

Frequently Asked Questions

What is the difference between Tough Tumblers and the Youth Program?

Tough Tumblers is designed for young children and those that are not acclimated to rough play or contact. Practices will consist of 90% individual movements such as bear crawls, hops, crab walks, etc. The remaining 10% of practice will be spent working with a partner and playing 1 on 1 games to introduce contact in a safe and controlled environment.

The youth program will build off of the movements learned in Tough Tumblers, and will be heavily focused on partner work to learn and grow through the sport of wrestling. This is best suited for children that have demonstrated that they are ready to progress into a contact sport.

What if I am unavailable to make all of the practice days/times?

We recognize that everyone's schedule is different and they may be participating in other activities at the same time as the wrestling season. Our goal is to provide multiple opportunities for practice during the week, with the hope that everyone can at a minimum can make 1 practice a week, hopefully 2. Those that are completely invested in the season are more than welcome to attend all 3 practices. Practices on Tuesday/Thursdays will be learning focused, and Wednesday practices will be "show what you know" practices, with a scrimmage-like feel (We call this "Live Wrestling").

How do competitions work?

The beauty of an individual sport is that how much you wish to compete is really up to you. We will have a handful of events throughout the year that will be team building events in which the tournament registration fees will be covered and all wrestlers are encouraged to attend if they can make it. There will be one in each month (Dec, Jan, Feb) and will be communicated further as the dates are finalized.

Aside from this, there are opportunities for tournaments every weekend during the season. We will send out a weekly email on which tournaments there will be coaches attending, and it will be up to you to decide if you wish to participate.

I have a middle-schooler interested in wrestling, what are their options?

If the child is in 6th grade, they would participate in the youth program. 7th and 8th graders will have a choice. Those that are at a novice-level and would like to learn more about the sport would also do well in the youth program. Those looking to compete at a higher level on a week to week basis would be able to compete as part of the high school team.