

WARRIOR NXT DEVELOPMENTAL PROGRAM

Session I Parent Meeting | Why NXT?

Grades K-5 | 0-2 Years Experience | Sundays at 3:00 PM

Aug. 23, 30 | Sept. 6, 13, 20, 27

WHY WARRIOR?

Our mission is bigger than winning wrestling matches.

We use wrestling to help young athletes build confidence, discipline, accountability, character, relationships, and a willingness to do hard things. We want to develop great wrestlers and great young people.

WARRIOR NXT VS. WARRIOR RTC

WARRIOR NXT

- Developmental on-ramp for K-5 wrestlers with approximately 0-2 years of experience.
- Fun, safe, fundamentals-first environment designed to challenge a broad range of K-5 athletes at their current stage.
- Designed to work for beginners, seasonal athletes, and multi-sport families.

WARRIOR RTC

- For more experienced, committed wrestlers ready for greater training volume and competition.
- More advanced drilling, live wrestling, and year-round developmental opportunities.
- The next step when an athlete has the foundation, interest, and readiness for it.

NXT is not lesser wrestling. It is the right wrestling for the athlete's current stage.

WHY A SEPARATE DEVELOPMENTAL PROGRAM?

- Right environment: Athletes train in a K-5 developmental room where instruction, games, and challenges can be scaled to different ages, experience levels, and maturities.
- Right foundation: We can emphasize strong posture, positioning, movement, and a few fundamentals performed well before adding complexity.
- Right pressure: Kids can learn, make mistakes, play, and gain confidence without feeling that every practice or competition is a test.

WHY SIX-PRACTICE SESSIONS?

- Accessible for families: NXT is designed to work for seasonal and multi-sport athletes. A wrestler may participate in one session, several, or all five.
- Every session stands on its own: A new wrestler should be able to join at the beginning of any session and grow as an athlete, wrestler, and young person.
- Repetition without burnout: Six practices are enough to build familiarity and confidence while keeping the commitment manageable for young athletes and families.

WHAT WILL THEY LEARN?

Each six-practice session stands on its own. Athletes do not need to complete Session I before later sessions. Every session exposes athletes to the major skills needed to practice and compete safely and confidently.

MOVE & CONTROL THE BODY

Balance, coordination, tumbling, stance, motion, agility, and wrestling-specific movement.

TOP & BOTTOM

Referee's position, escapes, top control, breakdowns, turns, and pinning awareness.

SCORE & DEFEND

Basic hand fighting, setups, takedowns, finishes, defense, re-attacks, and safe scrambling.

UNDERSTAND THE SPORT

Basic rules, scoring, starting positions, controlled live wrestling, and how a match works.

Curriculum and coaching philosophy are informed by USA Wrestling's Athlete Development Model and Core Curriculum: age-appropriate movement, fundamentals, repetition, games, controlled competition. Long-term development emphasized over short-term results.

Play with purpose: Games, situational wrestling, and guided exploration are intentional teaching tools that develop reactions, decision-making, positioning, creativity, and athleticism while keeping athletes moving and engaged.

Challenge is scalable: The same activity can teach a new wrestler basic stance and movement while challenging an experienced athlete's timing, positioning, reactions, and decision-making.

WHY FUN & PLAY MATTER

- Fun is not the opposite of development. At these ages, fun is part of development.
- Games can develop stance, reactions, balance, positioning, decision-making, and competitiveness while keeping athletes moving and engaged.
- Quality before quantity: we would rather build strong posture and movement habits around a few core skills than rush through a long list of techniques.
- A 2026 national Project Play survey found the average former youth athlete stopped organized sports at age 12.93; more than one-third of youth who quit did so at ages 12-14.
- **Our long-term goal: help athletes improve now while still wanting to wrestle years from now.**

WHY COMPETITION IS OPTIONAL

- Competition is a learning tool, not the definition of success at this stage.
- We encourage athletes to compete when they are ready and interested. Early competition should support confidence, learning, and a positive relationship with the sport.
- The goal is to apply skills, learn the tournament environment, support teammates, and bring lessons back to practice.

HOW PARENTS CAN HELP

1. Bring your athlete as consistently as possible. Improvement comes from repeated exposure, but we do not expect perfection.
2. Praise effort, courage, listening, and improvement. Place emphasis on what is truly important - character.
3. Keep wrestling fun. Let coaches coach. Be the parent your athlete is excited to see after practice or a match.
4. Communicate questions, concerns, and absences. We are here to serve you and your athlete. All great relationships have great communication in common.

USA WRESTLING MEMBERSHIP

A current USA Wrestling athlete membership is required.

- Provides athlete insurance coverage and supports SafeSport standards.
- Provides eligibility for USA Wrestling-sanctioned competition.
- Keeps Warrior RTC operating within the national governing body's standards and best practices.

WHAT SUCCESS LOOKS LIKE AFTER SESSION I

- Your athlete can practice safely, be a good partner, and follow the basic rhythm of a wrestling practice.
- Your athlete is more comfortable in basic positions, can perform a few fundamental skills, and understands how points are scored.
- Your athlete shows growing confidence, effort, coachability, and respect.
- **Most importantly:** your athlete leaves wanting to wrestle again.

THE BIG PICTURE

Our goal is not to see how good your child can become in six weeks. Our goal is to build an athlete who moves well, enjoys wrestling, keeps learning, and wants to stay in the sport long enough to discover how far they can take it.

www.warriorrtc.com/nxt-developmental-program