

Wildcat Wrestling Club 2022-2023 Season



At the Wildcat Club we believe in program. You will develop and pro mentally, and social

The program consists of two levels - Wildcat Elite (Experienced / High Level) & Team Wildcats (Intermediate / Novice). Each level will consist of a systematic approach to training coupled with top-tier technique and high paced workouts.

We will be a permanent satellite weigh in for the entire season on Fridays.

There will be tournaments to participate in and there is a small fee at each tournament. These tournaments are optional for your wrestler.

If you miss registration night it is never too late to join. Parents who want to volunteer to help coach are always welcome. The season runs from the first November practice to Nationals in March. Know while it may not be too late to join we will not be able to order singlets past November.

Bring a copy of your child's birth certificate to registration with health insurance info.

A singlet is the wrestler's uniform and the AAU Card offers members the ability to compete in all AAU sanctioned events Nation Wide and provides insurance for club members.

Practice Schedule

Wildcat Elite - Monday & Thursday 7-8:30pm & Tues 6-8pm

Team Wildcats - Monday & Thursday 6-7pm

Wilson Central High School (Located Upstairs in the balcony of the Big Gym)

Registration: Nov. 7th & 10th from 6-7pm at the Wrestling Room in Big Gym

First Practice: November 7th, 2022

Who: Wilson County students in K-8th

Fee:

Option 1 - \$125 for AAU Card, T-Shirt and practices and coaching at tournaments Nov-March

Option 2 - \$185 for AAU Card, T-Shirt, Singlet, Hoody, and practices and coaching at tournaments for Nov until March

Coaches

John Kramer

810-599-3575 & kramerj@wcschools.com

Head Coach Wilson Central 2008 - Present

2013,2014,2015, 2019 & 2020 State Runner Ups

6X Head Coach - Michigan National Free Style & Greco Roman National Teams

2012, 2013, 2018 Middle TN Coach of the Year

2020 NHSCA TN Coach of the Year

35th Year Coaching with 736 Varsity HS Wins

Mark Griggs

Head Club Coach 2021-Present

mark.griggs@comcast.net

Chris Blake, Josh Kissick, Kevin Brown

Andy Fowler

615-477-5577 & aftech@icloud.com

Wildcat Club Admin 2015 - Present