

Mad Dawg Wrestling Club Spring Session

In conjunction with the Folsom Park and Recreation Department, and the Folsom High School Wrestling Team, the **MAD DAWG Wrestling Club** has been created. It will be open to all boys and girls ages five and older. Younger children may also be involved but their participation will be at the discretion of the club coaching staff.

The wrestling club gets underway immediately after the High School State Wrestling Championships with registration taking place on the first Tuesday evening after the state tournament. Boys and girls interested in joining the club may also register through the local park district. All formal practice sessions will take place on Tuesday and Thursday evenings through the month of May. Workouts will actually be scheduled through out the entire spring, summer and fall. This will enable the truly dedicated athlete to stay connected to the sport of wrestling year around.

Athletes who are in elementary school with no experience will practice from 5:00 p.m. to 6:00 p.m. Athletes in middle school, high school or in college will practice from 6:00 p.m. to 7:30 p.m. Elementary school aged wrestlers can practice during the second session as long as they have some wrestling experience. All wrestling sessions will take place at Folsom High School, which is located at 1655 Iron Point Road.

Wrestling instruction will be geared for the beginner as well as for the high school veteran. The club staff is comprised of experienced coaches from Folsom High School and from Sutter Middle School. Supporting the adult coaches will be members of the Folsom High School Wrestling Team. This is a unique “peer coaching” concept in which teen athletes work directly with younger children as positive role models. Additionally, guest coaches from the Sacramento wrestling community will also occasionally instruct the athletes.

The training sessions will stress proper wrestling technique, and physical conditioning which may include stretching, running, and weight lifting. Wrestlers generally practice in shorts, t-shirts and wrestling shoes or sneakers. However, other optional gear includes kneepads, head-gear and a wrestling singlet. The coaching staff will emphasize upon each athlete individual and team discipline while at the same time providing a positive and fun recreational atmosphere. For those athletes wanting to actually compete, the MAD DAWG Wrestling team will be traveling to local wrestling tournaments on Saturday mornings. Wrestling competition requires that athletes similar in age and size be grouped together and only wrestle one another. Athletes will compete for gold, silver and bronze medals as they do in Olympic competition.

The focus of the wrestling club is to provide “off season” training opportunities for Middle School and High School aged athletes. Another club objective is to provide fun introductory exposure to the sport of wrestling to the younger elementary school-aged athlete. For this reason, athletes who are simultaneously involved in other sports such as baseball or soccer are always welcome to participate. Wrestling practices and competitions are not mandatory. The club goal is for the young athlete to simply “experience” wrestling. He or she can decide for themselves to what degree they would like to become involved with this particular sport.

The cost for each participant is \$100 dollars (\$75 for each additional family member) Those athletes wishing to compete at Saturday wrestling tournaments will also be required to purchase an official USA Wrestling card. This card can be acquired by going online at themat.com. All registered participants will receive a club t-shirt. For further information regarding the MAD DAWG Wrestling Club, please contact Coach Duane Fidel at (916) 983-4311 (hm) or (916) 705-8077 (cell).