

WHICH SPRING SESSION DO I ATTEND? - PLEASE READ!!

As the regular seasons come to an end, Grit goes from one regular session to multiple sessions. This always proves to bring a level of confusion regarding which session certain wrestlers should attend. This also proves to be the most difficult time for us as a club to provide the best experience possible for all wrestlers and parents.

I believe we could provide a better experience for our club members if there would be further clarification on which session to attend - **AND** adherence by members to follow our guidance. This will be very challenging to police, but we ask that you follow the guidelines set below. Please read the following guidelines for which session to attend:

1. Any and all wrestlers who have been novice this past year and competed in the novice tournament should attend the Level 1 - Beginner session.
2. All wrestlers grades 3 and below, no matter how advanced, should attend the Level 2 - Youth session.
3. All wrestlers grades 7 and above should attend the Level 3 - Advanced session.
4. Wrestlers grades 4-6 who have been **attending regularly** throughout the past year have discretion over which session to attend.
5. Wrestlers grades 4-6 who have NOT been attending regularly throughout the past year are recommended to attend the Level 2 - Youth session.

**** PLEASE NOTE** - In mid-March, our Advanced sessions will switch to freestyle/greco practices for 2 out of the 4 weekly sessions. Then starting on 4/1, our Advanced sessions will switch to freestyle/greco practices exclusively.

- For grades 4-6 Advanced wrestlers: Unless you plan on learning and competing in freestyle/greco in the future, it is recommended that you attend the Level 2 - Youth sessions.
- For grades 7 and above: If you feel that you want to focus and train in the scholastic style only, you are welcome to attend the Level 2 sessions once the advanced sessions switch to freestyle/greco practices.
- If you are a member and attend the Level 2 - Youth session, you are welcome to stay for the Level 3 - Advanced session at no additional charge.