



The Downers Grove Wrestling Club (DGWC) is a youth wrestling organization that serves the current and future students of District 99, and the communities of Downers Grove and Woodridge, and portions of Bolingbrook, Darien, Lisle, Oak Brook, and Westmont. Our primary mission is to provide a positive experience in the sport of wrestling while facilitating the development of wrestlers from the fundamental to the elite level.

WHAT: Youth wrestling for grades 1st-8th

WHERE: Downers Grove South High School- 1436 Norfolk St- Downers Grove

WHEN: Practice will begin on Wednesday, November 15th. Some levels will practice through the first week of February, while the DG Elite Program will practice and compete through the IKWF season which ends in mid-March.

PROGRAMS/COST: Cost of each program is \$150 and includes all practices, mini-meets, DGWC hoodie, end of the year party, and award. Additional fee of \$110 for DG Elite for participation in IKWF tournaments.

Fundamental Program- Beginning wrestlers (approximate ages of 5-9) who are just starting out in the sport. The Fundamental Program will focus on fundamental body movements, basic wrestling skills, skill based games and competition, and live wrestling in practice to reinforce skills. Tues/Thurs practice from 6:45-8:00 PM.

Skill Development Program- Wrestlers (approximate ages of 8-14) who have progressed beyond Fundamental Program or are beginning wrestlers from the ages of 10-14. The Skill Development program will focus on fundamental body movements as well as basic to moderate levels of wrestling technique through practices, skill based games and competitions, and some competition throughout the wrestling season. Tues/Thurs practice from 6:30-8:00 PM with *option* of Wed practice.

DG Elite: The DG Elite Program is for wrestlers who have experience and have progressed through the programs of the DGWC. The focus will be on fundamental body movements as well as basic to advanced wrestling techniques. Practices held on Tues/Wed/Thurs from 6:30-8:00 PM. The DG Elite will compete in a full IKWF season, and tournaments are typically held on Sundays. Additional fee of \$110 for DG Elite Program.

* Skill Development Program and DG Elite wrestlers will practice together in the Varsity Room

*All wrestlers will need to provide their own wrestling shoes, headgear also required for competition. Singlets will also be available for purchase via the team shop and will be mandatory for tournaments. PLEASE purchase a singlet your wrestler plans on wrestling in tournaments.

REGISTRATION:

Online Registration: <http://www.dgwrestlingclub.com/> > REGISTRATION

On-site registration: Wednesday, November 8th- Downers Grove South High School- 6:30-7:30 PM

*Registration will be held in the DGS Wrestling Room. Checks can be made payable to the Downers Grove Wrestling Club.

USA WRESTLING CARD: ALL wrestlers will need to purchase a USA Wrestling Card through USA Wrestling at: <http://www.usawmembership.com/>. USA Wrestling cards are \$50 and are MANDATORY for practice and tournament participation. MAKE SURE YOU SELECT DOWNERS GROVE WRESTLING CLUB as your club.

COACHES:

The Fundamental and Developmental program will be coached by the staffs of Downers Grove South and Downers Grove North High School. The DG Elite will be coached by former collegiate wrestlers including, but not limited to:

Jimmy Nehls- NCAA Runner-up, Mike Marola, Sean Raddatz- 2X IHSA All-State, Dan Balderas- NCAA Qualifier, Max Lozano- Elmhurst College, Tim Noverini- IHSA All-State, Elmhurst College

MORE INFO/CONTACT:

For any and all info please visit: <http://www.dgwrestlingclub.com/> -

Questions Contact: info@dgwrestlingclub.com

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