



**3-STYLE SPRING FUSION TRAINING  
FOLKSTYLE + FREESTYLE + GRECO  
SPRING 2018  
[www.novawc.org](http://www.novawc.org)**

**Purpose:** The purpose of our 3-style fusion training program is to find the best competition, to sharpen essential techniques, and to master the art of winning close matches. Through periodization, the training cycle is designed to have wrestlers peak for NHSCA Nationals and FLO Nationals. Regardless of whether wrestlers plan to compete at the national level, wrestlers will understand the concept of periodization and progressing through a training cycle fusing all 3-styles of wrestling.

**Coaching:** Head coach Ollie Cooperwood  
Former Shippensburg head assistant coach, 2X NCAA Qualifier for Lock Haven University

**Practices:** Thursday, March 01 thru Thursday, May 31 (30 practices)  
Two sessions per week (Tuesday & Thursday 6:30-8:30PM)

**Registration Fee: \$300**

- Pay online [www.novawc.org/donate](http://www.novawc.org/donate) or by check to *NOVA Wrestling Club*
- Multi-wrestler families pay 2<sup>nd</sup> registration fee ½ off (\$150)
- The registration fee is tax deductible. Federal Tax ID is [81-2439474](https://www.irs.gov/efile/efile-identifiers)

**Values:** We are committed to building competitive and well-rounded wrestlers in a constructive, positive, and differentiated learning environment.

**Eligibility:** The 3-style fusion training program is designed for middle school and high school wrestlers with the goal of increasing mat time and learning under the guidance of a former collegiate coach. Previous wrestling experience is required.

**Curriculum focus:** Through periodization, wrestlers will peak in late March/early April for the NHSCA and FLO national tournaments. The focus will be on sharpening existing skills and existing move-sets. Practices will be drill-intensive. The technique curriculum will fuse all 3-styles of wrestling: folkstyle, freestyle, and Greco-Roman.

**Parent expectations:** Parents can attend the first two practices. After that, they're closed to parents.

**Requirements:**

- Possess a USA wrestling card

**Competition expectations:** Wrestlers can compete at their own leisure this spring.

**Gear:** training gear can be purchased online at [shop.doublelegninja.com/collections/nova-wrestling-club](http://shop.doublelegninja.com/collections/nova-wrestling-club)

**Registration steps:** Register at [www.novawc.org/join](http://www.novawc.org/join)

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