

ERIE TIGERS WRESTLING CLUB

2025/2026 Season Info



About Us

OUR MISSION: For all our youth wrestlers to experience success on the mat with an emphasis on fun, positive feedback, sportsmanship, and self-control



- Established in 2011
- Not For Profit 501C3
100% Volunteer Organization
- Official Feeder Program for Erie High School
- Finished top 15 at state, out of 120 teams, the past 3 seasons (with a 3rd place finish at rookie state in 2024)

COACHES INFO

At **ERIEWRESTLINGCLUB.COM**

Under the **About Us** Section

Interested in helping coach?

Register at www.eriewrestlingclub.com

All coaches must complete the
USA Wrestling Membership training - USAWMembership.com

- Training includes:
 - Background check
 - Ethics & conduct certification
 - Health & safety training
- Coaches receive **free admission** to all tournaments (except State)



Practices

EHS WRESTLING ROOM

Practices begin
Nov 3rd

Check the Calander
at **eriewrestlingclub.com**
for updates and details

If SVVSD Schools are closed,
we will not have practice

White Group (PreK - 2nd):

Mondays & Wednesdays - 5:45 - 6:30 PM

Orange Group (3rd - 5th):

Tuesdays & Thursdays - 5:45 - 7:00 PM

Black Group (6th - 8th):

Mondays & Wednesdays - 6:30 - 8:00 PM and
Thursdays 7:00 - 8:00 PM

Advanced Techniques

Tuesdays 7:00 – 8:15

Equipment

REQUIRED EQUIPMENT (Practices)

- Comfortable Clothing
 - Shorts or sweats
 - T-Shirt
- Wrestling Shoes
- Water Bottle
- Mouthguard (If wrestler has braces)



OPTIONAL EQUIPMENT

- Head Gear
- Knee Pads

E.T.W.C. PROVIDES

- Singlet (new this year)
- T-Shirt
- USA Wrestling Membership



Practice Location & Entry

- **Location - Erie High Wrestling Room**
 - Enter through the Southern most door of the school (Closest to the football fields)
 - Doors "should" unlock 15 Minutes before each practice starts and ends
 - The wrestling room is located down the hall past the small gym on the left
- **DO NOT WEAR WRESTLING SHOES OUTSIDE!!!**
 - Put shoes on in the hallway or Wrestling Room
- Wait in the hallway if there is a practice before yours
(Black Group!!!)



Practice Expectations

Practices are closed to parents

- Mainly due to space constraints
- Many kids perform better without the pressure of parents watching
- Parents who want to observe are welcome to sign up as parent coaches

Wrestlers are expected to:

- Be punctual - If you are late, please be ready when you walk into the room and join in without distraction
- Have respect for teammates and coaches
- Listen when coaches are talking
- Work hard
- Be good partners
- Maintain good hygiene
- Respect the wrestling room
 - Do not cause damage, climb on equipment, pull up bars, or play with exercise bikes.

If a wrestler is being a distraction, not working hard or not being a good partner we will ask them to sit on the side and watch. If there continues to be issues or distractions, we will talk with the parents and determine if this is the sport for their child.

Hygiene / Sickiness

WRESTLERS MUST MAINTAIN GOOD HYGIENE

- Skin diseases are common in our sport
- We share the room with the High School. An outbreak effects both programs
- Wrestlers **MUST** shower after every practice (use antibacterial soap) - www.defensesoap.com
- Fresh, clean practice clothes for each practice
- Do not wear your wrestling shoes outside
- If your wrestler shows any signs of a skin disease, please do not bring them to practice
 - Work with your Dr. for the proper treatment
 - Skin diseases do not go away on their own
- If a coach notices a skin disease or has hygiene concerns, we will contact you and ask for you to come pick up your kid
- If your wrestlers is sick (coughing, fever, runny nose) please keep them home from practice
- The mats are disinfected nightly



Weight / Cutting

Cutting weight is
HIGHLY DISCOURAGED

- Encourage your wrestler to eat and teach them about the benefits of good nutrition
- Cutting weight provides no strategic advantage in our league
 - All tournaments are "Madison" weight
 - This means there are no pre-determined weight classes
 - Wrestlers are grouped with other wrestlers closest to their weight
 - A wrestler who weighs 100 lbs may be the heaviest in his grouping one week, and the lightest the next
- Coaches will weigh-in wrestlers each week for the upcoming tournament
- State and Regionals have mandatory weigh-ins the night before the tournament at specific locations

Tournaments

We participate in the Peak2Peak Wrestling League - www.peak2peakwrestling.com

- We are part of the Northern Division
- Tournaments are on Saturdays
- Locations vary across the front range from Colorado Springs to Cheyenne
- Typically, there are 3 sessions at each tournament
 - **Morning:** 9:00 AM – 11:30 AM
 - 4U, 8U, 12U
 - **Girls:** 11:00 AM – 12:00 PM
 - K-2nd, 3rd-5th, 6th-8th
 - **Afternoon:** 12:00 PM – 2:30 PM
 - 6U, 10U, 14U
- Age is determined by the age of the wrestler on **Sept. 1st** of that year
- Wrestlers are broken into groups based on their age, weight and skill level (Beginner, Intermediate and Advanced)
- It is always the goal to have wrestlers compete against others at their same level
 - Sometimes due to numbers wrestlers, will compete against someone outside their skill level

Tournament Registration

Cost:

- Coed - \$25
- Girls - \$10
- Girls can wrestle in both Coed and the Girls division - \$35
- Double bracketing is an option for 12U and Below. Wrestlers will wrestle in their age group and up one age group. - \$50

Register for tournaments at
eriewrestlingclub.com under the **"Store"** section

Tournament registration will open the Monday before the tournament.

Tournaments do fill up. It is recommended to have your wrestler registered by Wednesday

No registrations will be accepted after 11:59 PM on Thursday's

The screenshot shows the 'Erie Tigers Wrestling Club Store' interface. At the top, there are three buttons: 'Add To Cart', 'Add & Checkout', and 'Checkout'. Below these is a category dropdown menu with 'Tournament Registrations' selected. The main form area contains several fields: 'Example Tournament' with a price of '\$0.00 Per Item', 'Example Tournament' (likely a typo for 'Wrestler's Name'), 'Coed / Girls / Both' with a dropdown menu, and 'Wrestler's First & Last'. A dropdown menu is open for the 'Coed / Girls / Both' field, showing options: 'Girls - \$10 (\$10.00 addl.)', 'Girls and Coed - \$35 (\$35.00 addl.)', 'Coed - \$25 (\$25.00 addl.)', and 'Coed Double Bracket - \$50 (\$50.00 addl.)'. To the right of the form is a 'Qty:' field with a small input box. At the bottom right, there are three buttons: 'Add To Cart', 'Add & Checkout', and 'Checkout'.

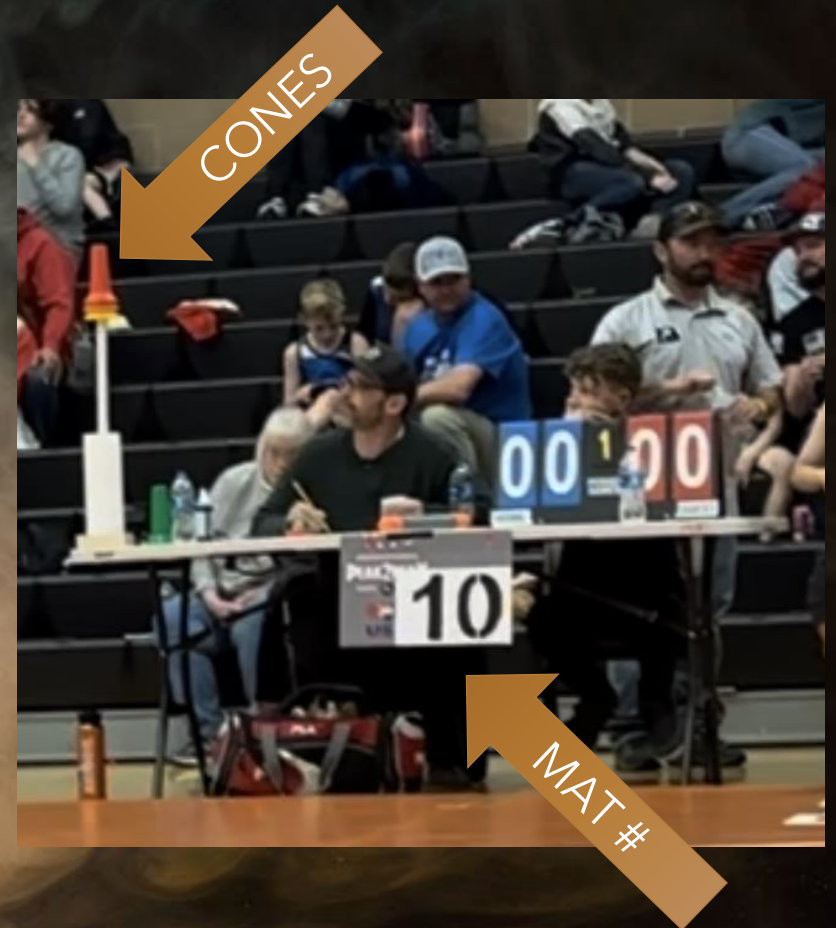
Tournament Information

- Mat assignments will be sent out late Friday night.
- Mat assignments and tournament brackets are available at USABracketing.com
- Arrive at least 30 Min early
- Wrestlers should wear their Erie Wrestling Club Singlets
 - It is hard for our coaches to find wrestlers wearing alternate singlets
- Coaches will be wearing bright orange shirts
- When you arrive, check in with a coach and find your mat
- Coaches will have wrestlers stretch and start warming up
- Wrestlers need:
 - Wrestling Shoes
 - Erie Wrestling Club Singlet
 - Water Bottle
 - Mouthguard (if they have braces)
 - Headgear (Optional)
 - Snacks (Optional)
- Entry Fees: **\$10** for Anyone over 14 - Coaches are free with their USA Wrestling Card

Tournament Format

Tournaments are "Round Robin"

- Each wrestler will compete against every other wrestler in their group
- Most wrestlers will typically have 3 matches, but may have up to 5
- Sometimes a wrestler may have less than 3 if someone doesn't show up
- Each wrestler will be assigned a **Mat** and a **Color**
 - All matches for that wrestler will be on that same mat
 - Each mat will have a table that has colored cones on it
 - (**Red**, **Orange**, **Yellow**, **Green**, **Blue**)
 - When your wrestler's color comes up, they will go check in at that mat's table
 - The table will let them know if they are the 1st, 2nd, or 3rd match for that color
 - Once all matches for that color have taken place the next color will be up
 - Your wrestler will have their 2nd/3rd... match the next time their color comes up



Tournament Expectations

- Tournaments are the ultimate learning experience
- Winning is fun, but it should not be the focus, **growth** should
- Ideally your kid will win and lose matches
- Wrestlers learn more from losses than wins
- Making it to the 2nd or 3rd round against a good opponent and losing is far better for your wrestler's growth than winning against an easy opponent early in the first round
- Celebrate wins, but celebrate great performances in the losses too
- Wrestlers and parents are expected to show great sportsmanship to opponents, refs, coaches and table help. Nothing less will be tolerated.
- Cheer on your wrestler passionately, **never cheer against an opponent**
- If there is a controversial call by a ref, the coach will discuss it with them. If the ref stands on the call, our coaches will not continue to argue the call. Parents should never argue calls with the refs.



Donations & Fundraising

The Erie Wrestling Club is a 501(c)(3) nonprofit and a 100% Volunteer organization dedicated to making wrestling accessible to all families in our community.

Donations directly support:

- Coaching Fees for State Competitions
- USA Wrestling Memberships
- End-of-Season Banquet
- New Training Equipment
- Scholarships

We do not have our wrestlers do any direct fundraising, but we will have various opportunities like restaurant night during the season to help raise funds for the club

Donations can be made at www.eriewrestlingclub.com under the store / donations section

SPIRIT GEAR

Spirit Gear Store will be opening soon
Details will be sent out in the near future

