**Mukwonago Wrestling Grizzly points**

We always encourage wrestlers to set goals each season. Whether it’s a region championship, the # of wins this season, the # of tournaments you attend, or the 100 pushups without stopping, a goal you hope to be able to complete by the end of the wrestling season. It doesn’t matter if you are a beginner, or an experienced wrestler; goal setting allows you to focus on objectives that you want to achieve. Then write down the things you need to do to achieve that goal.

One way we will help you set those goals is with our Grizzly points program. Approach every practice with enthusiasm with an opportunity to get better. Work on the new stuff; No championships are awarded in the practice room.

Grizzly points are tallied from the first practice to the last Folkstyle State Practice.

Grizzly points will be awarded for the following: practice attendance, attending tournaments, for pins, wins and potential bonus challenges. Points are tallied for the Awards given at our year-end celebration.

There are 3 levels of achievement: **Bronze, Silver, Gold**

**The number of points for each level very with experience and grade**

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| **Grizzly Point System** |
|   | Bronze | Silver | Gold |   | Bronze | Silver | Gold |
| K-1st Rookies  | 21 | 25 | 30 | K-1st Exp | 24 | 30 | 36 |
| 2nd Rookies  | 24 | 28 | 34 | 2nd Exp | 32 | 36 | 42 |
| 3rd Rookies  | 27 | 34 | 40 | 3rd Exp | 35 | 45 | 55 |
| 4th Rookies  | 41 | 48 | 62 | 4th Exp | 45 | 58 | 65 |
| 5th Rookies  | 41 | 48 | 62 | 5th Exp | 52 | 61 | 70 |
| 6th Rookies  | 41 | 48 | 62 | 6th Exp | 55 | 64 | 75 |
| 7th Rookies  | 44 | 51 | 65 | 7th Exp | 57 | 64 | 75 |
| 8th Rookies  | 44 | 51 | 65 | 8th Exp | 57 | 64 | 75 |
| Parkview Rookies | 30 | 34 | 44 | Parkview Exp | 28 | 36 | 44 |

**Practice: each practice = 1 point**

 **Tournaments:** Any wrestling tournament you attend starting in January to March is worth 3 points. An addition 1 point is given for each win, with a bonus point given for a pin. Wrestlers are limited to 11 tournaments for Grizzly points scoring.

**MWC Suggested # of tournament for MWC wrestlers.**

This document is meant to give parents a guideline on the suggested # of tournaments for MWC wrestlers.

Every kid is different, even with siblings you may find one who wants to wrestle every chance he/she gets and his/her sibling may just want to go to practice and not wrestle in any tournaments. So let me preface by saying this is a guideline. Your wrestler’s enthusiasm may fluctuate with his/her success and failures, their age (being on the younger or older side of the groupings) and their athletic ability. When they are losing, it gets tough so back off on competitions.

We advise you that if you have other things going on, such as birthday parties and other important events, please take that weekend off. I will also tell you that they will wrestle for you at this age not themselves. Through grade school years, this is ok, but eventually they need to wrestle for themselves. We have had some very talented kids get up into 8th,9th & 10th grade that were very successful, but they quit because they were possibly pushed too hard or burned out. Yes, we want them to work hard, but we want them to push **themselves** because “**they”** want to be successful.

Tournaments are important because it really is the only way for them to truly understand what it takes to be successful in this sport, as it is a test of their skills and strength and sportsmanship. It is a measuring stick of sorts. But doesn’t have to be every week.

**Practice to compete. Do not compete to practice**

If you have any questions, please talk to one of the coaches.

**Again, these are guidelines, our end goal is for the kids to Love to Wrestle and Love to Battle.**

**If pressure is put on a young wrestler in Tournaments to win, this Love of the Sport can disappear.**

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| age group-experience | # Tournaments | age group-experience | # Tournaments |
| k-1st Rookies | 0-2 | k-1st experienced | 0-3 |
| 2nd Rookies | 2-4 | 2nd experienced | 2-4 |
| 3rd Rookies | 3-5 | 3rd experienced | 4-6 |
| 4th Rookies | 4-6 | 4th experienced | 5-8 |
| 5th Rookies | 4-6 | 5th experienced | 6-11 |
| 6th Rookies | 4-7 | 6th experienced | 6-11 |
| 7th Rookies  | 5-9 (Parkview 3-6) | 7th experienced  | 7-11 (Parkview 4-7) |
| 8th Rookies  | 5-9 (Parkview 3-7) | 8th experienced  | 7-11 (Parkview 4-7) |