and assume responsibility for him.

Parents Signature \_\_\_\_\_

Wrestlers Signature \_\_\_\_\_

**Registration Fee: make checks to Thunderbolt Wrestling Club... \$60 per wrestler**

**Family price: \$60 for 1, \$10 off for 2, \$20 off for 3, \$40 off for 4**