

MEMBERSHIP LEVEL DESCRIPTIONS / EXPECTATIONS

Team Purple members are typically ages 5-11 and are new to the sport of wrestling or are entering into their second through fourth year of wrestling.

Expectation of Team Purple Wrestlers

Members of Team Purple practice for three hours a week, two 1.5-hour sessions.

Coaches use a games approach to wrestling to supplement instruction on fundamentals.

Athletes put forth maximum effort in the practice room; however, coaches recognize that part of the development process is teaching and encourages athletes how to give their best effort and what that means.

We expect all Team Purple members to compete at Novice and Rookie events, if they are eligible, and to culminate their season by participating in the North Carolina Elementary State Championships in February.

Team Purple members that are entering into their third or fourth year of wrestling compete in one tournament a month to include the North Carolina Elementary State Championships in February. The coaching staff is available to help parents select the tournament most appropriate for their situation.

Team members may continue wrestling in April and May when the club focuses on Freestyle and Greco-Roman wrestling.

Team members are invited to attend free Rhino Optional Conditioning sessions (1 hour twice a week) April through July.

Practice Days and Times: Monday 6pm – 7:30pm and Thursday 6pm – 7:30pm

Costs

- One time registration fee of \$60 per child
- Monthly due of \$38 per family
- Dues are paid bi-monthly
- November and December dues are paid in October at registration
- January and February dues are paid first week of January

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Team Gold members are typically ages 6 — 18 and participate in designated practice days and times seven hours a week.

Expectation of Team Gold Wrestlers

The focus of this program is preparing athletes to be competitive when they reach high school.

We expect maximum effort in the practice room and all outside work out assignments to be completed.

We expect a commitment to self-discipline. This includes:

- insuring school work and home responsibilities are completed so the athlete can participate in practice and events
- behavior towards coaches and teammates
- putting forth maximum effort in every drill

Athletes commit to attending every practice.

Training for these members will have a strong emphasis on competition and will include strength and conditioning exercises.

Members compete twice a month. Competitions include both in state and out of state tournaments, state championships, regional championships, and national events.

Team members may continue wrestling in April and May when the club focuses on Freestyle and Greco-Roman wrestling.

Team members are invited to attend free Rhino Optional Conditioning sessions (1 hour twice a week) April through July.

Membership includes a subscription to USA Wrestler magazine; the privilege to compete and take advantage of events, camps, clinics, international exchanges, and club programs; discounts on wrestling gear, equipment and apparel; and other national discount programs as they become available. You also have access to the Streaming Video website located on TheMat.com.

Practice Days and Times: Monday 6pm – 8pm, Tuesday 7pm – 8:30pm, Wednesday 6pm-8pm, *Friday 6:30pm- 8pm

*Friday practices are only conducted when we have tournaments that Saturday

Cost

- One time registration fee of \$120 per child
- Monthly due of \$87.50 per family
- Dues are paid bi-monthly
- November and December dues are paid in October at registration
- January and February dues are paid first week of January
- March dues are paid first week of February

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