



# Wahoo Wrestling Club

## *Warrior Challenge Sheet*

2024/25 Season

The purpose of this is to encourage participation and goal setting. Whether it's being a state champion, the number of tournaments you attend, or the number of pushups you hope to be able to do by the end of the season. They are all goals. It doesn't matter if you are a beginner or an experienced wrestler; goal setting allows you to focus on objectives that you want to achieve. Each season points are awarded for goal setting, attending club events, the number of practices attended, attending tournaments, pins, and wins. These points will be tallied for the awards that will be given away at our Awards Banquet at the conclusion of the season.

### **THERE ARE 3 LEVELS OF ACHIEVEMENT**

**BRONZE** - 60 points for the BLUE group / 100 points for the GOLD group

**SILVER** - 190 points

**GOLD** - 240 points

### **GOAL SETTING:**

Set 2 goals by the second week of the season. Write them down and turn them in and get 5 points! Make your goals challenging, yet realistic! Believe in yourself!

### **PRACTICE:**

You will earn 6 points for each practice attended PLUS 5 bonus points for perfect attendance. We will assign 12 points each week to our middle school wrestlers who are out for the Wahoo Middle School Wrestling Team. We realize that they are out for the school wrestling program at the same time our club is in session and we don't want your child to burn out. But we also provide an incentive to those who do continue to come to our club practices during that time. Points are not awarded for going to high school practices as that is not a required practice for the club or middle school season.

### **TOURNAMENTS AND SUCCESS:**

We will have no fewer than 4 scheduled tournaments for the Blue season and 10 scheduled tournaments for the Gold season.

You will earn...

- 5 points for every tournament that you attend (including *extra* tournaments you wish to attend).
- 1 point for each win and
- 1 point for each pin. Once again, we put more emphasis on participation than skill; therefore less points for pins and wins.

**BONUS!** We want to encourage our wrestlers to complete the entire season so if your wrestler enters into the Districts Tournament, Huskerland, UAA Duals and USA State they will be awarded an additional 6 points for each tournament.