

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, 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 Kindergarten through 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 17TH**. 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 (\$105) + DGWC Fee (\$195) = **\$300 (Fees MUST be paid separately)**

Advanced Program- D99 Fee (\$150) + DGWC Fee (\$250) = **\$400 (Fees MUST be paid separately).**

Elite Program- D99 Fee (\$105) + DGWC Fee (\$95) = **\$200 (Fees MUST be paid separately).**

USA WRESTLING CARD: USA Wrestling Cards (\$65) 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 Advanced/Elite wrestlers.

Fundamental- Beginning wrestlers, grades kindergarten through 4th grade. The Fundamental Program will focus on 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. We do not encourage this level to compete on the weekends, unless otherwise invited to do so by a coach. **Practices will be 60 minutes and held on Tuesday and Thursday from 6:00-7:00 PM at Downers Grove South High School**

Advanced- Wrestlers in grades 5th through 8th grade. The Advanced program will focus on fundamental body movements, wrestling technique, skill-based games, and competition. Wrestlers can attend tournaments at the coach's discretion. Wrestlers who are attending tournaments are expected to participate in Wednesday Elite practices. . DGWC 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**

Elite- Wrestlers who participate on their middle school teams and are looking for extra mat time. Coach Justin Cardani, a 2x NCAA qualifier and 2x Illinois High School State Champion. **Practices will be held on Wednesday nights 6:15-7:45 PM at Downers Grove North High School**

Girls- Female wrestlers should register for one of the levels above. Girls in grades 1-4 can choose to practice with the boys at South or the girls' only at North High. Girls competing at weekend tournaments can attend Elite practices on Wednesday nights, must have a female partner. **Girls' only practices on Wednesday and Thursday from 6:15-7:45 PM at Downers Grove North High School (for all ages)**

*All wrestlers will need to provide their own wrestling shoes and headgear (required for competition). Singlets can be purchased via the team shop and will be mandatory for tournaments. Please purchase a singlet if your wrestler plans to compete in tournaments.

<https://goearnit.tuosystems.com/stores/dgwc26>

REGISTRATION: Online Registration: <https://dgwrestlingclub.com/>

Checks can be made payable to the Downers Grove Wrestling Club.

COACHES: The Fundamental and Advanced program will be coached by Downers Grove South and Downers Grove North High School staff. The Elite 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, Joe Foreman- US Marine Corps Wrestler

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