

# PAL Wrestling Program Overview

## • Elementary Team

The program is designed for wrestlers in grades 3<sup>rd</sup> – 5<sup>th</sup>, ranging from inexperience to experienced. Younger wrestlers who are siblings or parents very confident their child can handle the experience are welcome. Elementary team will practice Mon 6:15-7:30pm and Wed 5:30-6:45pm at FIT CLUB (210 Old Dam Rd). The cost of the program is \$150 (does not include USA card).

*The elementary school team goals are:*

- Learn the fundamentals of wrestling required to be successful
- Have fun and gain an appreciation for the sport
- Exposed to some competitive wrestling experiences

Elementary School competitive experiences: Anyone interested in participating **will need to purchase a USA wrestling card for \$43**. Cards can be purchased at sign-ups or through Coach Shaughnessy at any time.

USA Wrestling Tournaments: All age groups can participate in the USA wrestling tournaments <http://usawct.org/>. These tournaments are offered weekly beginning in mid December. The USA tournaments also include state qualifiers and state championships. These tournaments allow kids to wrestle in age and weight specific competitions. Typically they are in round robin format where each kid is guaranteed 3 matches. They also offer novice tournaments for beginning wrestlers or wrestlers who have not placed top three in the past. ALL USA TOURNAMENTS REQUIRE YOU TO HAVE A USA CARD (\$36) which can be purchased from Coach Shaughnessy at any time.

## • Middle School Team

Program is designed for wrestlers in 6<sup>th</sup> – 8<sup>th</sup> grade who do not want to compete at this time. Practice Tuesday and Friday 6-7:30pm WARDE. Thursday 6-7:30pm at Ludlowe. Cost is \$150. Wrestlers can join competition team at any time for the remaining balance of \$35.

*The Middle school goals are:*

- Learn the fundamentals of wrestling required to be successful
- Have fun and gain an appreciation for the sport
- Exposed to some competitive inter squad wrestling experiences

**Competition Team** - Program is designed for wrestler's grades 5 – 8<sup>th</sup> who want to compete. Competition team is designed for individuals interested in competing. Wrestlers do not need previous experience. Wrestlers on the competition team will practice 3 times per week (Tuesday and Friday 6-7:30pm WARDE. Thursday 6-7:30pm at Ludlowe)

- Wrestlers may participate in some matches during the week, a couple of Saturday matches and Sunday USA tournaments including the league tournament and state qualifiers (see USA Wrestling Tournaments above). The cost is \$190 which includes the USA card.

*Competition Team Goals:*

- Learn the fundamentals of wrestling required to be successful
- Have fun and gain an appreciation for the sport to continue at the next level
- Expose the wrestler to higher level competition
- Prepare the wrestler to compete at a high level and be successful