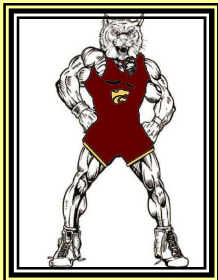


Two Clubs in One

The Idaho Gold Wrestling Club is committed to developing both new and experienced wrestlers. Two groups will work within the one club, the first, will be the PREP SQUAD which is geared towards wrestlers with 2 or less years of experience. These wrestlers will have practices scheduled so that they may develop at a rate that allows for understanding, retention, and confidence.

The second group will be the more experienced wrestlers that have a foundation in the sport and are looking to develop further.



IDAHO GOLD

"Once you have wrestled, everything else in life is easier" - Dan Gable

IDAHO GOLD WRESTLING ASSOCIATION

Columbia High School
301 S. Happy Valley Rd.
Nampa ID 83687

Questions? Contact Todd Cady-
Phone: 208-498-0571
E-mail: tcady@nsd131.org

IDAHO GOLD WRESTLING ASSOCIATION

Collegiate - Freestyle -
Greco-Roman
Wrestling

*Building Champions ON and
OFF of the Mat!*

IDAHO GOLD

Ages 5-18

Affiliated with Columbia High School Wrestling

The Club

The Idaho Gold Wrestling Club is a club designed for both beginning and advanced wrestlers. The club is operated out of the wrestling room at Columbia High School and has a primary purpose for developing future wrestlers for Columbia. With that being said, wrestlers from the valley are more than welcome to become part of the club and wrestle as a member of Idaho Gold.



Coaching for Idaho Gold is done on a volunteer basis. Club coaches are not paid and are donating their time in order to teach life skills, character

development, as well as provide a positive experience through the sport of wrestling. Coaches will be community members, high school coaches, as well as parents with or without wrestling experience.

Wrestlers will have a variety of opportunities to test their wrestling skills against wrestlers from other clubs from around the state of Idaho as well as other states. Competition opportunities include local "fun matches" (matches held during the week at area high schools, matches are not part of an official competition and serve more as scrimmages), these matches will

be in the form of collegiate style wrestling. Local area tournaments will be held on a weekly basis (Friday evenings and Saturdays) that will feature both Freestyle and Greco-Roman wrestling styles. Finally, national caliber tournaments will also be options for wrestlers wanting to test their metal against elite wrestlers from around the United States.

Club costs will be based on the following:

The Costs

USA Wrestling Card—\$35.00 must be purchased online at <https://www.usawmembership.com/>

Monthly Dues of—

February—\$20

March—\$20

April—\$20

Dues will cover costs of club t-shirt, team supplies such as mat tape, mat cleaning supplies, and equipment use for team.

The Gear

Wrestlers will need workout gear of t-shirt and shorts for each practice session along with wrestling shoes. For competition wrestlers will need a singlet.

Idaho Gold team gear will be available for purchase through the team store that will be set up through Bucks Bags Sporting Goods. Team Gear for purchase will include sweats, shorts, shirts, singlets, bags, and parent fan gear. Details will be given once the season begins.

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