



WINTER TOURNAMENT TEAM

www.novawc.org

Purpose: The purpose of our winter tournament team is to provide intermediate to advanced wrestlers an opportunity to train at a high level and compete at the state, regional, and national levels. Completion of this program will ultimately prepare wrestlers to successfully compete for their respective high school program.

Eligibility

- Grades 4-8
- Successful completion of at least one year of a federation level program
- Top 3 placement in the NVWF regional tournament
- Recommendation by youth or high school coach

Coaching: Head coach, Ty Megonigal (10+ years of youth coaching experience at the state, regional, and national levels)

Season: September November 06-February 24

Practices:

- Three sessions per week (Mon, Tues, Thurs 6:30-8:15PM)
- Practices are closed to parents
- Practices are drop-off & pickup only

Registration & Cost

- Register online www.novawc.org/join
- Fee: \$300 (includes competition uniform & warmup i.e., MMA shorts, compression shirt, long-sleeve performance t-shirt)
- Price does *not* include weekend tournaments
- Payment options: check to NOVA Wrestling Club or online www.novawc.org/donate (\$5 processing fee)
- Multi-wrestler families pay ½ price for 2nd sibling
- Registration fee is tax deductible. Federal Tax ID is [81-2439474](http://www.irs.gov/efile)

Values: We are committed to building competitive and well-rounded youth wrestlers in a constructive, positive, and differentiated learning environment. We strive to instill a love for wrestling in youth while also building them into tough competitors capable of winning state, regional, and national championships.

Curriculum focus: We will focus on learning common positions as opposed to multiple moves. Instructional emphasis will be on how to win these key positions. Our approach teaches the position first (e.g., the hi-crotch position) and moves second (e.g., finishes from the hi-crotch). The moves we teach from those positions will be taught in a series that can be chained together (i.e., “chain wrestling”). Wrestlers will drill these moves in a systematic way; drill sessions will be intensive.

Parent expectations: Practices are closed to parents. Travel to weekend tournaments is required unless carpools are arranged between parents and coaches.

Competition expectations: Competitions are required; wrestlers must compete in at least ½ of the tournaments on the schedule.

Gear: Competition gear is included in the registration price. Extra training gear can be purchased online at shop.doublelegninja.com/collections/nova-wrestling-club

Contact information: (E) novawrestlingclub@gmail.com (C) 910-200-6544