The faculty at Life Christian Academy is glad that your child is interested in wrestling. Studies show that when a student is involved in activities outside of the school day academics and attitude are improved while social misconduct is decreased (Din, 2006). This is a great chance for your child to learn and continue to grow in the world’s historically oldest sport!

The wrestling season is typically “in-season” during the winter months. Its competitive season is during mid-November through early January. Most competitive programs have off-season weightlifting and club programs throughout the year to keep strength and wrestling skills sharp. If your child is interested in participating this fall/spring and next school year, each student will have a USA Wrestling competitor’s card. This card is valid for all age groups at all competition levels and club practices for an entire year.

Benefits of membership include:

* Attend camps, events, clinics, and club programs
* One year subscription to USA wrestler
* Secondary accident insurance
* Discounts on wrestling gear, equipment and apparel,
* Access to online broadcasts

Here is what to do:

1. Go to **TheMat.com**
2. Click on “**membership**” at the top (should be in blue writing)
3. Click on “**Join USA Wrestling**” in the left-hand box
4. Create an account
5. Go to “**add athlete**”
6. Pay year membership
7. Print receipt and/or card

**Bring the receipt and/or USA Wrestling competitor’s card to the next open mat day that is scheduled and show it to the coach**. Wrestlers participating in open mats must have this card to attend open mats. Congratulations! You’re official! Make sure to get a copy of the LCA guidelines and get it signed by a legal parent/guardian.

     