



INTENSIVE SPRING FOLKSTYLE TRAINING SPRING 2018

www.novawc.org

Purpose: The purpose of our intensive spring folkstyle 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.

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 or by check to NOVA Wrestling Club
- Multi-wrestler families pay 2nd 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 intensive folkstyle training cycle 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. From mid-April thru May, the curriculum focus will shift to installing new technique & skill sets while continuing to refine existing skills.

Parent expectations: Practices are closed to parents.

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 spring.

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