

THE SUMMIT ADVANTAGE

2021-2022



Our mission is to provide a top-notch environment that allows wrestlers to reach their full potential through rigorous training, character-building activities, and positive lifestyle expectations. Our vision is to promote wrestling at its highest level, as a training facility unmatched by any other in the Midwest.

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Welcome

We are excited about our programs for the 2021-2022 Folkstyle season. To provide the best practice environment for each wrestler we created four program levels: Elite, Novice, Peewee and Middle/High School. Each will be described in this booklet to help you determine what is the best fit for your wrestler. If after reading the program details you are not sure which level you should register for, reach out to Coach Tyler Faust at summitwrestlingacademy@gmail.com

Other changes we made were pricing related to the number of days you choose to attend. This allows you to attend 1-4 days a week for Elite programs and 1-3 days for Novice. With the addition of the Novice and Pee Wee programs we will also be adding practice times. Please refer to the program pricing and practice schedule page for specific information.

Lastly, we will discuss the benefit of being a “Champions Club” member within our Elite program and what to expect in our future Freestyle/Greco Programs. We appreciate you taking the time to become familiar with all our program options and helping spread the word about all the great things happening at Summit Wrestling Academy.

-Coach Faust

ELITE PROGRAM

Summit's Elite programs are designed to provide wrestlers with the experience and technical skills they cannot get within their home-club practices. To participate individuals should be highly skilled, intense, mature, driven, and focused. Wrestler's should have basic concepts and skills mastered prior to joining these programs. If you are unsure if the Elite program is a good fit for your wrestler, reach out to coach Faust at summitwrestlingacademy@gmail.com

Match Monday

Match Monday provides your wrestler with that much needed mat time, against competitive opponents that can be hard to find at your weekly round-robin tournaments. Wrestlers get at least 12 full-length matches each night, with each period lasting 1 minute and 30 seconds.

The wrestlers "officiate" their own matches while competing, providing them with the opportunity to gain further knowledge of the sport and develop problem-solving skills in many wrestling scenarios. Staff members are present to assist with situational training and give advice and direction, or provide encouraging comments, but the focus is on the wrestlers growing into self-sufficient, independent athletes.

Superior Technique Wednesday

Your wrestler will learn technique of the highest level taught by Summit coaching staff and guest clinicians that are current or past collegiate wrestlers. This will be the same technique top performing high school and college wrestlers are using. We don't practice until we do it right but until we can't do it wrong.

Situation and Chain Wrestling Fridays

Chain wrestling and scrambling is what will separate your wrestler from the rest of the pack. They will learn and practice both as Summit coaches teach situation specific technique to turn a takedown into a three point near fall or pin. Your wrestler will learn to string several moves together from every position, becoming hammers in the top position and making it impossible for their opponents to hold them down.

Sundays

Coach Jules Doliscar will run Sunday Practice. This practice will be a continuation of what we have learned during the week.

NOVICE PROGRAM

Summit's Novice programs are designed to provide wrestlers with the experience and technical skills they can't get within their home-club practices at a slightly slower pace than our Elite programs.

Participants would benefit from these programs if they are lacking in any of the following areas: skill, intensity, maturity, drive, or focus. Wrestler's should have an understanding of the rules and basic moves but have yet to master them. If you are unsure if the Novice program is a good fit for your wrestler, reach out to coach Faust at summitwrestlingacademy@gmail.com

Novice Monday

Practices consist of mastering basic technique on the feet, top and bottom positions from which we will build to advanced technique. The wrestlers will drill moves not until they get it right but until they can't get it wrong! After drilling will be live situations from the specific technique practiced that day and ending with conditioning.

Novice Wednesday

Practices will go more in depth of using basic and advanced technique to chain moves together becoming a more dynamic wrestler. Following the technique portion is live wrestling, conditioning, and mental preparation.

Sundays

Coach Jules Doliscar will run a great Sunday Practice. This practice will be a continuation of what we have learned during the week.

PEEWEE PROGRAM

Our Peewee program is specifically designed for the youngsters that many coaches would say are too young to start wrestling and have minimal knowledge of the sport. Summit coaches will teach the foundational skills to these future champions as well as develop their balance and coordination in a fun and focused setting. Stance, movement, and basic technique will be practiced daily through developmental drills and technique. They will fall in love with the sport participating in this program!

Alongside the Summit staff will be Jr coaches to make sure each wrestler gets as much assistance as possible. Our goal for this program is to keep small groups with each coach. We plan on doing this by using our very own decorated wrestlers who have completed training at Summit's Future Coaches Camps. You won't find this quality of direct coaching for your Peewee wrestlers anywhere else!

MIDDLE AND HIGH SCHOOL PROGRAM

Training will cover technique geared towards serious, experienced wrestlers. Participants need to be self-motivated, independent workers only needing slight corrections. This is not “hand over hand” instruction. College level technique will be drilled from different set ups and positions in a high repetition practice, so wrestlers develop muscle memory faster. Each practice will end with live wrestling. Brett Pfarr will be our lead clinician for this program.

PROGRAM PRICING

Folkstyle 2021-2022

Elite

Champions Club: Four practices a week \$800 (\$850 if paying monthly)

Silver Club: Any two practices a week \$600 (\$650 if paying monthly)

Bronze Club: Any one practice a week \$350 (\$400 if paying monthly)

Novice

Platinum Club: Three practices \$500 (\$550 if paying monthly)

Gold Club: One practice a week \$275 (\$325 if paying monthly)

Peewee

Friday Nights: \$200

Family Discounts are for Folkstyle Elite/Novice/Peewee programs only.

Discounts apply to immediate family members only.

1st wrestler is full price, every wrestler after is 10% off. (10% applies to the lesser fee)

Middle and High school

Sundays: \$170

Summit Sundays (Novice or Elite)

\$275 *Free for Champions Club and Platinum Club members*

PROGRAM PRACTICE TIMES

Programs run from November 1, 2021 – April 1, 2022

Elite

6:15-8:00 Monday & Wednesday, Friday 6:00-7:45

2:50-4:40 Sunday

Novice

4:40-5:55 Monday & Wednesday

1:10-2:40 Sunday

Peewee

4:45-5:45 Friday

Middle and High School 5:00-6:45 Sunday

Summit Sundays Novice 1:10-2:40 Elite 2:50-4:40

Champions & Platinum Club Membership Benefits

On top of being part of the Elite Program which is unmatched in quality and price throughout the state, **Champions & Platinum Club members** have additional benefits at Summit. This membership level provides wrestlers and their families access to the facility for extra workouts on the mats, cardio equipment and weights. As a champion or Platinum club member, you are allowed to use the wrestling facility to practice with your kids on your time. You are allowed to use the gym equipment for personal use and by the wrestlers that are registered for Champions & or Platinum Club. We require that anyone under 16 has an adult present when they come into the facility.

For example, if school is canceled or they have the day off, take your wrestler to Summit. Get some practice in, get some strength and endurance training. This includes weekends as well. Basically, if the facility isn't hosting a private or pre-scheduled event you are free to access it. Please note that adult supervision is required at all times and members should check the events calendar on the website to ensure the facility is available. If you are unsure, reach out to Coach Faust by phone or email.

Freestyle/Greco 2022

Our goal is to have the very best, most affordable program out there. This model provides wrestlers with the opportunity to train in all three styles as they overlap each year. Freestyle/Greco program will not be included in the Champions Club membership. The program will begin the week after MN/USA Folkstyle State in March and end at MN/USA Freestyle/Greco State in May with more opportunities to continue until Nationals.