



MWC Wrestling Academy Presents:

The MAT Program - For beginning Wrestlers

MAT = My Advancement Training

Man's oldest sport is probably the hardest sport for a child to begin. I have been involved in wrestling for over 30 years either competing or coaching. These years of experience have lead me to create a novice wrestling program to better prepare beginning wrestlers. I have called this The **MAT** Program "**My Advancement Training**".

The **MAT** Program, much like the belt system in martial arts, is individually paced. Wrestlers advance through a series of levels and earn a new colored shirt at each level. Testing sessions occur monthly and wrestlers are asked to test when their coach believes they are ready. When the wrestler achieves Black Shirt status they have completed the program. Wrestlers in this program do not normally compete in tournaments. Beginning wrestlers must complete this program before they can move to MWC Wrestling Academy's Amateur Wrestling Room and begin doing tournaments.

This program is designed to make sure that your son or daughter gets a proper start in the sport by making sure that fundamental strengths, skills and techniques are set early in their wrestling career. This solid foundation gives us the base on which to build great wrestlers. - MWC Head Coach Zac Dominguez

The Details:

- **Wrestlers must be in Kindergarten or older.**
- This program runs year-round and new wrestlers are accepted at any time. Please inquire below.
- Cost is \$65/month. Shirts and testing days are included as advancement is achieved.
- Wresters are asked to wear black shorts and their corresponding shirt to every practice. Wrestling shoes are required. MWC has a selection of used shoes that can be borrowed. Head gear is not required.
- Session Times:
 - Saturday 10:00 am – 11:00 am
 - Wednesday 5:30 pm – 6:30 pm
- All practice sessions are held at the MWC Wrestling Academy Training Facility
 - **302 East Cary St.**
 - **Papillion, NE 68046**

