

## **Alpha Dawg Wrestling Club**

(program description)

The Alpha Dawg Wrestling Club is an intense, advanced wrestling program which caters to the most experienced middle-school wrestler (3<sup>rd</sup> to 8<sup>th</sup> grade). This program is an extension of the Mad Dawg Wrestling Club but is intended for the more advanced wrestler. Participating athletes are expected to be highly motivated and highly competitive. Furthermore, athletes are expected to be serious and committed to the sport of wrestling. Although Alpha Dawg will be run through Folsom Parks and Rec, it is not actually considered to be a recreation-based wrestling program. Athletes will be exposed to a structured, no nonsense workout regimen. Alpha Dawg is intended to support, to enhance and to compliment the local middle school wrestling programs by providing a high school-like practice environment. Athletes are expected to maintain their responsibilities, obligations and alliances to their respective middle schools.

Alpha Dawg will run simultaneously during the regular high school season but it is emphasized that this is a separate and distinct wrestling program. Practices will take place at Folsom High School or other designated wrestling practice site. There will be two to three practice sessions a week during the evenings, scheduled immediately after the high school has completed their practice. Usually, a training session will run from 6:00 pm to 7:30 pm.

Coaching staff will emphasize basic and advanced wrestling technique as well as overall conditioning. Because Alpha Dawg will be comprised of a small group of dedicated wrestlers, focus will be on more individualized, one to one coaching contact. One of the most important priorities/objectives of the Alpha Dawg athletes will be to not only qualify for but to also medal at the prestigious Middle School TOC held in March.

Athletes on the Alpha Dawg wrestling team will be chosen to participate explicitly based upon the coaching staff's discretion. Inclusion on the team is by invitation only. Typically, participating wrestlers will be at the varsity level for their middle schools. Another prerequisite for Alpha Dawg wrestlers requires that team members have won varsity caliber wrestling tournament championships, or at the very least, have medaled in top-notch varsity competition. However, again it is stressed that regardless of a wrestler's situation, experience or accomplishments, acceptance into Alpha Dawg is solely based upon the coach's discretion.

For more information, please contact Coach Matt Skyrud at (916) 517-8167 or Coach Duane Fidel at (916) 705-8077 (cell) or (916) 983-4311 (home).