



Armada Wrestling Club

Building strong student-athletes, on and off the mat.



Scan the QR Code to sign up for the Armada Wrestling Club BAND app for more information.



With whom will my child wrestle?

Coach Mario Bastianelli – 586-524-6815

Coach Evan Cusamano – 810-543-1457

TIGER CUB - All NEW Kindergarten and 1st Graders

Cost: \$75.00
Includes: T-Shirt, 1- month of training, In-house wrestling meet at the end of November.
Practice Schedule: **Begins Oct. 30th, 2025 - Ends November Nov. 20th, 2025.** Practices will be every Tuesday and Thursday from 6:00 - 7:30. **Sign up ASAP!**
Coach: Mario Bastianelli & Evan Cusamano

TIGERS ORANGE TEAM - 2nd Grade through 5th Grade- 1 or 2 years of wrestling experience (Or any wrestlers that coaches or parents deem not ready for the BLACK Team level of training / competition.) (Or at the choice of the parent, and coach's discretion 1st Graders who are ready can participate in Orange).

Cost: \$150
Includes: T-shirt, 3 months of training, 3 "local wrestling meets", assigned team singlet.
Practice Schedule: **Begins Monday, January 5th, 2026 - Ends last wrestling meet on March 21st, 2026.** Practices will be every Monday and Wednesday from 6-7:30. **Sign up by Dec. 1st!**
Coach: Evan Cusamano

TIGERS BLACK TEAM - 3 or more years of experience (2 prior years on Orange).

Cost: \$175
Includes: T-shirt, 4 months of ADVANCED training, Either "local meets" or multiple MYWAY wrestling meets, assigned team singlet.
Practice Schedule: **Begins December 2nd, 2025- Ends March 25th, 2026.** Practices will be every Tuesday and Thursday from 6:00-7:30. **Sign up by November 10th!**
Coach: Mario Bastianelli & Nino Bastianelli

What should my wrestler bring to practice?

- Gym clothes, water bottle, wrestling shoes.
- Positive attitude, a desire to have fun, and all of your friends
- All practices are in the AHS wrestling room; if Armada has a snow day, there is no practice.
- Parents are not required to stay for practice.
- Headgear and wrestling shoes are encouraged. Some will be available to borrow.

Will they actually compete?

- Participation in competitions will be optional. Coaches are always available to ask about competitions. There are two kinds of competitions: MYWAY and “Local” tournaments.
- The orange team will compete in Local tournaments; the black team will compete in MYWAY tournaments; competitions will start in January.
- MYWAY is the Michigan Youth Wrestling Association. They hold tournaments all over the state. These tournaments are more competitive and challenging as kids get older. MYWAY has a “novice” division for beginning wrestlers, and an “open” division for more experienced wrestlers. Their website is mywaywrestling.com
- Local tournaments are not associated with MYWAY and are for new wrestlers..
- At competitions, wrestlers wrestle other kids that are their weight and their age. For example, a seven year old that weighs 62 pounds will wrestle other kids that are ages 6-8 and weigh somewhere between 58-65 pounds.
- Armada Wrestling Club discourages weight cutting in any way for wrestlers 8th grade and under. Wrestlers in this age bracket are still growing and cutting weight at this age can damage the growing process.

Strength and Conditioning Schedule: Coach Pat and Coach Jenn

Sat. Nov. 1st @ 9 am -10 am

Sat. Nov. 8th @ 9 am -10 am

Sat. Nov. 15th @ 9 am -10 am

Sat. Nov. 22nd @ 9 am -10 am

Sat. Nov. 29th @ 9 am -10 am

Wrestling Schedule – Important Dates

Oct. 30th – Tiger Cub Wrestling Begins

Nov. 9th – Freddie Rodriguez Clinic – 2nd grade – 12th grade. **Information forthcoming.**

Nov. 20th- Tiger Cub In-House Wrestling Tournament @ Armada / Pizza Party

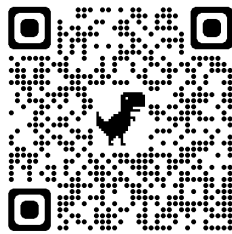
Dec. 2nd- Black Team Practice Begins

Jan. 5th – Orange Team Begins

Jan. 9th- Cornhole Fundraiser

MYWAY Tournament info

- 1) MYWAY website: <https://www.mywaywrestling.com> Armada is in the Metro region
- 2) Weights:
 - a. Armada Wrestling Club Discourages weight cutting of any sort for youth wrestlers
 - b. Weight classes and age brackets are on the MYWAY website. Click on “Rules” and go to page 7.
 - c. Coaches will weigh in any wrestler participating in a weekend tournament during that week after practice.
 - d. MYWAY “audits” one random group of wrestlers at every tournament to check their weight. If a wrestler is more than two pounds over the weight limit for the weight class he signed up for, he doesn’t wrestle that weekend. If this happens twice, he doesn’t wrestle the rest of the season in MYWAY tournaments. For example, wrestler A weigh-ins in at 51 lbs. after practice on Thursday and registers for the 52 lb. weight class. He then needs to weigh less than 54 lbs. on tournament day.
- 3) Coaches will help wrestlers on the Black team decide if your wrestler should be in the “Novice” or “Open” tournament. Typically, “Novice” tournaments are wrestlers competing in tournaments for the first time.
- 4) Tournament grouping and brackets are done by weight and age. Wrestlers that are born in the same year and weigh within a given range of each other will wrestle each other. MYWAY uses birth year to label brackets.
- 5) If you plan on wrestling in a weekend tournament, you need to:
 - a. Register your athlete in MYWAY using [these directions](#), which are on the QR code below.
 - b. Attend practice regularly.
 - c. Have a copy of your wrestler’s birth certificate; this can be a picture of it on your phone.
- 6) When you get to the tournament:
 - a. Check in at the registration table.
 - b. Find a coach and sit together as a team in the stands
 - c. Ask other parents how to follow the tournament on your phone
 - d. Warm up with your team
 - e. Watch your scoreboard for your bout number
 - f. Find a coach right before you are about to wrestle; do not wrestle without a coach.
 - g. Put on your required headgear and wrestle tough.
 - h. Watch your mat’s bout number for your next match.



“Local” Tournament info

- 1) There will be several “local” tournaments throughout the year that are not associated with MYWAY. These are typically for novice wrestlers on the orange team.
- 2) All wrestlers will have to sign up on the QR code the week of the meet. QR code and info will be posted on the band app.
- 3) Coaches will keep you informed about these tournaments as they happen.