

CRYSTAL LAKE WIZARDS WRESTLING GROUP CRITERIA

With nearly 130 kids in the club of different ages and skill level, four practice groups are set up so that every wrestler has the opportunity to learn and be challenged at their level with plenty of appropriate partners and instructors. This allows each child to develop their skill and confidence based on what they want out of it. All group practices will review the fundamentals while introducing new techniques. There will be instructional and live wrestling as well as conditioning, so wrestlers can reach their full potential.

GROUP 1

Eligibility

4-6 years of age

Skill Level

This group is for our young, beginner wrestlers.

Practice

Practice is twice a week from November-December. Refer to our practice season calendar for practice days/dates/times.

Tournaments

This group is encouraged to attend a 1st-2nd year/beginner tournament or two to see how the kids use what they have learned in practice.

Group 1 Description

This is an instruction to wrestling with basic fundamentals, and light conditioning. Emphasis is put on the wrestling basics and fun for the kids so they learn to enjoy the sport. This is a shorter season, and helps introduces the sport to the young wrestlers without the grind of the full season.

Group 2 End of Season Option

If space allows, 6-year-olds who are recommended by the Group 1 head coach will be considered to complete the rest of the season in Group 2. There will be additional fee to complete January and February practices.

GROUP 2

Eligibility - 6-14 years of age

Skill Level - This group is for beginner and intermediate level wrestlers.

Practice

Practice is twice a week. Refer to our practice season calendar for practice days/dates/times.

Tournaments

This group is encouraged to attend 1st-2nd year tournaments along with beginner/intermediate tournaments.

Group 2 Description

This group is for younger and older wrestlers that are at the beginner or intermediate level and what to learn the basics of wrestling as well as some fundamental technique to prepare them for tournament competition.

GROUP 3

Eligibility

7-14 years of age

Skill Level

This group is for intermediate and advanced level wrestlers.

Practice

Practice is three times a week. Refer to our practice season calendar for practice days/dates/times.

Tournaments

This group is encouraged to do the Intermediate/Advanced tournaments that are not elite and the Beginner/Intermediate tournaments. The more experienced kids should attend the harder tournaments. The younger intermediate kids should attend the easier ones; approximately 75% Beginner/Intermediate and 25% Intermediate/Advanced.

Group 3 Description

This group will learn the same technique and have the same training as Group 4. The only difference is this group may have younger wrestlers, or may have wrestlers that are not ready for the commitment and practice pace that Group 4 offers. This group will allow those that wrestle in junior high to occasionally miss practices because Group 3's attendance is more flexible than it is in Group 4.

GROUP 4

Eligibility

8-14 years of age

Skill Level

This group is for advanced and elite level wrestlers.

Practice

Practice is three times a week and a fourth is added in January. Refer to our practice season calendar for practice days/dates/times.

Tournaments

This group should attend most if not all of the tournaments, since it is our competition team. This group is encouraged to attend the advanced or elite tournaments as much as possible. They are in this group because they are capable of competing at the highest level that the IKWF has to offer. If a child is struggling we can evaluate them in order to keep up their confidence and make sure they have some success.

Group 4 Description

This group will consist of our most committed athletes. Practice and tournaments should be attended as much as possible with other sports or junior high wrestling taking a back seat to our schedule. For those that are committed to other sports during wrestling season or have an obligation to the junior high, Group 3 is a perfect place for them to grow in the sport without the stress of Group 4's commitment.

It is important to understand that the groups are set up to maximize partners based on wrestlers' weight and skill level. If kids are missing for other sports, it impacts the effectiveness of our practice, especially for the kids that are truly committed to Group 4.