

TEAM TROJAN

Team Trojan is designed for wrestlers with competitive experience who want to be a part of The Trojan Wrestling Club's competitive approach. The goal is to unify the members of the club at select wrestling events while offering a complete training system for developing fundamental and advanced wrestling skills.

Athlete Requirements

- Must compete in at least two "IWF Folkstyle Challenge Series" events, one of which has to be the final series event, the USA Wrestling State Folkstyle Tournament. "Challenge Series" events will be held from late Dec through Feb across the state and in and around Iowa City. The USA Wrestling State Folkstyle Tournament will be held at the UNI Dome in early March. More details on the "IWF Folkstyle Challenge Series" to follow.
- Must complete Bronze and Silver Levels of the clubs certification system
 - Bronze level certification focuses on mastery of fundamental skills required in wrestling
 - Silver level certification focuses on more advanced moves and drills while requiring a wrestler to show continued mastery of the fundamental skills
 - On-line video coaching tutorials will be available for every skill, move, and drill that is part of the Bronze and Silver Level Awards

Practices at West- Monday and Wednesday evenings are from 6:15-7:45pm; Sunday evening's practices are from 5-7pm

November

15m, 17w, 21s, 22m, 28s, 29m

December

1w, 5s, 6m, 8w, 12s, 13m, 15w, 19s, 20m, 22w

January

2s, 3m, 5w, 9s, 10m, 12w, 16s 17m, 19w, 24m, 26w, 31m

February

2w, 7m, 9w, 14m, 16w, 21m, 23w, 28m

March

2w

Cost \$200

- Includes USA Wrestling Card, Team Trojan Singlet, practice dues, t-shirt and coaching
Note- Team Trojan Wrestlers are welcome at all Trojan Wrestling Club Practices Sept-April for no additional cost. Schedules for those additional practices will be posted.

Team Trojan Awards

- Team Trojan Dominator Award- given to the top wrestler in each grade who accumulates the most points. Points are awarded for practice attendance, performance at USA events, and performance at other tournaments. Bonus points are earned for wrestling in National, State, and Regional events. Points can be earned from Nov 15 through the USA State Tournament in early March. Updates will be posted.
- Team Trojan Ironman Award- given to wrestlers who attend at least 90% of the 23 scheduled practices; also must meet the competition requirements. Updates will be posted.

If interested please contact Mike Colleran by phone (319-248-9812) or e-mail (colleran9@yahoo.com).

Mark Reiland
Club Advisor

Jeff McGinness
Club Coach

Jake Halvorsen
Club Coach

Justin Swafford
Club Coach

Mike Colleran
Club Coach and Director

