

VOLUNTEER YOUTH COACHING STAFF

Our coaches volunteer and give of their time and talents in the pursuit of promoting the sport of amateur wrestling and have agreed that the monies collected by Wolf Pack Wrestling shall go toward the betterment of amateur wrestling.

Program Coordinator: Dwayne Henry

Head Coach: Billy Cox

1st Assistant Coach: Jeffrey French

Assistants: Dean Ludlow, Paul Strait,
Angelo Trujillo, David Trujillo,
Eric Ogden

Good majorities of our coaching staff holds membership in USA Wrestling-Utah and are certified to coach with a minimum of a Bronze Level Certification through USA Wrestling.

Safety is of utmost importance to our club. Wrestlers will be grouped according to age, weight and skill level. An emphasis on building strength and endurance will continue throughout the season.

DIVISIONS BEGINNER & ADVANCED

Middle School Division (5-7 Grades)
60lbs, 65lbs, 70lbs, 73lbs, 76lbs, 80lbs,
83lbs, 86lbs, 90lbs, 93lbs, 96lbs, 100lbs,
105lbs, 112lbs, 119lbs, 125lbs, 135lbs,
145lbs, 165lbs, 180lbs, 235lbs

Junior High Division (7-9 Grades)
70lbs, 75lbs, 80lbs, 85lbs, 90lbs, 93lbs,
96lbs, 100lbs, 104lbs, 108lbs, 112lbs,
116lbs, 120lbs, 124lbs, 128lbs, 132lbs,
138lbs, 145lbs, 155lbs, 170lbs, 190lbs,
210lbs, 265lbs

REGISTRATION & GENERAL INFORMATION

Registration: November 9th 2009
5:30pm-7:00pm

Wolf Pack Wrestling is open to 5th - 8th grade participants. 3rd & 4th grade participants with prior wrestling experience will be considered and will need subsequent coach's approval prior to participation.

Practices: Mon, Wed & Fri
6:00 p.m. - 7:30 p.m.
(Exceptions announced at practice)

All practices are held in the
Riverton High School Wrestling Room

1st Practice November 9th, 2009
Season ends January 30th, 2009

Email will be the preferred source of
contact for wrestlers and parents.

questions contact Head Coach Billy Cox:
billy_cox@silverwolveswrestling.com



<http://www.silverwolveswrestling.com>



BEGINNER AND ADVANCED

FOLK STYLE WRESTLING

JUNIOR HIGH & MIDDLE SCHOOL PROGRAM

CLUB SPONSORS:



RIVERTON PARKS AND RECREATION
& RIVERTON HIGH SCHOOL

12476 S SILVERWOLF WAY (2700 W)
Riverton, UT 84065

INTRODUCTION

Wolf Pack Wrestling is dedicated to equipping its wrestlers with the necessary skills needed to be successful on and off the mat.

Members should anticipate practice and training sessions, which consist of a positive environment where junior high and middle school youth will learn both conventional and nonconventional wrestling technique through a combination of both intense and relaxed drilling sessions including live wrestling, technique drilling, conditioning and stamina training.

Technique will be broken down into a series of steps that will be reinforced daily with proven mental and match strategies necessary to compete at the highest levels.

While Wolf Pack Wrestling will produce its share of wrestling champions, this isn't how we measure success. Success is measured through our young wrestlers who have learned to improve themselves through hard work, determination and drive.

Not every wrestler will become a champion, but every wrestler will learn, improve and achieve more because of our training philosophy and wrestler development.

FEES & COSTS

OPTION 1: \$130 for (Coaching, Singlet and registration fees for 5 Tournaments)

OPTION 2: \$175 for (Coaching, Singlet & registration fees for 7 Tournaments and a USA Wrestling Card)

Our coaches have worked hard to keep the program affordable for all of its participants. No wrestler should be turned away for financial reasons. In cases of genuine hardship the head coach should be contacted immediately. This information will be kept in strict confidence.

FREQUENTLY ASKED QUESTIONS

(Q): Is wrestling dangerous?

(A): Wrestling is no more dangerous (and, in fact, is less dangerous) than most sports. The number of overall shoulder, knee, and ankle injuries in wrestling is far lower than that of many higher impact sports, such as football, hockey, and even soccer, to name a few.

(Q): Why should I consider wrestling?

(A): If you participate in other sports, wrestling gives you an opportunity to become a better skilled and fit athlete. If you do not participate in other sports because of size, speed, or other reasons, you can become a competitive wrestler. You will be matched to an opponent that is nearly the same weight as you are, thereby eliminating any physical size issues. Many young adults that could not excel in other sports have become wrestling champions.

(Q): How quickly can I become a competitive wrestler?

(A): Because opponents are nearly the same age and weight, anyone can become a competitive wrestler in a short amount of time. Through our process you will progress from knowing little to nothing about wrestling to winning matches at a sanctioned USA Wrestling tournament.

(Q): What is USA Wrestling?

(A): USA Wrestling (formerly known as the United States Wrestling Federation and as the United States Wrestling Association) is the organization that currently governs freestyle wrestling and Greco-Roman Wrestling in the United States. USA Wrestling is also the official representative to the United States Olympic Committee (USOC) and to the International Federation of Associated Wrestling Styles (FILA) and is considered the national governing body of the sport.



TOURNAMENT SCHEDULE

* Nov. 21, 2009

USA Sponsored Caleb Williams Memorial Wrestling Tournament
Maple Mountain High School
Mapleton, UT

* Dec. 5, 2009

USA Sponsored Wrestling Tour of America
Salt Lake Slam
Wasatch County Event Center
Heber City, UT

Dec. 19, 2009

Brighton Wrestling K-9 Tournament
Brighton High School
Cottonwood Heights, UT

Jan. 9, 2010

Junior High/Youth Open
Wasatch High School
Heber City, UT

Jan. 16, 2010

Clash of the Tiny Titans Tournament
Syracuse High School
Syracuse, UT

Kearns JHS Dual Meet (TBA)

Jan. 29-30, 2010

4A/5A Junior High State Championships
Roy High School, Roy, UT

*Included in option 2 pricing only!

ELECTIVE CLINIC & TOURNAMENTS

Elective events are not included in club pricing. If you attend any elective event, registration fees must be paid out of pocket!

December 10th, 11th & 12th Mike Krause Clinic (\$125 For 5 sessions)

Dec. 12, 2009

Top Gun of Utah Folkstyle Tournament
Weber High School,
Pleasant View, UT

Jan 23, 2010

Utah Nationals Beehive Brawl
Senior Valley Center
Richfield, UT