

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 North High School- 4436 Main St AND Downers Grove South High School- 1436 Norfolk St- Downers Grove

WHEN: Practice will begin on **TUESDAY, NOVEMBER 14TH**. Some levels will practice through the first week of February, while the Advanced Program will practice and compete through the IKWF season which ends in March.

PROGRAMS/COST: The fees and cost of the programs are as follows

Fundamental Program- D99 Fee (\$125) + DGWC Fee (\$130) = **\$255 (Fees MUST be paid separately)**

Skill Development/Advanced Program- D99 Fee (\$125) + DGWC Fee (\$225) = **\$350 (Fees MUST be paid Separately)**.

*Fees include USA Wrestling Card, DGWC Long Sleeve Shirt, and tournament fees for Skill Development/Advanced.

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. Wrestlers who are in Kindergarten **MUST** have a parent assisting in order to participate. **Practices will be 60 minutes and held on Tuesday and Wednesday from 6:00-7:00 PM at Downers Grove South High School**

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. Skill Development Program wrestlers can attend tournaments at the coach's discretion. **Practices will be held on Tuesday, Wednesday, Thursday from 6:15-7:45 PM at Downers Grove North High School**

Advanced: The Advanced 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 for 90 minutes, exact times to be determined. The Advanced Program will compete in a full IKWF season, and tournaments are typically held on Sundays. **Practices will be held on Tuesday, Wednesday, Thursday from 6:15-7:45 PM at Downers Grove North High School**

*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 1st- Downers Grove North High School- 6:00-7:00 PM

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

USA WRESTLING CARD: USA Wrestling Cards are MANDATORY for practice and meets and are included within your DGWC fee. First year wrestlers MUST provide a copy of their birth certificate when registering.

COACHES:

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

Mike York- Elmhurst University, Josh Ruprecht- Elmhurst University (NCAA Qualifier), Jimmy McCauliffe- Elmhurst University (4X All-American, National Champion), Zach Holtzman- Elmhurst University, Carl Landi- DGS Assistant Coach, Chris McGrath- SIU-Edwardsville Letterwinner & Captain- DGN Head Coach

MORE INFO/CONTACT:

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

Questions Contact: info@dgwrestlingclub.com

DGS Head Coach- Sean Lovelace- slovelace@csd99.org

DGN Head Coach- Chris McGrath- cmcgrath@csd99.org