



MWC WRESTLING ACADEMY



2020-2021 Folkstyle Season

Beginning Wrestlers:

- Please see **MAT Program** under the “Programs” tab or follow this link: [MAT Program](#)

Red Room Wrestlers:

- **Red Room Wrestler Guidelines:**
 - **Must have completed “MAT Program”** or at least 1 year of competitive experience.
 - Wrestles only Folkstyle at MWC (i.e. does not participate in FRECO or Pre-season).
 - Coach’s discretion on rooms is final and may trump guidelines.
- Season runs from *November 18th 2020 through March 18th 2021.*
- **First Practice:** Wednesday, November 18th at 6:30pm
- **Online registration only – use link below.**
- **Mandatory Red Room Parent/Guardian Meeting: (Date TBD)**
- **Cost** for the season is \$400 if paid up front or \$90/month for 5 months (\$450 total). \$50 off for each sibling.
- Practice Schedule:
 - Wednesday 6:30 pm – 8:00 pm
 - Thursday 6:45 pm – 8:00 pm
 - Saturday 9:00 am – 10:30 am

Blue Room Wrestlers:

- **Blue Room Wrestler Guidelines:**
 - More than 5 years of experience
 - **Must wrestle at least 2 of the 3 MWC seasons** (Folkstyle, FRECO, Pre-Season)
 - Must be willing to travel.
 - Coach’s discretion on rooms is final and may trump guidelines.
- Season runs from *November 9th, 2019 through March 18th, 2020.*
- **Online registration only – use link below.**
- **Mandatory Blue Room Parent/Guardian Meeting: (Date TBD)**
- First Practice → Monday November 9th at 6:30pm.
- Cost for the season is \$500 if paid up front or \$110/month for 5 months (\$550 total). \$50 off for each sibling.
- Practice Schedule:
 - Monday 6:30 pm – 8:00 pm
 - Tuesday 6:30 pm – 8:00 pm
 - Thursday 5:30 pm – 6:45 pm
 - Saturday 10:30am – 12:00 pm (only as needed per Coach Zac)

Additional Information:

- ❖ **Register and pay online prior to the first practice. Registration link:**
<https://mwcwrestlingacademy.sportngin.com/register/form/459271154>
- ❖ Apparel – Red Room Wrestlers are required to wear the RED Team Singlet and will need to purchase the uniform Nike t-shirt and black badger shorts. Blue Room Wrestlers are required to wear the BLUE Team Singlet during competition and the uniform Nike Sweatshirt and black sweat pants. **Apparel link:** <https://www.mwcwrestlingacademy.com/apparel> Store CLOSING November 1st.
- ❖ **All wrestlers are required to have a Limited USA Wrestling Membership (\$15).**
 - Go to: www.usawmembership.com
- ❖ All practice sessions are held at the MWC Wrestling Academy Training Facility: **302 East Cary St. Papillion, NE 68046**
- ❖ Registration with MWC Wrestling Academy assumes:
 - Wrestlers will compete at USA Nebraska Districts as an MWC Wrestling Academy athlete in District 7 only. NO EXCEPTIONS.** Failure to do so will result in dismissal from the club or not being excluded from future dual teams.



MWC WRESTLING ACADEMY



2020-2021 Folkstyle Season

- Wrestlers will compete for MWC Wrestling Academy at all tournaments for which he/she is registered and your respective MWC Wrestling Academy room is officially attending. This includes dual tournaments. There may be exceptions, but they must be approved in advance by Coach Dominguez.

