

2025 - 2026 PRESEASON

PRACTICE TEAM	EXPERIENCE AGE/GRADE	SCHEDULE	COST	DETAILS
Minimum 1 Year Experience or Coach Approval	2nd - 8th Grade or Coach Approved	Sept 4 - Oct 16 Mondays & Thursdays 6:00pm - 7:30pm	\$250	Review of Fundamental Techniques Prepare for Regular Season Practices

2025 - 2026 REGULAR SEASON

PRACTICE TEAM	EXPERIENCE AGE/GRADE	SCHEDULE	COST	DETAILS
WHITE Young Rookie / Novice	0 - 3 Years Experience 5 Years Old to 2nd Grade	Oct 20 - Feb 25 Mondays & Wednesdays 6:00pm - 7:00pm (excluding school holidays)	\$699 *Additional Charges for Gear & USA Wrestling Registration	Intro to Wrestling Elite Coaching Daily Dodgeball Respect & Discipline
BLUE Older Rookie / Novice	0 - 3 Years Experience 2nd Grade - 8th Grade	Oct 21 - Feb 26 Tuesdays & Thursdays 6:00pm - 7:00pm	\$699 *Additional Charges for Gear & USA Wrestling Registration	Basic Wrestling Technique Elite Coaching Great for Football Tackling Intro to Tournaments
GOLD Advanced	3+ Years Experience or Coach Approval 2nd Grade - 8th Grade	Oct 21 - Feb 26 Mondays, Tuesdays, & Thursdays 7:00pm - 8:30pm	\$999 *Additional Charges for Gear & USA Wrestling Registration	Advanced Technique Elite Coaching Competition Mindset Warrior Mentality