

## **2010 Spring ETW:**

1. Start date of March 22<sup>th</sup>; immediately following HS States.
2. ETW Training Concepts
  - a. Training must be Functional for Wrestling: Focus is to improve performance on the Mat.
  - b. The whole-body is trained the way we Wrestle, as a whole, to generate maximum power and to effectively project, reject and redirect force.
  - c. Focus is on:
    - i. Total body movements,
    - ii. Explosive exercises
    - iii. Free weights or similar implements (med ball, kettlebells, etc.),
    - iv. Standing/Power position
  - d. Balance, a combination of:
    - i. Explosive Strength
    - ii. Base/General Strength
    - iii. Dynamic and Static Flexibility
    - iv. Linear Speed and Agility
    - v. Weighted and Non-weighted GPP
    - vi. Muscular Endurance/Bodyweight training
3. ETW Training Classifications: Developed to promote and maximize the success of ETW Athletes. ETW Classifications will improve the flow and efficiency of training sessions and increase the comfort level of ETW Athletes.

- a. ETW Elite – Designed for Athletes who have mastered ETW Concepts. Focus on identified improvement areas to support an Annual Training Plan. Meet 3 of 4 criteria:
  - i. Current ETW member
  - ii. Competent in the lifts
  - iii. Exceed ETW Elite criteria weights for Clean, Snatch, Front Squat, Press, Pull Ups, Dips
  - iv. 15 or older
  
- b. ETW Performance – Designed for Athletes still developing ETW Concepts. Focus on Strength and Power Development. Meet 3 of 4 criteria:
  - i. Current ETW member
  - ii. Competent in the lifts
  - iii. Exceed ETW Performance criteria weights for Clean, Snatch, Front Squat, Press, Pull Ups, Dips
  - iv. 15 or older
  
- c. ETW Club – Designed for Athletes new to ETW or still developing competencies in ETW lifting technique.
  - i. New to ETW
  - ii. Need technical development in the lifts
  - iii. Unable to meet ETW Performance criteria
  - iv. Under 15 years old
  
- d. Participants may be moved or placed in certain classification due to scheduling or other extenuating circumstances with unanimous approval of ETW Coaches.

#### 4. Training Schedule

- a. Based on Su/Tu/Th Wrestling Practice Schedule
- b. ETW Elite/ETW Performance: 2 days/week, Extra workout on own
  - i. Wednesday and Saturday
- c. ETW Club: 1 day/week, Extra workout on own
  - i. Monday

#### 5. Fee Schedule

- a. Sessions will be 2 months (8 weeks in duration) and will be scheduled throughout the year and aligned with the Wrestling season
- b. All sessions will include 4 alternative workouts in addition to standard scheduled workouts
- c. All efforts will be made to make up for sessions cancelled due to unexpected or unforeseen circumstances.
- d. Single Session Club (1 day/week; 12/sessions): \$120
- e. Single Session Performance/Elite 2/week; 20/sessions): \$180 (\$150 for current members)
- f. Dual Session Club (4 months): \$200
- g. Dual Session Performance/Elite: \$275 (\$250 for current members)
- h. Dual Session discount rates and Annual Memberships require payment in full at the beginning of initial session.
- i. Annual: \$750; includes Annual Training and Nutritional Program

## 6. ETW Team Programs

- a. Team discounts: For every 4 kids from one team, a 5<sup>th</sup> kid comes free; in reality a 20% discount per kids if 5 from a team join.
  - i. This is a big incentive, but could significantly boost numbers
- b. ETW Team
  - i. Training at ETW location or at specific team location
  - ii. Cost depends on location, number of kids, and up-front commitment, ie. Single vs. Dual session commitment.
  - iii. ETW Team will include Two day training workshop – Technique focus
  - iv. ETW Team will include One day Nutritional Seminar
  - v. ETW Team has both one and two day/week programs with an extra workout to be performed individually or as a team on a non-ETW training day.
  - vi. Estimated Fee Schedule (10 kids, at team site)
    - 1. Single Session, One Day/Week: \$1000
    - 2. Single Session, Two Day/Week: \$1500
    - 3. Dual Session, One Day/Week: \$1800
    - 4. Dual Session, Two Day/Week: \$2500