



FALL FOLKSTYLE TRAINING

www.novawc.org

Purpose: The purpose of our fall folkstyle training program is to find the best competition, to sharpen essential folkstyle techniques, and to master the art of winning close matches. The training cycle is focused on preparing wrestlers for the Super 32 Challenge on October 27-29 in Greensboro, NC.

Coaching: Head coach Vince Rodriguez (2014 NCAA Qualifier) + former NCAA wrestlers as assistants

Practices: September 6th to November 1st. Two sessions per week (Mon & Wed 6-8PM)

Registration: www.novawc.org/join

- Cost: \$150
- Pay online www.novawc.org/donate or by check to *NOVA Wrestling Club*
- Multi-wrestler families pay only one registration fee per family
- The 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 wrestlers in a constructive, positive, and differentiated learning environment

Eligibility: All experience levels are welcome. We will match drill partners based on skill and size.

Curriculum focus: The core of our curriculum is based on developing physical literacy and fundamental movement skills. Wrestlers will be able to independently complete our *Fundamental Movement Skills (FMS) Circuit* by the end of the training cycle. The FMS Circuit will develop the strength, flexibility, and coordination necessary to effectively win key positions and properly execute moves from those positions.

We will focus on learning common positions as opposed to multiple moves. 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”).

NEUTRAL	SHORT-OFFENSE	BOTTOM	TOP
Setups: multiple setups Leg attacks: focus on sweep single, Hi-crotch w/key finishes from each position	Four-part front-headlock series	Skills-based instruction: motion, countering pressure, beating a tight waist, recovering from bad position, change-over, clearing ankles, claw defense, overleg hook defense	Tight waist series Claw series Cross-wrist tilt series

Parent expectations: Our practices are drop-off only. This means that parents are not permitted to stay during practices. This is primarily due to the fact that there is limited parking at our facility. Parents of wrestlers 7 years old and younger are welcome to assist during practices. Parents who are interested in coaching should contact coach Sewell

Requirements:

- Possess a USA wrestling card
- Register as “NOVA WC” at all tournaments (**unless already registered with another club*)

Competition expectations: Wrestlers can compete at their own leisure this fall

Gear: training gear can be purchased online at shop.doublelegninja.com/collections/nova-wrestling-club

Registration steps: Register at www.novawc.org/join

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