



## MWC WRESTLING ACADEMY

### *My | Advancement | Training* *MAT Program*

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**Mission Statement:** *The MAT Program seeks to create skill-strong novice wrestlers who are prepared to competently and confidently compete in live wrestling situations after mastering fundamental skills which can be utilized throughout their entire wrestling careers.*

**A note from MWC Head of Coaching – Zac Dominguez:**

The world's oldest sport is also one of the most difficult for a child to begin. After over 30 years on the wrestling mat as either an athlete or coach led Coach Zac Dominguez to create a novice wrestling program which introduces new wrestlers to the sport, building a strong foundation of skills and technique to prepare them for all levels of competitive wrestling. Enter the **My Advancement Training (MAT) Program**.

The **MAT Program**, much like the belt system in martial arts, is individually paced. Wrestlers advance through a series of levels and earn a new colored shirt at each level. Testing sessions occur monthly when the athlete's coach believes they are ready. Once your wrestler earns his or her Black Shirt, they have completed the program, and are ready to advance to the Folkstyle Red Room.

Wrestlers in the MAT program do not normally compete in tournaments. This allows them to hone their skills and develop technique, helping them feel more confident and eliminating competition anxiety. Beginning wrestlers must complete this program before advancing to MWC Wrestling Academy's Red Room and begin competing in tournaments.

This program is designed to make sure that your son or daughter gets a proper start in the sport by making sure that fundamental strengths, skills and techniques are set early in their wrestling career. This solid foundation gives us the base on which to build great wrestlers.

**Program Details:**

- **Wrestlers must be in Kindergarten or older.**
- MAT Program runs year-round, so new wrestlers are accepted at any time as space allows. To inquire about registration, please contact Coach Mike Morris – MAT Program Director.
- **Cost:** \$80/month. Tuition includes all practices, initial White shirt, and all additional shirts earned through program advancement.
- **Practice Days/Times:**
  - Mondays/Wednesdays 5:00 – 6:00 PM
- All Practices are held at the MWC Wrestling Academy Training Facility – 302 E. Cary Street in Papillion
- **Apparel:**
  - Wrestlers are asked to wear black shorts and the shirt which corresponds to their current level to every practice.
  - Wrestling shoes are required. MWC has a selection of used shoes which can be borrowed.
  - Headgear is *not* required.