



The following are some FAQ's:

Do we get to watch our child practice?

- ✓ Yes we have open practice to everyone as long it does not become a distraction and your athlete can still pay attention with your presence in the gym.

When and where does LOWC practice?

- ✓ We practice at Live Oak High School in the back gym (aka: Girls Gym). Practices are on Monday, Wednesday and Thursday nights 6:00 to 8:00. All wrestlers must stay at the end of every practice to roll up the mats and restore the gym for classes in the morning.

What if the athlete plays another sport?

- ✓ If a grade school student has a sincere interest in another sport besides wrestling it is best to encourage him to explore that interest. A student that commits to training in the sport of wrestling should be ready and willing to invest the time and hard work to do so. Playing another sport can serve to reaffirm a student's commitment to the sport of wrestling or help him decide to pursue another sport that he prefers. It is important that kids be allowed to make that choice. Our practices are three days a week. If another sport interferes with the wrestling schedule on certain days, our athletes are allowed to miss practice for that day, and however, ideally a wrestler should make at least two of the three days a week. If a wrestler is not present for practice on the day weights are to be collected for a tournament, he will not wrestle in that tournament.

How are the LOWC practice and or training structured?

- ✓ All of the practices at LOWC are based on the training fundamentals of structured drilling, physical conditioning, competitive mentoring, and live wrestling. The classes at LOWC are grouped according to age, weight, and experience level to provide the most appropriate, challenging, and well-matched workout partners and technique level.

Do I get discount if I have more than one child wrestling?

- ✓ If you have more than one child wrestling we offer a 25% discount on the other siblings wrestling.

