



2021 Semester FRECO Training

www.ghwrestling.com

www.facebook.com/greaterheightswrestling

Greaterheightswrestling (Instagram)

Red Level - U14, U16 and USA Juniors – Boys and Girls

Blue Level - Youth Wrestlers – 6U, 8U, 10U & 12U – Boys and Girls

USA WRESTLING AGE GROUPS AND WEIGHT CHARTS

https://www.usawmembership.com/age_group_weight_chart

Start Date for Red Level is Sunday, March 23, 2021

Start Date for Blue Level is Tuesday, March 23, 2021

PRACTICE LOCATION: HY-VEE ARENA [1800 Genessee St, Kansas City, MO 64102-1008](https://www.hy-veearena.com/)

<https://www.hy-veearena.com/>

All athletes are required to complete a profile online at Hy-vee using the above link. Once that is done, athletes will use the Ipads at the entryway of the arena to login in each practice with their phone number.

All athletes need to purchase a **USA Wrestling Competitor Card** (\$41). If you do not already have one for your athlete then you can purchase one by going to <https://www.usawmembership.com/login> or you can purchase one through the club at the time of registration. The USA Competitor Card is valid from August 1, 2020 through August 31st, 2021. If your athlete purchased a Competitor Card this past fall in the preseason then that same card should be valid.

Semester 1: March 23rd – April 25th **Red** and **Blue** Levels

Semester 2: April 27th – May 27th **Red** and **Blue** Levels

Semester 3: June 1st – July 11th **Red** and **Blue** Levels

Practice schedule and location may subject to change:

- Tuesdays:
5:00-6:30pm **Red** Level (U14, U16 and Juniors)
6:30 - 8:00pm **Blue** Level (Youth)
- Thursdays:
5:00-6:30pm **Red** Level (U14, U16 and Juniors)
6:30 - 8:00pm **Blue** Level (Youth)
- Sundays: 10:30 – Noon (Both **Red** and **Blue** Levels)

HOW IS COMMUNICATION SENT OUT FROM THE GREATER HEIGHTS CLUB AND COACHES?

We will communicate information through our club's Team App. You can download "TEAM APP" from your App store on any mobile device. Once you have registered through the App and created a profile then you can search "GHW FRECO" and join our group. You can set up your account to receive alerts through the App and also emails of the posted information from coaches. We use this for our youth folkstyle season and it works wonderfully. Make sure you get the App and also have your athlete sign up if he/she is in High School so they stay apprised of the information as well.

Cost per Training Semester: \$95

If an athlete prepays for all 3 semesters the costs is \$235 (\$50 discount)

Sibling discount of 20% off per semester fee pricing or prepay option for all 3 semesters

Drop-in fee per practice: \$15

We will prorate the semester fee for any wrestler who jumps into a semester late. Registration forms and waivers must be completed by all athletes prior to their first practice and will be available via email or hard copies at Hy-vee Arena. Please email Coach Keck (email address below) if you are requesting the registration forms and waivers.

Additional Workout Opportunities:

Missouri USA Men's RTC Practice:

Noon-2pm Hy-vee Arena (U16 and Juniors only)

Starts Sunday, March 21st

Cost: \$5 Drop-in Fee

*The weekly RTC fee is included in the Greater Heights club fee. This is something new MO USA Wrestling is hosting and will start out with U16 and Juniors only as well as it being Men's only and MO only. Depending upon the numbers, this opportunity may be expanded to U14, KS athletes and possibly females as well. It has been communicated to me that Missouri USA Wrestling will also offer a separate Women's RTC practices. This is a supplement to our training schedule.

Brian Graham Greco Training – Staley HS

(Wednesdays, March 24 – April 21st); (Mondays April 26 – July 12th)

Starting Wednesday, March 24th

Cost: \$15 Drop-in Fee or \$150 for season

If you have questions or need clarification on anything, please reach out to Coach Keck.

JASON KECK

GREATER HEIGHTS WRESTLING

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