

Sabres Offseason Improvement Club



Schoolboy and younger

Level 1 = participate in 10 practices and compete in 4 tournaments

Level 2 = participate in 15 practices and compete in 8 tournaments

Level 3 = participate in 30 practices, compete in 12 tournaments and attend 1 wrestling camp

Cadets

Level 1 = participate in 10 practices and compete in 4 tournaments

Level 2 = participate in 15 practices and compete in 8 tournaments

Level 3 = participate in 30 practices, compete in 12 tournaments, attend the MN USA Fargo Training Camp and complete 72 strength training sessions

Juniors

Level 1 = participate in 10 practices and compete in 4 tournaments

Level 2 = participate in 15 practices and compete in 8 tournaments

Level 3 = participate in 30 practices, compete in 10 tournaments, attend the MN USA Fargo Training Camp and complete 72 strength training sessions

Please note:

- At the MN USA open tournaments, each style counts as 1 tournament. If a wrestler competes in both Freestyle and Greco on the same day that will count as 2 tournaments.
- Practices can be counted at Central, Takedown, Pinnacle, Scoring Edge and Sartell Summer Session since we have ways to monitor the attendance of our athletes at all of these.
- The strength training is based on lifting an average of 2x per week in the 9 month offseason.
- Wrestlers are on a honor system and will need to fill out the form on the reverse of this sheet. Please include your name on the form and dates/locations of the events you have participated in. **Forms should be turned in to Angie Heckman by Friday, October 5th, 2018.** We will have the apparel ordered and will present it at the start of the season potluck.
- If a wrestler is on track to be at level 3 and can't afford to attend the Fargo camp, they can petition the booster club for sponsorship. This applies only to the Fargo camp.

2018 Level incentives: Level one: T-shirt, Level two: backpack/gear bag,
Level three: dri-fit shorts and long sleeve dri-fit tee.