



Tiger Wrestling Club

2026-2027 Boys & Girls Membership

[Register Here!](#)

In the event you would like your wrestler to move up to Silver or Gold and/or to opposite their Junior High wrestling season please see the Leveling-Up/Opposite JH Season section below.

GOLD

The Gold package is more advanced and hones in on the technique and the skills needed to compete with others at a high level.

- **Level:** Advanced
- **Grades:** 1st Grade - 8th Grade Boys & Girls
- **Practices:** 3 times per week in the CFHS Wrestling Room
 - November thru March
 - Mondays, Tuesday & Thursdays
 - 6:00 PM - 7:30 PM
 - Note: Some practices will be at 7:00 PM - 8:30 PM to accommodate the High School Wrestling practice schedule/use of the room.
- **Included:** TWC Shirt and 1 membership (AAU or USA) covered.
- **Cost:** \$200
- **Required Equipment:** Wrestling shoes

SILVER

The Silver package is for our intermediate level wrestlers. The focus is on learning and improving upon technique and preparing for tournaments.

- **Level:** Intermediate
- **Grades:** PreK - 8th Grade Boys & Girls
- **Practices:** 2 times per week in the CFHS Wrestling Room
 - November thru March
 - Tuesday & Thursdays
 - 6:00 PM - 7:30 PM
 - Note: Some practices will be at 7:00 PM - 8:30 PM to accommodate the High School Wrestling practice schedule/use of the room.
- **Included:** TWC Shirt
- **Cost:** \$150
- **Required Equipment:** Wrestling shoes

TIGER BASICS

Tiger Basics is designed for younger and beginner wrestlers. The focus is to understand the basic concepts of wrestling and have a TON of fun!

- **Level:** Beginner
- **Grades:** PreK - 4th Grade Boys & Girls
- **Practices:** 1 times per week in the Holmes Junior High Wrestling Room
 - November thru December
 - Mondays
 - 5:30 PM - 6:30 PM
 - **Note:** Some practices will be held in the **Peet Junior High Wrestling Room** to accommodate the Junior High Wrestling practice schedule/use of the Holmes Wrestling Room.
- **Included:** TWC Shirt
- **Cost:** \$60
- **Required Equipment:** Wrestling shoes (highly-recommended) or indoor-only tennis shoes.

Leveling Up / Opposite JH Season

It is common for parents to consider and make the move to level up their wrestler either at the end of Tiger BASICS or during the middle of the season going from Silver to Gold.

Whether a parent feels their wrestler is ready or is unsure, the parent should connect with a wrestling coach prior to making the decision and paying for the level change. This allows the coaches to be aware of the potential change and have a discussion with the parent on the appropriateness of the move.

Junior High wrestlers are encouraged to use the "Level Up" option if they wish to participate in TWC practices opposite of their Junior High season ONLY.

A \$75 "Level Up" option is available on the [Registration Page](#) once a decision has been made to move the wrestler up to the next club package.

Please see above for the details of each club package.

Register on our website:

<https://sites.google.com/cfschools.org/cedarfallswrestling/tiger-wrestling-club-twc/2627-season-sign-up>