



Wrestling for Everyone!

SPRING 2019 WRESTLING PROGRAMS



TOP DAWGS WRESTLING CLUB

Top Dawgs is an off-season club for middle and high school wrestlers practicing on Tuesday and Thursday from 5-6:30 pm. This is a great opportunity to expand training partners, learn from excellent coaches, support TOP, and compete at tournaments with coaches throughout the spring.

Top Dawgs is led by Chad Obzud (Broad Run HS), Jake Carey (Rock Ridge HS), Brad Drummond (Herndon HS), Tanner Cooley (Broad Run), Mark Weader (former GMU head coach), and TOP's Tom Houck. Other coaches are welcome to attend to work with their wrestlers. Fees from March 12-June 13 are \$149.



"COLLEGE COACH" TRAINING SESSIONS

These intense practices are for experienced wrestlers committed to serious improvement. Wrestlers must be accepted into this special program, ensuring a small Coach-to-Wrestler ratio (similar to semi-private lessons). Sessions are Mondays (5-6:30 pm) and Wednesdays (7-8:30 pm). The latter will be led by Sahid Kargbo (former GMU coach, 2017 NCAA qualifier, and Junior World Greco team member) and Mark Weader (former GMU head coach). Monday sessions are led by Chad Obzud (former Long Island University coach).



A competition schedule will be finalized after participants are identified. Fees are \$199 (once a week) or \$249 (twice a week) from March 12-June 13. Participants are welcome to attend Top Dawgs practices on Tuesday/Thursday at no additional charge.



TOP DAWGS YOUTH

We are pleased to introduce Top Dawgs Youth for grades 1-5. This program is led by popular youth coach Doug Muhlbauer and practices on Tuesday and Thursday from 5-6:30 pm. Practices are held at the same time as Top Dawgs Wrestling Club, so the younger kids will often warmup and sometimes participate in other activities with the older wrestlers. For the most part, however, the group is separated for age-appropriate instruction. Wrestlers will be informed about local tournaments (coaches may attend some of those events). Fees from March 12-May 30 are \$149.

OTHER EXCELLENT OPTIONS...

TOP is pleased to rent space to other quality clubs. **Scanlan Wrestling Academy (SWA)** is led by D2 NCAA Champ Dan Scanlan who runs high-level practices 3x week (Mon/Wed/Fri) for both high school and youth wrestlers. SWA features a focused curriculum, outstanding coaches, and demanding competition schedule. SWA also offers strength and conditioning training for young athletes on Tues/Thurs. For more information, visit www.scanlanwrestling.com.

Tech Squad is a freestyle club led by coach Matt Keel with an impressive staff of college and high school coaches. Practices are held on Tuesday/Thursday from 6:30-8:30 pm, plus Sundays from 3-5 pm, plus an extensive competition schedule. More information is available at www.techsquadfreestyle.club.

www.topofthepodium.org