

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 19TH**. 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 (\$115) = **\$240 (Fees MUST be paid separately)**

Skill Development/Advanced Program- D99 Fee (\$190) + DGWC Fee (\$210) = **\$400 (Fees MUST be paid Separately).**

USA WRESTLING CARD: USA Wrestling Cards (\$60) are MANDATORY to practice or compete. First-year wrestlers MUST submit a copy of their birth certificate when registering. Families will need to purchase USA Wrestling Cards on their own, THIS IS NOT INCLUDED IN THE FEES. <https://www.usawmembership.com/login>

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

Fundamental Program- Beginning wrestlers (approximate ages of 5-8) in grades kindergarten through 3rd grade. 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 Thursday from 6:00-7:00 PM at Downers Grove South High School**

Skill/Advanced Program- Wrestlers (approximate ages of 9-14) grades 4th through 8th grade. 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 competitions 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**

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. The Advanced Program will compete in a full IKWF season; 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 if your wrestler plans on wrestling in tournaments.

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

On-site registration: Wednesday, November 13th- 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.

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

Chris McGrath- SIU-Edwardsville Letterwinner & Captain- DGN Head Coach, Zach Holtzman-DGS Head Coach Elmhurst University, Justin Cardani- U of I 2X NCAA Qualifier, Mike York- Elmhurst University

MORE INFO/CONTACT: For any and all info please visit: <http://www.dgwrestlingclub.com/> Questions Contact: info@dgwrestlingclub.com DGS Head Coach- Zach Holtzman- zholtzman@csd99.org DGN Head Coach- Chris McGrath- cmcgrath@csd99.org