

NIXA YOUTH WRESTLING

What is Nixa Youth Wrestling? NYW is a wrestling program that is organized and ran by Nixa Public Schools. The goal of the program is to teach and develop the techniques needed to be a great wrestler.

Where do you practice? All of the Nixa Youth Wrestling practices are held in the high school wrestling room which is located on the 2nd floor of the FEMA gymnasium on the east side of the high school.

When is practice? We split our club into (3) groups for practices:

- 5&6 Year Olds:** Practice twice per week for 50 minutes.
- Level 1:** This is a practice designed for kids age 7+ and our 1st or 2nd year wrestlers. This group will practice twice per week for 90 minutes.
- Level 2:** This is for kids that have wrestled for 3 years or more and demonstrate mastery level of our base technique. This group will practice twice per week for 2 hours.

**Our practice schedule can be found online at www.NixaYouthWrestling.com under the 'calendar' tab.*

How long does the season last? The 5&6 Year Old and Level 1 groups will practice until the end of January. The Level 2 group will practice until the middle of February. At that point, we will switch to the postseason. The postseason consists of series of three tournaments ran by Missouri USA Wrestling. The state series begins with a District tournament, followed by a Regional tournament, and concludes with the Missouri State Championships. All wrestlers are eligible to enter the District tournament. The top 6 finishers in the District tournament qualify for the Regional tournament. The top 4 finishers in the Regional tournament qualify for the State Championships. Missouri features a total of 8 Districts and 4 Regions.

Who will my kid wrestle? In youth wrestling we pair up kids based on their age and weight. When they compete in weekend competitions they will be registered based on their age, weight, and skill level.

How do competitions work? Traditionally there will be tournaments on the weekends that the wrestlers will be eligible to sign-up for and wrestle in. Weekend tournaments are **OPTIONAL** and not required as part of membership in NYW. This year due to COVID, we may have less tournaments than normal. As a solution, we may offer a few 'dual competitions' where Nixa and another youth wrestling club will meet up and wrestle each other in a dual.

How much does the season cost? The regular season cost is \$80. This will allow you to attend all the practices that are offered for your group for the duration of the season and includes a club tee-shirt. If you are in a situation where you need to split that payment up in two payments please email: DustinMartin@nixaschools.net Tournament fees are determined by the hosting club and are generally between \$20-25 per tournament.

What are the benefits of wrestling? Wrestling is the perfect foundation for all sports. Wrestling is balance, agility, hand-eye coordination, flexibility, positioning, strength, speed, explosiveness, footwork, hustle, mental focus, mental toughness, self-discipline, and endurance! Wrestling provides opportunities for ALL genders, ages, and sizes of kids!

Question? Contact one of the contacts below for more information:

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Register at: www.NixaYouthWrestling.com