TITANS
WRESTLING CLUB
BUFFALO, NY

REGISTRATION
2026-2027

MISSION & APPROACH

Our mission is simple: to help kids fall in love with wrestling. When they find it fun and rewarding, the hard work becomes easier and more meaningful. We're not here to chase trophies or build a child's sports résumé. We don't track wins and losses — we focus on learning the sport, developing solid technique, gaining life lessons, and being a supportive teammate.

Our approach is built for the long term. We want kids to understand how their bodies move, what they're capable of, and how effort leads to progress. Too often, youth sports place the emphasis on outcomes instead of growth. While competition is part of wrestling, our true goal is steady improvement — because when growth is consistent, success naturally follows.

The Club Outline included goes into more detail about our approach, expectations, and goals as a club.
We are aiming to change the youth sports experience for those who join us.

PRACTICE

Tuesdays and Thursdays from 6:00-7:30pm
November 17, 2026 until March 30, 2027 (About 40 Sessions)

D'Youville University, Saints Center - Mat Room
329 Porter Ave. (corner of Fargo Ave) Buffalo, NY 14207

REQUIRED EQUIPMENT

Wrestling shoes, shorts, t-shirt, and water bottle.
DO NOT wear glasses, jewelry, hard hair-ties, jeans, or any clothes with zippers or buttons

PAYMENT

Registration fee is $300 per athlete. Familes with 2 kids= $500, and 3 kids= $650.
Payment of cash or check made to "Titans Wrestling Club" are accepted.
Registration must be completed before a child is allowed to practice.

Registration will not be allowed after December 10th 2026.

COMMUNICATION

Parents will be notifed via text or a sports app for pratice cancelations, or time sensitive announcements.
General questions or comments can be discussed in person or via email at titanswcbuffalo@gmail.com.

WHAT YOU GET

- Each wrestler will receive a TWC t-shirt, water bottle, and shoe bag.
- Instruction from highly qualified coaches and wrestlers. All of our coaches are former college wrestlers. Additionally we will be assisted by current D'Youville women's team members at each practice.
- Each of our coaches has cleared a background check and completed the Safe Sport training for child abuse prevention.
- Training in a brand new university facility.
- Those wrestler who will compete will get a NYWAY Supplementary Insurance card to help cover any injury at practice or competition. (We are a NYWAY sanctioned club. NYWAY is a governing body of NYS youth wrestling.) Not all wrestlers will compete.

CORE VALUES

Respect- for each person, opponent, adult, child, spectator, official.
Integrity- no short cuts, no cheating, only a high standard of performance.
Communication- between coaches, parents, and kids that will keep everyone well informed.
Hard Work- will lead to goals being achieved.
Education- of children to develop skills that they will carry with them for life.
Strength - in mind, body, character, and competitive spirit.

COACHES' GOALS

To help each child become the best wrestler they can become.
To help each child develop a strong work ethic.
To teach each wrestler how to be a good winner AND a good loser.
To help each child learn the basics of wrestling to the best of their ability.
To help each child learn skills that will transfer over to everyday life.
To help each child fall in love with the sport of Wrestling!

CLUB EXPECTATION

Only coaches will coach, teach technique, run drills, and games. If you would like to become a coach you can complete the coaching course offered by USA Wrestling at your own expense. If you have wrestling experience or other coaching experience, please let us know.

Everyone will be treated with respect and courtesy. If you or your child cannot adhere to this, you will be asked to vacate the club. If an adult or child becomes a consistent disruption to the club, or detrimental to the environment we are creating, they will be asked to vacate the club. If a child is a consistent distraction to the other participants, he/she will be asked to leave, permanently if necessary. NO refunds will be given. Furthermore, we expect the wrestlers to be respectful to coaches and teammates. We expect kids to be receptive to instructions and corrections, participate fully in practice, and contribute positively towards the team. "Be coachable" is simply what we are asking.

If you have a question about the sport or your child's experience in the club, please approach a coach. We want to help make this a positive experience for all.

Wrestling is both an individual and team sport. With that, we expect everyone to work towards the betterment of the team and the Club in general. This includes being to practice on time (before warm ups begin, with shoes on, ready to start) notifying coaches of any problems that may arise, being a good teammate by being encouraging and working hard. Poor sportsmanship, hazing or bullying will not be tolerated and will result in immediate expulsion from the club.

Kids will be asked to give their best effort every day. The Club will be run as follows: There will be a time to work and a time to play. Work time is not play time. Our goal as a club is to improve every day at practice. Our goal as a club is to have fun every day at practice.

Wrestling is a contact sport that requires strength, endurance, agility and flexibility. Our coaches will challenge each child to do their best and push themselves in moments of discomfort. One of the Titan's motivating factors is to teach kids that they *are* capable of doing hard things. However, wrestlers will not be asked to do something that may be excessive, dangerous, or intentionally cause harm.

Coaches may take action to physically adjust, reposition, and demonstrate a hold on a child. Coaches will not

show moves, holds, or motivate wrestlers with malicious intent.

CLUB GOALS

The Club will be set up as a practice *first* club. Meaning, consistent practice will be the priority over competition. The philosophy is that more practice will yield better overall results, greater learning and comprehension of skills, greater understanding of the progression of a wrestling match, greater confidence in a wrestler, and greater appreciation for the sport.

Our goal is to give the child the best chance at being successful in a competition. If a child only has a limited number of practices and is sent to a competition they do not fully understand, and are not competent in the skills needed to compete, they are not well equipped. That is partly on the coaches, but more importantly, on the system of youth sports. This Club's aim is to NOT do that.

The Club practices will be geared toward learning skills that will help the kids develop as wrestlers and athletes. Not every drill is based in wrestling, but the targeted skill will be beneficial to wrestling. These skills also help to develop an overall better athlete.

The Club's plan is to only allow a wrestler to enter a large competition (tournament) after they have displayed satisfactory competence in a majority of the skills necessary to compete. In other words, a full season of practice may very well be necessary for most kids to develop a level of competence to compete successfully at a tournament. An absolute rarity is a child who does not need several months of practice.

We will travel to other clubs to practice together, scrimmage, or possibly have a dual meet against another club. These small competitions will give the kids an introduction to real matches, or at minimum wrestling live against someone they aren't familiar with. Thus, a competition with no pressure and no significant outcome.

Our Club's long term goal is to set up these wrestlers for success in middle school and high school. Our aim is to give kids skills that will help them be successful in the future as well as now. We are aiming to see great progress in skill and ability and growth as a person. We will emphasize effort over results. We will not count win/loss records for anyone, and also ask that parents do not.

We teach wrestling with a step-by-step approach, like building a house. If you build on soft ground, no matter how nice it looks, it won't last. However, if you take the time to build on a solid foundation, the house will stand strong for years. We focus on strong fundamentals first, the skills and habits that last through an athlete's career and carry over into other sports and everyday life.

Lastly, this Club aims to be different than any other kids program in Western New York. We are aiming to be the antithesis of the current day travel program. We are going to develop wrestlers who won't be burnt out by the time they reach high school athletics.

Our number one goal is to help the kids have fun while learning and training, and love what they are doing.

TITANS
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BUFFALO, NY

PARTICIPANTS INFORMATION

First Name _____

Last Name _____

Date of Birth _____

Gender _____

Grade _____

School _____

T-Shirt Size _____

Medications, Allergies or Health Concerns _____

_____

Parent/Guardian Name _____

Parent's Phone _____

Emergency Contact & Phone _____

Home Address _____

_____

Parent's Email Address _____

Additional Comments _____

_____

TITANS
WRESTLING CLUB
BUFFALO, NY

PARENT/GUARDIAN RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT

I, _____, the parent and/or legal guardian of _____, HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE Titans Wrestling Club of Buffalo, D'Youville University, the sanctioned club(s), their administrators, directors, agents, officers, members, volunteers, and employees, other participants, officials, rescue personnel, sponsors, advertisers, and owners or lessees of premises on which the activity is conducted (each considered one of the RELEASEES herein), FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES on my account or on behalf of my child, caused or alleged to be caused, in whole or in part, by the negligence of the RELEASEES or otherwise, including negligent rescue operations.

I further agree that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, I or anyone on my behalf makes a claim against any of the RELEASEES, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the RELEASEES from any litigation expenses, attorney's fees, loss, liability, damage, or cost that may be incurred as the result of such claim.

I acknowledge that I am over the age of 18 and have read this agreement and fully understand its terms. I understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature. I intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law. If any portion of this agreement is held invalid, the balance shall continue in full force and effect.

I understand the nature of the activity and the minor's experience and capabilities, and believe the minor to be qualified, in good health, and in proper physical condition to participate. I fully understand that:

(a) This activity involves risks and dangers of serious bodily injury, including permanent disability, paralysis, and death ("Risks");

(b) These risks and dangers may be caused by my own actions or inactions, those of others, the conditions in which the activity takes place, or the negligence of the RELEASEES;

(c) There may be other risks or social and economic losses not known to me or not readily foreseeable at this time.

I fully accept and assume all such risks and all responsibility for losses, costs, and damages incurred as a result of my participation, or that of the minor, in the activity.

Parent/Guardian Name (print): _____

Parent/Guardian Signature: _____

Date: _____

TITANS
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PARENTAL CONSENT AND ACKNOWLEDGMENT OF COACHING PRACTICES

I, _____ understand that the coaches of Titans Wrestling Club (TWC), and D'Youville University (DYU) may be in physical contact with my child to help adjust, repostion, and demonstrate wrestling holds. Coaches will not show holds that may cause harm, or motivate wrestlers with malicious intent. The coaches of TWC and DYU may participate in a simulated and controlled scrimmage situation to provide additional teaching of technique and situational awareness.

I understand that wrestling is a contact sport that requires strength, endurance, agility, and flexibility. The coaches of TWC and DYU may challenge each athlete to do their best and push themselves through moments of discomfort. One of the Club's guiding principles is to help kids recognize that they are capable of doing hard things. However, wrestlers will never be asked to perform activities that are excessive, harmful, or likely to cause injury.

By signing this document, I acknowledge that I have read and understand the statements made above.

Parent's Signature _____

Child's Name _____

Date _____

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MINOR MEDIA RELEASE / OPT-OUT FORM

I, _____, the parent and/or legal guardian of _____,
HEREBY GIVE OR DECLINE PERMISSION to TITANS WRESTLING CLUB OF BUFFALO, its officers, administrators, coaches, volunteers, agents, and representatives (collectively referred to as the CLUB) to photograph, record, or videotape my child during CLUB practices, events, and related activities.

Such photographs, videos, and recordings may be used by the CLUB for lawful purposes, including but not limited to:

- The CLUB'S official website and social media pages (including Facebook, Instagram, and YouTube);
- Printed and digital materials, such as flyers, newsletters, posters, and emails;
- Marketing and promotional content used to represent or promote the CLUB and its programs.

I UNDERSTAND AND AGREE THAT:

My child's name or identifying information will not be used without my additional written consent;

All images, videos, and recordings are the property of TITANS WRESTLING CLUB OF BUFFALO and may be used without compensation to me or my child;

I may revoke permission at any time in writing, but materials already created or distributed prior to that revocation shall remain in use;

Reasonable efforts will be made to honor my selection below.

PLEASE SELECT ONE OPTION BELOW

[ ] **I CONSENT —** I, the parent and/or legal guardian, GRANT PERMISSION for TITANS WRESTLING CLUB OF BUFFALO to photograph, record, and use images or videos of my child for the purposes described above.

[ ] **I DO NOT CONSENT** — I, the parent and/or legal guardian, DO NOT GRANT PERMISSION for TITANS WRESTLING CLUB OF BUFFALO to photograph, record, or use images or videos of my child in any form of media. I understand that reasonable efforts will be made to exclude my child from media and promotional materials, although incidental or background appearance may occur in group settings.

Parent/Guardian Name (print): _____

Parent/Guardian Signature: _____

Date: _____

Child's Name: _____

Age: _____