

## Which level is right for my wrestler?

	HWC Red	HWC Black	Junior Toppers Elite	Middle School
<b>Who is it for?</b>	Beginners and developing wrestlers Cost: \$200 plus uniform purchase.	Competitive at a high level: varsity and open tournaments (coach's decision) Cost: \$250 plus uniform purchase.	Advanced wrestlers in 4th-8th grade (Coach's decision) Cost: \$300 plus uniform purchase.	Developing Wrestlers: 1-2 years experience. Cost: FREE plus uniform purchase.
<b>What does competition entail?</b>	Compete in Buckeye Youth Wrestling events	Compete in open tournaments and Buckeye Youth Wrestling events.	Compete in open tournaments exclusively.	Middle School Schedule found at <a href="http://chardonathletics.org">chardonathletics.org</a> .
<b>Where and When?</b>	Practices at CMS Stage 6-7:30 pm on T/Th.	Practices at CHS 6-7:45 pm T/W/Th.	Practices at CHS 6-7:45 pm M-Th.	Practice @CMS 3-4:45 pm M-F
<b>Competition Schedule</b>	Competition venues vary. Competition is not mandatory. Wrestlers can compete when they feel comfortable enough. November-February (League Championships)	Tournament locations vary from Northern Ohio (Lake Erie Coast) to NW Pennsylvania. Tournament Fees are extra. Wrestling families are responsible for registering their wrestlers for each competition. Buckeye Youth Dual venues vary. November-Feb/March (State Tournaments)	Tournament locations vary from Northern Ohio (Lake Erie Coast) to NW Pennsylvania. Tournament Fees are extra. Wrestling families are responsible for registering their wrestlers for each competition. November-March (State Tournaments)	Wednesday duals mixed with several weekend tournaments
<b>Why?</b>	Introduction to the sport of wrestling development of foundational wrestling skills and to have FUN.	Scope and sequence of techniques becomes more advanced. Training is more focussed on core techniques, strength and conditioning. Major Focus on: Neutral/Defense/Bottom	Focus on refining all core techniques: Neutral/Defense/Top/Bottom. Training is intense, heavily incorporating strength and conditioning into practice sessions.	Scope and sequence of techniques becomes more advanced. Training is more focussed on core techniques, strength and conditioning. Major Focus on: Neutral/Defense/Bottom
<b>Coaching Staff</b>	Brian Workman and Staff	Jim Morrison and Staff	Nick Salatino, Cyle Wells	Devin Johnson/Cameron Ellis/Mark Morrison/Michael Beaudoin