



Roncalli Wrestling Foundation 2020-21 Information



We are very happy to be kicking off our fifth season of the Roncalli Wrestling Foundation. This program is designed to introduce our athletes to the great sport of wrestling and to create genuine interest and awareness among both parents and children in this exciting and rewarding sport. RWF is also designed for the advanced wrestler. We will provide opportunities that will allow the athlete to continue to grow and flourish in our sport and in life. One of the reasons we love wrestling is that the sport instills a great number of positive life skills and traits. Wrestling is the greatest vehicle for self-improvement in the world. We are very proud of the organization and structure the club provides for the development of our youth grades K-12.

Membership includes wrestling and weight lifting training, coaching at tournaments, and RWF T-Shirt. Offer \$25 RWF membership discount per session for each additional sibling in the same family. USA Wrestling Membership Card is required and must be purchased online, purchased once per year (Sept 1 2020 – Aug 31 2021). www.usawmembership.com

Registration: Must sign up and pay for each session online at www.roncalliwrestlingfoundation.org

- Session 1- September 1 – December 31 \$80
The Winner's Circle: Weight Lift M, W, F 3:30-4:45 & Wrestle T, TH 3:30-4:45 (9/1 - 10/30)
Grades K-3: Wrestle T, TH 6:00-6:45 (11/3 – 12/31)
Grades 3-8: Weight Lift T, TH 6:00-6:45 & Wrestle T, TH 6:45-8:00 (11/3 – 12/31)
- Session 2- January 5 - March 11 \$80
Grades K-3: Wrestle T, TH 6:00-6:45 (1/5 – 3/11)
Grades 3-8: Weight Lift T, TH 6:00-6:45 & Wrestle T, TH 6:45-8:00 (1/5 – 3/11)
- Session 3- March 29 - July 23 \$80
The Winner's Circle: Weight Lift M, W, F 3:30-4:45 & Wrestle T, TH 3:30-4:45 (3/29 – 7/23)

***The Winner's Circle Expectation: This group is designed for our high school wrestlers and advanced middle school & elementary kids. In order to meet individual and team goals, we are asking that you commit to attending 80% of the workouts and tournaments in the session. You must email/text Coach McClurg if you have to miss a workout ahead of time. If you meet the attendance requirement for the session, then you will receive an award and special recognition.

***Grade K-8 Expectation: In order to meet your athlete's individual goals and maintain a competitive club wrestling room, we are asking that you commit to attending 80% of the workouts and tournaments in the session. We ask that you please email/text Coach McClurg if you have to miss a workout ahead of time. If you meet the attendance requirement for the session, then you will receive an award and special recognition.

***Competition Schedule: <https://roncalliwrestlingfoundation.org/calendar/>Competition opportunities are available during all three sessions. Detailed Elementary & Middle School, and High School competition schedules can be found on our website. Competition is strongly encouraged and it is an essential piece to your wrestler's development. Contact our Coaching Staff if you have any questions about the competition schedule or other opportunities to get on the mat. **Coach McClurg contact: 317-501-8306 or wrestling@roncalli.org**