

FHC Mat Club Wrestling Programs At-A-Glance



FHC Mat Club Wrestling Programs At-A-Glance		Mighty Rangers Grades Pre-K - 1st <i>(Ages 4-6)</i> \$95	Junior Rangers Grades 2-6 <i>(select 1st graders may participate)</i> \$150	Middle School Grades 7-8 <i>(select 6th graders may participate)</i> \$150
AUDIENCE <i>Programs are based on age and wrestling skill level.</i>	Beginner-Friendly	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Advanced Wrestlers welcome	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Experienced & Certified Coaches <i>(with Background Checks)</i>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Hands on Instruction <i>(Basic to Advanced)</i>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Focused on Fun & enjoying the sport	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
GEAR NEEDED <i>Purchase from FHC Team Club Store on foresthillsoutfitters.com</i>	FREE Wrestling Club T-Shirt with Registration	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Wrestling Uniform Required	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Wrestling Shoes Required	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Headgear Required	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Mouthguard Encouraged <i>(Required for braces)</i>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
SCHEDULE <i>Overview of time commitment by program</i>	Season Length	6 Weeks	10 Weeks	14 Weeks
	Season Schedule	Nov 26, 2023 - Jan 8, 2024	Nov 27, 2023 - Feb 17, 2024	Nov 27, 2023 - March 15, 2024
	Practice Times : FHC Wrestling Room <i>(*Middle School practice moves to FHC MS on 1/6/24)</i>	Mondays 5:30 - 6:30	Tuesdays & Thursdays 6:00 - 7:15	T & R 6:00 - 7:15 (11/28 - 12/23) *M,T,W,R,F 3:00 - 5:00 (1/6 - 3/15)
	GRAWL Team Duals <i>(Attendance Required for all Junior Wrestlers)</i>	<input checked="" type="checkbox"/>	Friday Nights : 6:00-8:00 Jan 12, 2024 - Feb 17, 2024	<input checked="" type="checkbox"/>
	GRAWL Championships <i>(Attendance Required for all Junior Wrestlers)</i>	<input checked="" type="checkbox"/>	Feb 16 & 17, 2024 Cornerstone University	<input checked="" type="checkbox"/>
REQUIRED <i>Team Competitions</i>	GRAWL Team Duals (Competitive Team Events) <i>Team event vs. other local clubs in the GRAWL league.</i>	<input checked="" type="checkbox"/>	Friday Nights : 6:00-8:00 Jan 12, 2024 - Feb 17, 2024 Locations: TBD	<input checked="" type="checkbox"/>
	GRAWL Championships - 2-day event <i>Championship event of 5-week GRAWL league</i>	<input checked="" type="checkbox"/>	Feb 16 & 17, 2024 Cornerstone University	<input checked="" type="checkbox"/>
	Middle School Team Events <i>Season competitions against other Middle School Teams</i>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Team Meets: Weeknights Only Times and Locations: TBD
OPTIONAL Individual Competitions <i>(all interested wrestlers should discuss participation in individual competitions with coaching staff)</i>	Ranger Rumble War Zone <i>(Individual event for all skill levels focused on competing not winning). ALL Rangers are HIGHLY encouraged to participate in Ranger Rumble. Additional War Zone Events also offered throughout season. fs.warzone-wrestling.com/</i>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	MYWAY Individual Competitive Events: Dec 3, 2023 - March 24, 2024. <i>(discuss participation with coaches if interested)</i> www.mywaywrestling.com	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	MYWay Individual Event Registration Fee <i>(per MYWAY event)</i>	\$25	\$25	\$25
	MYWay Regional & State Tournament Wrestling - Qualifiers ONLY	Feb 19, 2024 - Mar 24, 2024	Feb 19, 2024 - Mar 24, 2024	Feb 19, 2024 - Mar 24, 2024
	Coaching Support for SELECT MYWay Events	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>