Warrior RTC Parent/Guardian Information Packet

Welcome to our wrestling club, Warrior Regional Training Center! We are excited to be part of your child's wrestling journey. We believe that wrestling is the world's greatest vehicle for self-improvement. All sports are good, but wrestling is the best. At Warrior, we work extremely hard to help our wrestlers accomplish their goals on the mat, but we also strive to form servant-leaders and mold outstanding individuals through the world's oldest and greatest sport. Please read through the following important guidelines and expectations for both parents and athletes.

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Communication

We would like to extend an invitation and encourage all involved to approach us at any time after practice or via email/phone if you have any concerns or compliments during the season. Please never hesitate to contact us with questions, comments, or concerns. We truly welcome suggestions and ideas towards improvement. Also, our main form of communication will be via email and text messaging. At the time of registration, please be sure to give an accurate email address and phone number that you will check often, so that you receive all newsletters and information. If you aren't receiving these emails or text messages, please reach out to Wade McClurg.

Make sure to follow us on our social media platforms as well:

Instagram - @warriorrtc

X - @WarriorRTC

Facebook - @WarriorRTC / Warrior Regional Training Center

Coaching Staff Contact Information:

Wade McClurg – Warrior RTC Head Coach & Warrior NXT Assistant Coach

Email: info@warriorrtc.com Phone: 317-501-8306

Nate Wheeler – Warrior RTC Head Assistant Coach & Warrior NXT Assistant Coach

Email: wheelern125@gmail.com Phone: 502-608-5579

Nick Brandt – Warrior NXT Head Coach & Warrior RTC Assistant Coach

Email: npbrandt01@gmail.com Phone: 517-490-7215

Jeremy Eusterwiemann – Warrior RTC Girls Head Coach & Warrior RTC/NXT Assistant Coach

Email: wiems19@gmail.com Phone: 260-363-6175

Jonathan Kervin – Warrior RTC/NXT Assistant Coach

Email: jonathan.kervin14@gmail.com Phone: 502-812-2150

Nick Gates – Strength & Nutrition Coach

Email: ngates242@icloud.com Phone: 810-300-3857

Club Registration

We accept new members at anytime throughout the calendar year! Please read below about our two different practice groups. Contact the coaching staff if you aren't sure on which group to join, as there can be exceptions made. We will place each wrestler in the practice setting that is best for their development in the sport. We have two different practice groups (RTC & NXT) to ensure every wrestler will be training in a way that is safe, fair, and appropriate for their size, age, and skill level. We take practice structure seriously. Wrestlers are not randomly paired or thrown into situations beyond their readiness. Instead, they are grouped thoughtfully to promote growth, confidence, character development, and this structure will allow our wrestlers to learn and succeed.

Warrior RTC – This group is designed for committed & goal-oriented wrestlers with 2+ years of experience in Grades 3-12. Participation with our competition schedule, camp schedule, and live nights are strongly encouraged. Individual/Small Group Private Training Available for members of Warrior RTC, contact any member of our coaching staff to schedule.

Warrior NXT – This group is designed for wrestlers with 0-2 years of experience in Grades K-5. The goal of this group is to learn the basic fundamentals of wrestling in a fun and safe environment, and eventually move the wrestler up to the RTC group.

Please complete the following steps below to complete your registration:

1. Complete Registration Google Form (Complete prior to attending first practice)

Warrior RTC T-Shirt Incentive: All registered members who sign up and complete payment for a session membership within the first two weeks of a Warrior RTC session will receive one WRTC t-shirt. Members are eligible to receive one t-shirt for each session (fall, winter, spring, summer) throughout the 2026-27 season when registered and paid within two weeks from the start date of the session.

Warrior NXT T-Shirt Incentive: All members who register and complete payment for the NXT (Next Generation) Session will receive one Warrior RTC T-shirt with their registration. Participants who register for additional NXT sessions during the 2026–27 season will receive a new Warrior RTC T-shirt for each subsequent session.

2. Purchase/Renew USA Wrestling Membership Card. You will need to wait until September 1 or later to purchase/renew your USAW Membership. (Valid from September 1 - August 31 each year)

3. Add Club Affiliation & Set Warrior Regional Training Center As Your Primary Club - Watch the video in the provided link on how to add our club to your USAW profile. Warrior Regional

Training Center will be the name listed in the system. We will receive an email notification to approve your club affiliation. Then, you will need to set Warrior Regional Training Center as your primary club and make sure to save your changes.

4. Membership Dues can be paid with exact cash, check, or online with card through our website on this page (scroll down). Session membership dues will be collected at the first practice of the new session. Monthly membership dues will be collected at the first practice of the new month. Drop-ins will be collected before practice begins. Drop-ins can be credited toward a monthly or session membership. All dues must be paid with exact cash, check, or online. Contact us to learn more about different payment plan options, we want to make WRTC accessible to as many wrestlers as possible.

5. Sibling Discount Rates Breakdown (PDF) for each session and camp. Contact us to learn more about our sibling discount and group rates.

Team Gear/Apparel Spirit Wear

Fall Session Team Store – Early August

Winter Session Team Store – Early November

Spring Session Team Store – Early March

Safety Policy

At WRTC, the safety and well-being of our athletes is our top priority. We are committed to creating a positive, disciplined, and secure environment where every wrestler can grow and succeed. To support this, we follow the guidelines and best practices set by USA Wrestling.

Membership & Certification Requirements:

1. USA Wrestling Membership (Athletes): All wrestlers participating in any practices, events, or competitions must have a current and valid USA Wrestling athlete membership. This ensures that each athlete is covered under USA Wrestling's insurance policies and participates within a nationally recognized structure of safety and support.

2. USA Wrestling Leadership Certification (Coaches & Volunteers): Anyone who coaches, assists, or helps facilitate practice in any capacity must have an active USA Wrestling Leader

Membership. This includes successful completion of the required background check and SafeSport training. No exceptions.

This policy applies to:

- Head Coaches, Assistant Coaches, Volunteer Parents, Guest Clinicians, and Practice Helpers (including college and high school athletes assisting with youth groups)

3. Supervision: Practices will always be supervised by at least one certified coach. We maintain a minimum adult-to-athlete ratio to ensure safety and adequate supervision at all times.

4. Injury Prevention & Response: We implement age-appropriate training, regular water breaks, and proper warm-up and cool-down routines. All coaches are trained to respond appropriately to injuries and will immediately contact parents in the event of a serious issue.

5. Skin Disease Policy: Wrestling involves close physical contact, so maintaining skin health is essential for all athletes.

To reduce the risk of skin infections such as ringworm, impetigo, staph, and MRSA:

- Prevention:
    - Wrestlers must shower immediately after practice or competition using antibacterial soap.
    - Wrestling gear (headgear, singlets, shoes, knee pads, etc.) must be washed/sanitized regularly.
    - Wrestlers with open cuts or abrasions must cover them with a secure, dry dressing before stepping on the mat. If possible, also cover any skin openings or infections with clothes.
    - Inform the coaching staff of any skin issues.
- Examinations:
    - Wrestlers may be subject to skin checks at the beginning of practice or events.
    - Any athlete with a visible rash, sore, or suspicious skin condition will not be allowed to practice or compete until evaluated by a medical professional and cleared in writing.
- Return to Participation:
    - Wrestlers diagnosed with a skin infection must submit a doctor's note verifying treatment and clearance before resuming activity.

- We follow NFHS (National Federation of State High School Associations) skin lesion guidelines and USA Wrestling return-to-play standards.

6. Safe Environment Commitment: We are committed to a harassment-free, inclusive, and respectful environment. Any reports of unsafe behavior—physical, verbal, or emotional—will be taken seriously and addressed promptly.

For questions about certification or membership, visit www.usawmembership.com or contact Wade McClurg at 317-501-8306 or info@warriorrtc.com. Thank you for helping us keep our athletes safe, strong, and supported!

Code Of Conduct

- All wrestlers have the responsibility to treat one another, staff, and property with respect.

- All wrestlers have the responsibility to act and behave in a way which does not endanger, intimidate or interfere with the participation of others.

- Wrestlers have the responsibility to follow the instructions given by WRTC staff.

- All wrestlers have the responsibility to come prepared, be fully committed, work hard, and to tirelessly strive to get better every day. Wrestlers are further expected to consistently demonstrate character, strength and gratitude.

- All wrestlers should hold each other accountable for their actions. Support your teammates and maintain a positive attitude.

- All wrestlers are expected to behave maturely and exhibit good sportsmanship at all times. Be humble in victory and gracious in defeat.

- Engaging in any behaviors or actions, through any means, that belittles any person because of their race, religion, creed, orientation, gender, or any other personal attribute is strictly prohibited.

- All of our wrestlers are student-athletes and thus need to balance their academic responsibilities and their wrestling responsibilities. We are available to discuss any issues that arise in this area with the wrestler and their parents.

- All wrestlers have the responsibility to behave according to this code of conduct.

Rules

The following forms of behavior are considered a violation of this policy and are unacceptable and could result in the immediate dismissal from WRTC:

- All wrestlers must follow Warrior Regional Training Center's Safety Policy and Code of Conduct.

- Cigarettes or any tobacco products, vapes, alcohol, non-prescribed drugs, weapons and pornographic material MUST NOT be brought into WRTC facilities or utilized while on their premises.

- Using language which is offensive, sexist or racist

- Unwelcome physical contact, such as touching, blocking, staring, making sexual gestures and making or displaying sexual drawings or photographs.

- Unwelcome verbal conduct such as sexual propositions, slurs, insults, jokes, and other sexual comments.

- Fighting, bullying or any other forms of aggressive behavior with the intent to harm another individual.

- Behaving in a manner which is potentially dangerous to self and others.

- Behaving in a manner which damages or vandalizes the property of others, including any of the facilities.

- Taking unwelcome photographs of other wrestlers and or WRTC staff members.

Any breach of the Rules or the Code of Conduct will initiate a disciplinary action. Warrior Regional Training Center reserves the right to suspend or dismiss a wrestler's participation in wrestling activities, without any refunds. Before such a decision is fully made, the wrestler and parent/guardian will meet with WRTC administration to determine the best course of action.

Dress Code Policy

At Warrior RTC, we expect all athletes to wear appropriate gear that promotes safety, hygiene, and respect for the sport and one another. This dress code applies to all wrestlers, regardless of age or gender, and helps ensure a focused and professional training environment.

1. Practice Attire (All Wrestlers):

To participate in practice, all athletes are required to wear:

- A clean athletic shirt or t-shirt (short or long sleeve)
- Wrestling shorts or compression shorts or pants —must be appropriate for movement and coverage
- Wrestling shoes only (no street shoes or socks on the mat)
- Headgear is optional
- Hair longer than shoulder length should be tied back securely
- Singlets must fit properly and provide full coverage
- Nails must be trimmed short

Appropriate clothing coverage is required for a safe and professional environment

Note: clothing with zippers, snaps, or hard seams is not allowed on the mat, as it may cause injury to others or damage.

2. Hygiene Expectations:

- All gear (clothes, shoes, headgear) must be clean and dry at every practice.
- Athletes must shower after practice or competition and use deodorant to support a respectful team environment.
- Wrestlers may not share personal items (towels, water bottles, etc.).
- Skin conditions are, like injuries, inherent in wrestling. While our practice mats are cleaned before and after practice, it is critical that any wrestler who suspects that they have a skin condition notify the Coaching Staff immediately, and certainly before participating in any further Club activities. A failure to disclose a skin condition could lead to that wrestler spreading the condition to others. It is critical that everyone be vigilant about this issue.

3. Injuries

- Wrestling is a full-contact combat sport. Injuries are going to occur. While most are minor, unfortunately there are occasions where an injury may be serious enough to keep an athlete from participating for an extended period. Any decisions or discussions regarding an athlete's health (involving an injury or otherwise) is strictly between that wrestler, his/her parents, and their healthcare providers. We kindly request that you provide reasonable notice should a health or injury issue prevent a wrestler from participating in practice or a competition.

- Should a wrestler suffer an injury during practice or a competition that raises concerns of the Coaching Staff regarding the potential risk of further or a more serious injury, we reserve the right to hold any wrestler out of practice or competition for their own safety.

Thank you for helping us maintain a safe, clean, and inclusive environment for all!

Practice Guidelines

-Wrestlers should arrive with enough time to get properly equipped before the start of practice.

-Wrestlers are expected to attend all scheduled practices for their age and skill group. If you cannot attend a particular practice, please notify the Coaching Staff in advance.

-Practices will start promptly at the scheduled times. All wrestlers attending that practice should be "ready to wrestle" at the appointed start time.

-During practice, wrestlers are expected to pay attention and not talk or fool around when the Coaches are addressing the group. It is a sign of disrespect to the Coaches to not pay attention while they teach.

-Live wrestling is an important part of our practices. It allows you to try new moves in real time. We therefore ask that you treat live wrestling with the level of seriousness they deserve.

-Warrior RTC encourages its members to occasionally attend practices at other clubs. Doing so allows you to vary your training and practice partners. If you choose to attend another club's practice, please do not do so if it means missing your regularly scheduled WRTC practice.

-Wrestlers should have fingernails trimmed to avoid scratching other wrestlers.

-No outside street shoes on the wrestling mats, and please do not track mud into our facility.

-Please bring water bottles that are clean and labeled with your child's name. Do not leave them in the wrestling room; please take them home each night and wash once a week.

-Please gather all your belongings and put garbage in the trash cans at the end of practice.

-All should shower immediately after practices and competitions to ensure good personal hygiene.

-Headgear is optional, but they won't be permitted to be a distraction throughout practice. Once they are on, they should stay on. Headgear should be wiped daily with a proper cleaning solution.

-Wrestlers should use the bathrooms and be hydrated before the start of practice.

-During practice wrestlers should remain on the wrestling mats unless they are directed otherwise. We will provide a bathroom/water break during practice. Otherwise, wrestlers should ask a coach for permission to leave to go to the bathroom or get a drink. This helps to ensure safety and to know where wrestlers are in case of an emergency.

-Wrestlers should come to practice prepared to learn and open to new wrestling techniques and philosophies.

-Wrestlers should be prepared both physically and mentally and give their very best for the full duration of the practice.

-We allow parents and spectators in the wrestling room during wrestling practice. We kindly ask that you do not interrupt practice or try coaching your child from the sideline. The coaching staff has the right at any time to ask you to leave the practice room. This policy is in place to help maximize the effectiveness of the time between coaches and wrestlers and to help eliminate distractions in the practice room setting. We sincerely love parents being involved but please discuss any concerns or comments with your child and/or a coach after practice.

Competition Guidelines

-Warrior RTC competes in tournaments year-round. We schedule competitions for the club and communicate that schedule to you throughout the year. The competition schedule during each session can be found on our website. Please contact us if you have any questions regarding competitions.

-High School Season – During the school season all High School-aged wrestlers compete for their respective school district teams during the formal wrestling season (November to February). Prior to and after the High school season, wrestlers may compete for Warrior RTC.

-Youth Season – For youth wrestlers (those who are in 8th grade or younger), Warrior RTC will participate in USA Wrestling-sanctioned tournaments in Indiana and surrounding states. All club wrestlers should compete in the scheduled competitions. If the club does not have a scheduled event in a given week, all wrestlers are free to attend tournaments on their own.

-Prior to all competitions, Warrior RTC will advise wrestlers of the time they need to arrive at a tournament to allow for warm-ups. All Athletes must arrive on time and ready to compete.

-Warrior RTC has adopted and will enforce the following coaching policy at tournaments. With respect to club wrestlers who choose to register under a different club: If a wrestler is not registered under Warrior RTC at a tournament that WRTC is attending, then we cannot

guarantee that a WRTC coach will be available to coach him/her or otherwise provide any support for that tournament. Out of respect to the club wrestlers that register under Warrior RTC at a tournament, we will put priority on supporting them first. We expect Warrior RTC members to compete for us and support the club for all tournaments on its competition schedule. This policy does not apply to tournaments where Warrior RTC is not attending as a club.

Nutrition/Weight Management/Strength Training

Diet, nutrition, and strength are generally the most overlooked parts of our training as wrestlers, especially at the youth, high school, and college levels. Wrestling is an energy-demanding sport, and from lifting to practice to conditioning to competition, we push our bodies hard. Most of us find that we get tired at some point during our training, can't find the next gear, or fail to perform due to lack of energy and strength. All of these faults boil down to whether or not we are eating for performance and being strategic, knowledgeable, and smart about our diet.

Generally, Wrestlers should wrestle at their natural body weights, especially those in elementary and middle school. Occasionally, a youth tournament will require participants to make an exact weight. As you get older and more serious competitively, weight loss becomes more prevalent in our sport. There is a right way to make weight, and there is a wrong way to make weight. Part of our job as coaches is to help educate athletes and families the proper way to fuel the body and perform while making your desired competition weight class.

The energy demand required to physically and mentally outmaneuver opponents on the wrestling mat is considerably high. When determining macronutrient and energy intake, it is important to consider the energy needed on competition day as well as the months leading up to training. Knowledge of the various phases of preparation and devising a long-term plan well in advance of competition can help student athletes navigate these nutrient and energy needs to maximize performance.

As a weight-based sport, wrestling requires athletes to be extremely mindful of their nutrition strategies before, during and after competition. Forming a plan that considers nutrient timing helps to deliver adequate levels of carbohydrates, proteins and fats at the right time to maximize sports performance and body composition.

The WRTC Coaching Staff will discuss weight classes with the wrestlers and his/her parent/guardian to ensure that they compete at an appropriate weight class. Once a wrestler commits to a weight class, it is their responsibility to safely make that weight. While WRTC will

never demand that an athlete cut weight before a tournament, it may be in their best interest to do so, depending on the team's needs, the individual's goals, the competition, etc. Any such circumstance should be discussed with the Coaching Staff. We are fortunate to have a very knowledgeable group of leaders that can help in this area of expertise.

If you have any questions about Nutrition, Weight Management, and Strength Training please contact any member of our coaching staff. We are fortunate to have Nick Gates on staff as our club's Nutrition & Strength Training Coach/Consultant. Contact Coach Gates if you want to set up a consultation appointment, then he will be able to design a meal plan, weight loss plan, or strength plan that best fits your needs.

Fundraising & Volunteer Opportunities

Warrior RTC Golf Outing – September 19, 2026 @ Cross Creek Golf Club in Decatur, IN

- The Golf Outing is our biggest annual fundraiser. We ask that each family from our wrestling club support this event. Funds raised go toward our annual operating expenses for the 2026-27 wrestling season, such as: rental fees, coaching stipends, camp clinicians, new training equipment, medical supplies, cleaning materials, tournament expenses, mat tape, new wrestling mats, wrestling room maintenance, etc.
- We ask that each family does at least one of the following to contribute to the success of our fundraiser:
    - Play in the golf outing (bring a team)
    - Recruit a team to play in the golf outing
    - Sponsor the golf outing
    - Recruit a business or family to sponsor the golf outing
- Reminder, we are a nonprofit 501c3 corporation. So, all contributions made toward the golf outing our tax-deductible! Tax ID #86-3849404

Warrior RTC Folkstyle Open & Beginner Tournament – November 29, 2026 @ Adams Central HS

- Our annual folkstyle club tournament is our second biggest fundraiser of the year. We are always looking for responsible adult volunteers to: help set up and tear down the event, work the concession stand, work the admission gate, hanging brackets on the wall, working the awards stand, etc.

Warrior NXT Season Schedule

This program is designed for wrestlers (boys & girls) in grades K-5 with 0-2 years of experience. Our focus is on growth while learning how to properly wrestle and practice. Competitions are optional for this age group. The goal of this group is to learn the basic fundamentals of wrestling in a fun and safe environment, and eventually move the wrestler up to the RTC group.

Mandatory Parent Meetings

There will be a mandatory parent meeting at the first practice of each session. We strongly encourage at least one parent/guardian to attend. These meetings will be brief, but very important information will be shared. This is also a great time to get any questions or concerns that you may have answered by the coaching staff.

Practice Schedule

Session One – August 23, 30 & September 6, 13, 20, 27 @ 3:00pm (6 consecutive Sundays)

Session Two – October 25 & November 1, 8, 15, 22 & December 6 @ 3:00pm (6 consecutive Sundays over 7-week span, no practice on Warrior RTC Folkstyle Open & Beginner Tournament)

Session Three – January 10, 17, 24, 31 & February 7, 14 @ 3:00pm (6 consecutive Sundays)

Session Four – March 8, 15, 22, 29 & April 5, 12 @ 6:00pm (6 consecutive Mondays)

Session Five – May 10, 17, 24 & June 7, 14, 21 @ 6:00pm (6 Mondays over 7-week span, no practice on Memorial Day)

Pricing

$75 Session (6 Practices ~ $12 per practice value + WRTC T-Shirt)

$325 All 5 Sessions (30 Practices ~ $10 per practice value + 5 WRTC T-Shirts)

All members who register and complete payment for the NXT (Next Generation) Session will receive one Warrior RTC T-shirt with their registration. Participants who register for additional NXT sessions during the 2026–27 season will receive a new Warrior RTC T-shirt for each subsequent session.

Competition Schedule (Optional)

TBA (visit our website for updated competition schedule)

Warrior RTC Season Schedule

Fall Session: August 2 – October 28

Preseason folkstyle wrestling training designed for committed & goal-oriented wrestlers. This session is for boys & girls in grades 3-12 with 2+ years of experience. Consistent attendance at weekly practices, competitions, camps, and live nights are strongly encouraged.
Individual/small group private training is available by appointment only, discuss with coaching staff.

Mandatory Parent Meeting: August 2 @ 4:30pm

There will be a mandatory parent meeting at the first practice of the fall session. We strongly encourage at least one parent/guardian to attend. This meeting will be brief, but very important information will be shared. This is also a great time to get any questions or concerns that you may have answered by the coaching staff.

Practice Schedule

Sunday 4:30pm

Wednesday 6:00pm

Monday (Live Wrestling/Match Simulation) 6:00pm/8:00pm

- August 3, 10, 17, 24, 31 & September 7 @ 6:00pm
- September 14, 21, 28 @ 8:00pm
- October 5, 12, 19, 26 @ 6:30pm (FW Snider High School)

*Wrestlers who attend 90% or more of the fall session practices will receive a special gift. There are 39 total practices in the fall session, so you will need to attend 35+ practices to earn the gift. Each camp (listed below) attended will count as +2 practice extra credit. Each preseason competition (listed below) attended will count as +2 practice extra credit.

Pricing

Session Membership - $360 (39 Practices ~ $9.23 per practice value + WRTC T-Shirt)

Monthly Membership - $125

Drop-In - $30

Fall Sport Athlete Supplement Membership - Sundays Only

We understand many athletes participate in fall sports. This option allows wrestlers to continue developing their skills, stay connected with their teammates, and prepare for the wrestling

season while balancing their fall sport commitments. Athletes who transition to a normal Monthly or Session Membership during the Fall Session may apply their Sunday-only membership toward the upgrade.

- Session Membership - $210 (13 Practices ~ $16.15 per practice value + WRTC T-Shirt)
- Monthly Membership - $75
- Drop-In - $30

Warrior RTC T-Shirt Incentive: All registered members who sign up and complete payment for a session membership by August 16 will receive one WRTC t-shirt.

Drop-In Policy: Drop-in training is available for athletes who would like to experience Warrior RTC or attend on an occasional basis. However, we strongly encourage wrestlers planning to train consistently to enroll in a Monthly or Session Membership, which provides the best value and supports long-term development. If you decide to join Warrior RTC after attending as a drop-in, your drop-in fee(s) may be applied toward a Monthly or Session Membership, provided you register within the current training session. Consistent attendance is one of the biggest factors in a wrestler's improvement, and our membership options are designed to provide the greatest value while helping athletes reach their full potential.

Camp Schedule

August 8: Preseason Camp 1

August 15: Preseason Camp 2

August 22: Preseason Camp 3

August 23: Girls Camp

August 29: Preseason Camp 4

*If you pre-pay for all 4 preseason camps you will receive an exclusive WRTC preseason camp t-shirt.

Competition Schedule

TBA (visit our website for updated competition schedule)

Winter Session: November 1 – February 28

In-Season folkstyle wrestling training designed for committed & goal-oriented wrestlers. This session is for boys & girls in grades 3-12 with 2+ years of experience. Consistent attendance at weekly practices, competitions, and live nights are strongly encouraged. High school wrestlers will be strictly doing skills and drills during practice time. Individual/small group private training is available by appointment only, discuss with coaching staff.

Optional Parent Meeting: November 1 @ 4:15pm

There will be an optional parent meeting at the first practice of the winter session. We strongly encourage at least one parent/guardian to attend if you have any questions for us on the sport of wrestling and our winter session. This is also a great time to meet the coaching staff, and get any questions or concerns that you may have answered by the coaching staff.

Practice Schedule

Sunday 4:30pm

Wednesday 6:30pm

Monday (Live Wrestling/Match Simulation) 6:30pm – This practice is located at Fort Wayne Snider HS, and it is only for elementary and middle school wrestlers with 2+ years of experience.

*MS & ELEM wrestlers who attend 90% or more of the winter session practices will receive a special gift. There are 51 total practices in the winter session, so you will need to attend 45+ practices to earn the gift. Each competition (listed below) attended will count as +2 practice extra credit. HS wrestlers who attend 90% or more of the Sunday & Wednesday winter session practices will receive a special gift. There are 34 total practices in the winter session, so you will need to attend 30+ practices to earn the gift.

Pricing

Session Membership (Sundays & Mondays & Wednesdays) - $480 (51 Practices ~ $9.41 per practice value + WRTC T-Shirt)

Monthly Membership (Sundays & Mondays & Wednesdays) - $125

Session Membership (Sundays & Wednesdays) - $380 (34 Practices ~ $11.17 per practice value + WRTC T-Shirt)

Monthly Membership (Sundays & Wednesdays) - $100

Session Membership (Sundays Only) - $280 (17 Practices ~ $16.47 per practice value + WRTC T-Shirt)

Monthly Membership (Sundays Only) - $75

Drop-In (Sundays & Wednesdays) - $30

Drop-In (Mondays) - $20

Warrior RTC T-Shirt Incentive: All registered members who sign up and complete payment for a session membership by November 29 will receive one WRTC t-shirt.

Drop-In Policy: Drop-in training is available for athletes who would like to experience Warrior RTC or attend on an occasional basis. However, we strongly encourage wrestlers planning to train consistently to enroll in a Monthly or Session Membership, which provides the best value and supports long-term development. If you decide to join Warrior RTC after attending as a drop-in, your drop-in fee(s) may be applied toward a Monthly or Session Membership, provided you register within the current training session. Consistent attendance is one of the biggest factors in a wrestler's improvement, and our membership options are designed to provide the greatest value while helping athletes reach their full potential.

Competition Schedule

TBA (visit our website for updated competition schedule)

<u>Spring Session: March 2 – June 24</u>

Freestyle, Greco, and Folkstyle wrestling training designed for committed & goal-oriented wrestlers. This session is for boys & girls in grades 3-12 with 2+ years of experience. Consistent attendance at weekly practices, competitions and camps are strongly encouraged. Individual/small group private training is available by appointment only, discuss with coaching staff.

Mandatory Parent Meeting: March 9 @ 6:00pm

There will be a mandatory parent meeting at the first practice of the spring session. We strongly encourage at least one parent/guardian to attend. This meeting will be brief, but very important information will be shared. This is also a great time to get any questions or concerns that you may have answered by the coaching staff.

Practice Schedule

Tuesday 6:00pm

Wednesday (Live Wrestling/Match Simulation) 6:00pm

Thursday 6:00pm

*Wrestlers who attend 90% or more of the spring session practices will receive a special gift. There are 50 total practices in the spring session, so you will need to attend 45+ practices to earn the gift. Each camp (listed below) attended will count as +2 practice extra credit. Each competition (listed below) attended will count as +2 practice extra credit.

Pricing

Session Membership - $480 (50 Practices ~ $9.60 per practice value + WRTC T-Shirt)

Monthly Membership - $125

Drop In - $30

Warrior RTC T-Shirt Incentive: All registered members who sign up and complete payment for a session membership by March 16 will receive one WRTC t-shirt.

Drop-In Policy: Drop-in training is available for athletes who would like to experience Warrior RTC or attend on an occasional basis. However, we strongly encourage wrestlers planning to train consistently to enroll in a Monthly or Session Membership, which provides the best value and supports long-term development. If you decide to join Warrior RTC after attending as a drop-in, your drop-in fee(s) may be applied toward a Monthly or Session Membership, provided you register within the current training session. Consistent attendance is one of the biggest factors in a wrestler's improvement, and our membership options are designed to provide the greatest value while helping athletes reach their full potential.

Camp Schedule

March 21: Girls Camp

April 17-18: Freco Camp

June 5-6: Summer Camp

Competition Schedule

TBA (visit our website for updated competition schedule)

Summer Session: June 28 – July 8

Freestyle, Greco, and Folkstyle Wrestling Training Designed For Committed & Goal-Oriented Athletes. This session is for Boys & Girls in Grades 3-12 with 2+ years of experience.

Practice Schedule

Monday, June 28 @ 6:00pm

Tuesday, June 29 @ 6:00pm

Wednesday, June 30 @ 6:00pm

Thursday, July 1 @ 6:00pm

Monday, July 5 @ 6:00pm

Tuesday, July 6 @ 6:00pm

Wednesday, July 7 @ 6:00pm

Thursday, July 8 @ 6:00pm

*Wrestlers who attend 100% of the summer session practices will receive a special gift.

Pricing

Session Membership - $120 (8 Practices ~ $15.00 per practice value + WRTC T-Shirt)

Drop-In - $30

Warrior RTC T-Shirt Incentive: All registered members who sign up and complete payment for a session membership by July 8 will receive one WRTC t-shirt.

Drop-In Policy: Drop-in training is available for athletes who would like to experience Warrior RTC or attend on an occasional basis. However, we strongly encourage wrestlers planning to train consistently to enroll in a Monthly or Session Membership, which provides the best value and supports long-term development. If you decide to join Warrior RTC after attending as a drop-in, your drop-in fee(s) may be applied toward a Monthly or Session Membership, provided you register within the current training session. Consistent attendance is one of the biggest factors in a wrestler's improvement, and our membership options are designed to provide the greatest value while helping athletes reach their full potential.

Camp Schedule

July 26-29: Youth Wrestling Camp (Grades Pre K-8, Boys & Girls, Beginner 0-2 Years of Experience & Intermediate 2-5 Years of Experience)

Competition Schedule

TBA (visit our website for updated competition schedule)