YOUTH DEVELOPMENTAL TRAINING PROGRAM
SPRING 2018
www.novawc.org

Purpose & curriculum focus: Our youth developmental program is fundamentally based on USA Wrestling's athlete development model for ages 5-9. The purpose of this program is to develop the necessary fundamental movement skills (FMS) and physical literacy skills to succeed in both the sport of wrestling and athletics in general. Wrestlers will engage in movement progressions, competitive games, and functional strength routines. Wrestlers will also learn how to acquire a competitive mindset in a developmentally appropriate environment. Upon completion of this program, wrestlers should understand the concept of chaining movements together, be able to execute fundamental wrestling-specific movements, and will also be able to focus through a training session.

Coaching: Head coach Tanner Sewell

Practices: One-session per week (Tuesdays 5-6:15PM)
Tuesday, March 06 thru Tuesday, June 05 (14 sessions)

Registration Fee: $150

- Pay online www.novawc.org/donate or by check to *NOVA Wrestling Club*
- Multi-wrestler families pay 2nd registration fee ½ off ($75)
- The registration fee is tax deductible. Federal Tax ID is 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 early will allow wrestlers to enjoy wrestling well into the next age groups.

Eligibility: The youth developmental program is designed for all kids from 5-9 years of age. No previous wrestling experience is required.

Parent expectations: Practices are open to parents.

Requirements:

- Possess a USA wrestling card.

Competition expectations: Rugrats do not compete during the 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