

Throwdown Elite Wrestling Club



Silver Level

PARTICIPATE:

- Attend 3 Practices per week for 2 consecutive weeks
- Wrestle in 6 Tournaments
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
 - 6.
- Participate in a National Tournament* (No Beginner Tournaments)
- Attend One of the events below**

DEMONSTRATE:

- Front-side series (wrestler must demonstrate, we will be tough on this)
- Explain the Folkstyle Scoring system (pass a short oral exam)

PERFORM:

- Push-up Test (Old __, New __)
- Sit-up Test (Old __, New __)
- Pull-up Test (Old __, New __)

Complete the requirements plus 2 electives from the list:



ELECTIVES:

- Place Top 4 in a National Tournament
- Get 3 Pins
- Place 1st in any Tournament (Minimum 4 wrestlers in your bracket)
- Place in 4 Tournaments (Must place 1 of 3, 2 of 4, 3 of 5, or 4 of 6)
- Attend one of the ** events



*National Tournaments : Salt Lake Slam, Jacob's Challenge, Beehive Brawl, Reno Nationals (others by approval)

** UVU Dual, Utah All-Star Duals, Finals of Rocky Mountain Rumble