



## WARREN WRESTLING ACADEMY

**Warren Wrestling's Philosophy:** To live in our Warrior wigwam you must have good grades, great citizenship and outstanding work ethic!

1. Introduce Coaching Staff & Club Reps
2. Parent Guide Packet
3. Sign In Sheet –All ways sign in before practice!
4. Facility Restrictions During Practice (Safesport, background check)
5. Wrestling Gear
  - a. Wrestling supplies for practice & tournaments (headgear, shoes, mouth piece, singlet)
  - b. Spirit Wear
6. Practice
  - a. First practice (6-7pm) is for all elementary wrestlers. Wrestlers will learn and work on the fundamental skills of wrestling.
  - b. Second practice is for our **Warrior Elite (WE)** middle school and selected elementary wrestlers that are ready for more advanced instruction. The **Warren Elementary Elite (WE Elite)** will work at a faster pace and will receive advanced instruction as well as a periodic progress report based on the 7 fundamental skills of wrestling.
7. Calendar- 3 Sessions
  - a. Session 1 – November 7 – February 6<sup>th</sup> (Elementary duals & Folkstyle Season)
  - b. Session 2 – February 11 – February 21<sup>st</sup> (Elementary camp)
  - c. Session 3 – February 25<sup>th</sup> – May 5<sup>th</sup> (Elementary/ High School Club Season\*)
8. Other Important Dates
  - a. Team Pictures – TBD
9. Three Styles of Wrestling – Folkstyle, Freestyle, Greco
10. Elementary Dual Tournaments
  - 12/2/18 Franklin Grizzly K-8 Duals
  - 12/9/18 Warren Warrior Elementary Duals
  - 12/16/18 New Pal Elementary Duals or TBD
  - 1/6/19 Elementary Team State (Franklin,IN)
  - 1/13/19 Indiana Wrestling League Championships

## 11. Individual Tournaments/ Beginner Tournaments

- 1/20/19 New Palestine Beginners
  - 1/20/19 Havoc at The Hive
  - 1/27/19 Middle School State (Carmel)
  - 1/27/19 HSE Beginners or Columbus East
  - 2/3/19 Spartan Rumble (IL)
  - 2/10/19 Columbus North
  - 2/17/19 Indy Nationals
  - 2/23/19 Avon Beginners
  - 2/24/19 New Palestine FS Open
  - 2/24/19 Heartland Duals Wrestle Offs
  - 3/3/19 Perry Folkstyle
  - 3/9 - 3/10 ISWA Folkstyle State (Warren)
- FREESTYLE/ GRECO SEASON BEGINS (Mid-March – early May)

## 12. Indiana Wrestling League (Friendship meets)

- a. We will host/ attend several friendship meets throughout the season with other members of the Indiana Wrestling League. You will be notified when these are scheduled.
- b. Friendship meets are for wrestlers to get additional live mat experience in a low pressure environment.
- c. There will be two mats. Once for experience varsity wrestlers and one for beginner wrestlers.
- d. At the end of the dual season (1/13/19), Beech Grove will host the Indiana Wrestling League Championship tournament. More details to follow.

## 13. ISWA State/ National Tournaments

- a. Folkstyle State March 9-10 @ WCHS
- b. Freestyle/ Greco State May 4<sup>th</sup> & 5<sup>th</sup> @Avon
- c. Central Regionals, Kids Nationals, Folkstyle Nationals – TBD

## 14. Tournaments Hosted By Warren Wrestling Academy

- a. Folkstyle State March 10-11<sup>th</sup>
- b. Warren's Autism Awareness Tournament April 13<sup>th</sup>
- c. Schoolboy National Duals June 12-16<sup>th</sup>

## 15. Fundraising Opportunities

## 16. Social Media/ Contact Information

- a. Website – [www.WarrenWrestlingAcademy.com](http://www.WarrenWrestlingAcademy.com)
- b. Facebook Page – Warren Wrestling Academy \*\*\*LIKE & FOLLOW\*\*\*
- c. Twitter - @MTXEWARREN
- d. Instagram - @MTXEWARREN
- e. Email – [WarrenWrestlingAcademy@Gmail.com](mailto:WarrenWrestlingAcademy@Gmail.com)
- f. Phone – Coach Jim Tonte @ 317-371-2654 or Jennifer Pierson 317-453-9677

## 17. Additional Resources

- a. [www.ISWA.com](http://www.ISWA.com) (Indiana State Wrestling Association)
- b. [www.USAWrestling.org](http://www.USAWrestling.org) (USA Wrestling)

**Warren Wrestling Academy is a wrestling club and a family. We will need your help throughout the season to be successful! Teamwork makes the dream work!**