

2025-2026 Topeka Blue Thunder Parent Meeting

Who are we?

- TBTWC is a youth wrestling club dedicated to:
 1. Providing the opportunity for as many children as is humanly possible to participate in the sport of wrestling in a safe, fun, and growth-inspiring environment.
 2. Providing a level of physical and mental training in the sport of wrestling that will give them the skills necessary to compete collegiately and/or internationally in the sport of wrestling.
- Initially formed to support Washburn Rural HS wrestling, we now have no borders and serve many from all over NE Kansas.
- FROM A LEGAL AND A LIABILITY STANDPOINT, WE ARE SEPARATE FROM AUBURN WASHBURN USD437

Who are our main team members?

- Joshua Hogan(14th year) - Director/Coach - hoganjos@usd437.net
- Heather Worrel(2nd year) - Treasurer/Secretary
 - Email: topekabluthunderwrestling@gmail.com
- Travis McBurney(9th year)- Coach
- Austin Killinger (8th year)- Coach
- Bowan Murray (2nd year)- Coach
- Jacob Tangpricha (1st year)- Coach

HS/MS Advisors?

- Joshua Hogan: WRHS Men's Wrestling Coach
 - Email: hoganjos@usd437.net
- Damon Parker: WRHS Women's Wrestling Coach
 - Email: parkedam@usd437.net

Oversight Committee?

- Doug Vincent
- Justin Broxterman
- Aaron Rivera
- Lance Doyal

Peaceful and Harmonious Relationships:

- We value trust, respect, directness, honor, and sportsmanship.
- We do not tolerate gossip, triangulation, or poor sportsmanship.
- Please address any concerns directly with relevant personnel.

Practice Schedule (Nov-Feb) WEBSITE CALENDAR HAS SCHEDULE

- Little Hammers: Wednesdays 5:30-6:10pm
- Elementary Novice: Mondays 6-7, Wednesdays 6:15-7:15
- Elementary Open: Tuesdays 6-7, Thursdays 6-7pm
- Elementary/MS Elite: Mondays 7-8:25, Tuesdays 7-8:25, Wednesdays 7:15-8:25 Thursdays 7-8:25,

Practice Levels:

- Little Hammers: 1st year wrestlers in pre-k. *Some kindergarteners are better suited here. **Must be fully potty trained.***
- Elementary Novice: 1st and 2nd year wrestlers in K-4th
- Elementary Open: 3rd+ year wrestlers **or** 5th/6th grade+
- Elementary Elite: **K-2nd NOT ELIGIBLE FOR ELITE WITHOUT MULTI COACH CONSENT.** 3rd grade and above with at least 2 years wrestling experience.
- MS/HS wrestlers will always be in **Open** or **Elite**
- *Note: Reach out if you have questions about where your child fits.*

Practice Locations:

- WR**M**S Wrestling Room: November - February (closed practices after 1st week)
- WR**H**S Wrestling Room: March-October

Equipment and Requirements:

- Wrestling shoes (required after 1st Week), headgear (only for competition), team-branded competition uniform (rent or buy), and mouthguards (for those with braces) are mandatory.

- Coaches' requirements: background check, safesport training, USAW Wrestling Leader Card.
- Wrestlers' requirements: USAW insurance card, payment of dues.
- Hygiene practices and drama-free expectations outlined.
- Gear stores opening soon. Sublimated and Spirit Wear.

Parent/Coach/Athlete Expectations:

- Representation, sportsmanship, punctuality, and other standards.
- Discord will be the main communication method.

Fees: Registration Live on topekabluehunder.com

Winter Session Fees: Nov-Mar

- \$175 Novice/Open/Elite
- \$125 Little Hammers
- \$125 Middle Schoolers wrestling For Their School Team
- \$50 discount for 2 wrestlers*
- \$150 discount for 3 wrestlers*
- \$325 discount for 4 wrestlers*
- Siblings must live in the same household
- *Little Hammers do not apply for the discount

Home Tournament @ WRHS & Mock Novice Tournament:

- Our home tournament is our primary fundraiser.
- Need for parent involvement and volunteer roles.
- Tentative Date: 2/8 or 2/14 or 2/15 , 2026 @ WRHS.

Expanded Information about Novice/Open/Elite classes:

- **Little Hammers** – 1st of its kind class for TBTWC last year. Little hammers practice is geared toward 3-5 year old fully potty trained 1st year wrestlers who not quite ready for the requirements of the novice room. A younger wrestlers(3/4) MAY be best suited for 2 years of little hammers before moving into novice but the goal is to progress up through the levels as soon as possible by learning all of the required technique at each level. Our novice room is very structured and requires somewhat self motivated and non interruptive wrestlers. This has left a lot of little hammers without a place to fall in love with wrestling! If we can drive a love for the sport into them at a young age, we can keep more of them involved over the long run. Focuses will be on: Basic Wrestling Movements and Positions, Tumbling, Games, Early Mindset Training.
- **Elementary Novice** 1st and 2nd year wrestlers in K-4. This group is very structured but geared towards a slower pace of learning when compared to Open/Elite and with more fun and games. The goal of this group is to teach the wrestlers to love the sport while also teaching the most basic fundamentals in USA Wrestling's Level 1 core curriculum.
- **Elementary Open** – 3rd year+ wrestlers OR 5th Grade and up. This group is geared toward accelerated learning of the fundamentals of wrestling and wrestling movements. The goal of this group is to get wrestlers' competition ready as quickly as possible through teaching all of USA Wrestling Level 1 core curriculum and some of USA Wrestling Level 2 and 3 core curriculum. We also do some agility and tumbling with this group.
- **Elementary Elite + MS/HS** – This group is geared toward continued mastery of our "go to" offenses and defenses and keeping our wrestlers in the best wrestling shape as is possible. This group is expected to know and be able to perform USAW's level 1 curriculum completely as well as much from level 2 and 3. We are constantly introducing new techniques to our elite wrestlers. The expectations are that the wrestlers in our Elite room are training to become State/National Placers and Champions. These practices can be VERY physically and mentally demanding for your wrestler(s). Our goal has always been and remains to be to break down your wrestlers physically and mentally so we can then build them back up stronger. Lots of blood, sweat, and tears have been shed in these practices. Once your wrestler is ready for the Elite room, being able to properly function in that environment will have a tremendous and invaluable impact both on and off the mat for the rest of their lives.