

LINCOLN WARRIORS WRESTLING CLUB

war•ri•or (noun) a person engaged or experienced in battle; a person who shows great vigor, courage, or aggressiveness, in athletics; a person who beyond all obstacles still manages to be successful in life and persevere in the end.

WELCOME ALL TO THE 2019-2020 SEASON

If you are a returning Warrior, you should find a degree of comfort in the familiarity of the program! In over 30 years of building youth, the Warriors have established themselves as a quality program deserving of respect from both outside the club as well as within. We want to challenge you to set goals of improvement in all aspects of developing your character, fitness, technique and confidence.

If you are a new Warrior, we hope that your experience is one that benefits everyone involved, especially your young athlete.

EARLY SESSION – (November-December) Cost \$65.00

During the early session the focus is on conditioning, technique and skill development. We will spend more time on individual moves this session. This session does not have very many tournaments that we prepare for which allows us more time each week to focus on training.

COMPETITIVE SESSION- (January –March) Cost \$90.00

During the competitive session the focus is on improving week to week with our skills and participation in tournaments. We will work on new moves and keeping our basic skills sharp, but we also work on getting ready for competition each week.. Most weekends during this session there will be tournaments wrestlers can participate in..

* **WARRIOR ELITE**- this group of wrestlers are starting of in wrestling and they are working on the Elite skills that will help them for their entire wrestling careers.

***WARRIOR INTERMEDIATE**- this group is wrestlers transitioning between the Elite and Experienced groups, these wrestlers have mastered the Elite skills. They are working on additional variations of those moves along with some new moves and concepts to help them improve their wrestling skill set

* **WARRIOR EXPERIENCED**- this group has learned the Elite and Intermediate skills & moves and are working on moves that will help them be successful at higher levels, and with more difficult opponents. This group will also allow wrestlers to be exposed to a wide variety of moves and help them find the skill set that they can have the most success with in their wrestling career.

REGISTRATION

All wrestlers receive a T-shirt with paid registration. Wrestler insurance is included in the fee for all of the sessions. The club will pay for some tournaments during the season the number depends largely or the success of our own tournament. There is a discount for additional wrestlers from the same family and for wrestlers who attend both sessions.

WARRIORS BELIEVE THAT.....

Winning is not the most important outcome. Focus, effort and perseverance are! Wrestlers deal with disappointments, successes, and being pushed to seek new individual goals! This is an aggressive and competitive arena in which we participate. Your support and encouragement is welcome. Let's look for success in the process as we challenge ourselves mentally, physically, and emotionally. We look forward to the next step of the journey with you and your wrestler!

If you have questions/concerns, please feel free to contact coaches outside of practice times.

For information call: Pete Thew: 402-413-5660; e-mail: pthew2002@yahoo.com Website: www.lincolnwarriors.com

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Club Director: Pete Thew