



LEARN TO WRESTLE PROGRAM SPRING 2018

www.novawc.org

Purpose & curriculum focus: Our “Learn to Wrestle” program is fundamentally based on [USA Wrestling’s athlete development model](#). The purpose of this program is to introduce upper-elementary & middle school students to the sport of wrestling in a developmentally appropriate environment. A strong emphasis is placed on developing the necessary fundamental movement skills (FMS) and physical literacy skills to succeed in both the sport of wrestling and athletics in general. Upon completion of this program, wrestlers will be prepared to successfully participate in their respective middle school and high school programs.

Coaching: Head coach Tanner Sewell

Practices: One-session per week (Thursdays 5-6:30PM)
Thursday, April 05 thru Thursday, June 07 (12 sessions)

Registration Fee: \$100

- Pay online www.novawc.org/donate or by check to *NOVA Wrestling Club*
- Multi-wrestler families pay 2nd registration fee ½ off (\$50)
- The registration fee is tax deductible. Federal Tax ID is [81-2439474](http://www.irs.gov/efile/efile-81-2439474)

Values: We are committed to building competitive and well-rounded wrestlers in a constructive, positive, and differentiated learning environment. We believe the process of becoming a championship-caliber wrestler is more important than the outcome. We believe that early success is not an indicator of future success in wrestling, and that a fun and positive environment will allow wrestlers to sustain their passion for the sport well into high school and beyond.

Eligibility: The “Learn to Wrestle” program is designed for males and females in grades 5 thru 8.

Parent expectations: Practices are open to parents.

Requirements:

- Possess a USA wrestling card.

Competition expectations: Beginner wrestlers are not permitted to compete until cleared by the head coach.

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