



“THE CAMPAIGN TO CHAMPAIGN”

- I. GATOR WRESTLING PROGRAM OFFICIAL HANDBOOK GUIDE
- II. TAKING IT TO THE MAT ... UNDERSTANDING WRESTLING

BEST EYER



RESPECT ALL*FEAR NO ONE

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The purpose of this book is to help communicate different aspects, expectations, procedures, and explanations unique to this team. It is not all-inclusive and is a work in progress but hopefully it will be a useful tool as you embark on the wrestling journey.

1) Wrestling is built on position and body mechanics as they relate to leverage. A good stance is vital to most any sports activity. Football’s “hit” position and a baseball player’s stance are both similar to a good wrestling stance. Quality training for wrestling will include repeated drilling of a good stance, moving in that stance, and moving quickly from that stance. Wrestling keeps an athlete alert to his body position and balance, as well as that of others he comes into contact with. These skills apply well in football, lacrosse and soccer, as players fight for position. (Anyone who has played soccer or lacrosse knows that it’s a contact sport.) Wrestling will help develop those contact positioning skills. Many have found that these team sports (like football, soccer, and baseball) emphasize the positioning of all the players on the field, with little training for their individual body skills. Wrestling training majors in these skills. When an athlete steps on the field already having body position, balance, and awareness, he increases his effectiveness for his team and increases his chances to excel in that sport.

2) Wrestling teaches discipline and good work habits. It is no secret that wrestling is a sport that demands a lot of work. Wrestlers and non-wrestlers regularly comment on how wrestling training exceeds that of every other sport. Anyone involved in wrestling training for any length of time works extensively on repeated drills, strength improvement, conditioning, and mental toughness. It requires a lot of work – coaches develop it, and success relies on it. Wrestling work habits have helped many in the classroom, in the home, in the workplace, and in other sports. To quote the USA Olympic wrestling legend, Dan Gable: “Once you have wrestled, everything else in life is easy.”

3) Core strength and conditioning are basic to wrestling. By “core strength,” we refer to the strength and muscle endurance of the large muscle groups of the hips, waist, thighs, and lower torso. Core conditioning is referring to the lungs and heart. Wrestling constantly works on the strength, flexibility and balancing of the hips. Muscle power from lifting or moving static weight is good. But lifting or moving an opponent that is fighting back is much more valuable to the dynamics of most sport activity, especially football. Core strength is important in hitting a baseball, too (all wrestlers know the maxim that “power comes from the hips”). And anyone who has wrestled very long knows his lung and heart conditioning has improved greatly, which is especially valuable in football.

4) Wrestling cultivates personal confidence. Many of us have to fight through major amounts of fear and apprehension. When accepting the challenge to wrestle, you take great strides toward overcoming those fears. This is one of wrestling’s major benefits! Children often hide their performance and limitations in a team environment. After wrestling for even one season, they learn to take responsibility for their performance like never before. Their confidence and determination soar.

5) Wrestling stresses sportsmanship. Can you name another sport in which participants shake their opponent’s hand before the competition, again after the competition, and then shake their opponent’s coach’s hand? To learn to compete and not fear the outcome, and to behave in a dignified, respectful manner regardless of the result of the match, is something every young athlete should be taught.

GCPW PHILOSOPHY

- We believe success in wrestling, as in life, comes through thoughtful preparation and a sincere commitment to improvement through learning. Opportunities in life are at best difficult to anticipate but preparation can be a constant achievable goal.
- By working to learn we work to succeed. By growing as people we place ourselves in a position to seize opportunities and achieve personal goals. There is no pretense in such a philosophy. We are what we make of ourselves and what we give of ourselves.

GCPW MISSION

- The program is committed to training and mentoring the student-athlete to reach their individual excellence in the sport of wrestling, as well as developing a student-athletes' confidence, leadership, self-discipline, and a strong work ethic for success in life.
- The plan and vision for the program and student-athletes is one that will unfold over time, just as the process of creating champions takes dedication, hard work, and time.
- The structure is in place to mentor student-athletes as they develop into their individual excellence as a wrestler, whether that is guiding them through learning the fundamentals or advancing the technique of a current state or national champ.
- The goal is always to build solid technique and competitive mental composure that will enhance a driven wrestler's success at any level and prepare exceptional wrestlers for success at the college level and beyond.

Student-Athlete Expectations:

1. To make a commitment to the team and the team rules.
2. To be at practice and to be on time. There are consequences.
3. To be on time for away matches. The bus will leave without you.
4. To notify your coach in advance if missing a practice or match.
5. To travel with the team on the bus to away matches.
6. To leave away meets with a parent only if checked out correctly.
7. To communicate with the coach about all questions and concerns.
8. To give good and clear explanations to parents when they have questions.
9. To realize that team comes first other than family, school and religion.
10. To keep grades up and turn in grade checks on time.

11. To be on time and present for meet day responsibilities.
12. To work hard.
13. To wear the practice shirts daily to practice except on Saturdays.

Parent Expectations:

1. To support the team and your son or daughter.
2. To talk with your student-athlete.
3. Please refrain from coaching from the sideline or yelling negative remarks during matches. We ask our players to compete with class and poise and we expect the same of our spectators. Please be vocal, but always praise and support our team.
4. To empower your athlete to communicate with the coaching staff.
5. Please avoid scheduling appointments during practice or game times.
6. Take pictures and make copies for our end-of-the-year team banquet.
7. Be understanding. Things are not always what they look like. Believe it or not, we are on the same side. We all want what is best for your athlete and the team.
8. To understand and respect the line of communication:
 - a. Head coach and student-athlete.
 - b. Head coach of program and student-athlete.
 - c. Parent meeting (your athlete must be present at the meeting).
 - d. We cannot stress enough the importance of allowing your student-athlete to confront concerns with the coach first.
 - e. If we cannot rectify the concerns, then we need to set up a conference. My phone number is 847-226-0833.
 - f. We will not hold discussion/conferences before or after practices or matches, nor will we hold them prior to communication with your student-athlete.
9. To pick up your student-athlete on time after practices and away matches. Pick-up will be by Holy Cross Gymnasium.

Practice Hours:

- 3:15 p.m. - 5:30 p.m. (Regular)
- 2:00 p.m. – 4:30 p.m. (Early Dismissal)
- 8:00 a.m. – 10 or 11 a.m. (No school)

Rules and Expectations

Take from them everything, and give them nothing.

Wrestling Training Rules

The following rules will be enforced throughout the season AT THE COACH'S DISCRETION. If you do not believe that you can demonstrate the responsibility involved in maintaining a successful program, please save yourself and the coaches' time by letting us know NOW!

1. Report to practice and meets on time. Be prompt. Tardiness will cost you. If you're tardy to a meet or practice you can be benched. If you are late for the bus, we will leave you. If you miss the bus, you will not be allowed to drive your own vehicle.
2. Attendance. You must attend all classes that day to compete in a meet. Attendance at practice is MANDATORY!!! The excuses of work, doctor appointments, etc...are not valid reasons to miss. If you miss practice the day before a meet, you will lose your position in your weight class. If you are ill, Please let Coach Danan know. We do not like surprises. All wrestlers and parents may contact Coach Danan in the following ways: edanan@guerinprep.org or by phone (847) 226-0833 (cell). IT IS NOT ACCEPTABLE TO RELAY A MESSAGE TO US BY SOMEONE OTHER THAN YOU OR YOUR PARENT. Missing a practice or match without contacting your coach first will result in consequences. We want all wrestlers to attend all practices and matches. If you are unable to practice due to an injury, we expect you at practice and all home and away matches (unless getting treatments). By being there, you are supporting your teammates and you can look, listen and learn.
3. Maintain a positive attitude. An athlete may be dropped from the program if his or her attitude is detrimental to the team. Be prepared to take constructive criticism. If you are unable to do this, you should probably go out for another sport. We want "I CAN" and "I WILL" attitudes.
4. Academics are very important! You must remain eligible to compete. You must take five classes. You must discipline yourself to get your homework completed. We encourage you to bring homework to complete on away trips. An athlete who misses practice due to homework is not an athlete we can count on. It is obvious

this particular athlete is not dependable enough to make good use of his or her time.

5. Conduct yourself in an exemplary manner on and off the wrestling mat. Support your team in an enthusiastic and positive way.
6. "DRESS FOR SUCCESS" - Dress neatly and be neat in appearance. Take pride in yourself, your school and your team.
7. Training rules. Smoking, drinking, use of drugs, stealing and cheating will result in an indefinite suspension from the team.
8. Travel. All students will ride the bus to away athletic contests. On the return trip home if you choose to go with parents home you must present your coach with a parental request signature to travel with your parents. You can only leave with your parents. Once at an athletic site, the athlete is not to leave the site without permission from the coach.
9. Follow good sportsmanship. Refrain from arguing with teammates, officials, fans and opponents.
10. Equipment. Once equipment is issued, it is the athlete's responsibility. All equipment must be returned upon completion of the season. Any loss or damage to equipment must be paid for. An athlete may not compete on another team or graduate until all charges are paid in full.
11. Hustle and work hard at all practices and meets.
12. A student who is a member of a school team shall not practice or compete with any other group, club, organization or associations in that sport during the season of competition. Penalty: forfeit eligibility.
13. Cutting classes may result in being benched. Good behavior is expected in the classroom.

14. The Freshman and JV teams are required to stay for all Varsity home matches. Leaving early will result in a consequence.

15. Cell phones are not allowed "on" at practices.

16. Cuts and playing time. Cuts may be made anytime throughout the season. Not all players are assured of mat time. We would like everyone to wrestle but a variety of reasons often prohibit this from happening. Complaining about your lack of mat time will not increase it. However, if you have a complaint or problem, the coach must hear it from you first (not friends, parents, etc.)

17. See your Coach Danan if you have a complaint or problem. Use your energy in a positive manner and find out what you need to improve on

GCPW Practice and Match Expectations

All athletes committed to this team are expected to adhere to certain rules and regulations set forth by the organization and the coaching staff. Wrestlers will develop discipline, character and integrity by following the training rules. The coaching staff's goal is to have high standards for the team. The coaching staff will hold everyone on the team accountable for those standards.

1. BE THERE: Missing practices or matches will only keep you from getting the experience you need.
2. BE ON TIME: The coach MUST know if you will be late to make adjustments to practice plans.
3. HAVE A POSITIVE ATTITUDE: Whatever happens GOOD OR BAD prior to your entrance to the wrestling room must be left out of the room. Tell your teammates they can never let you down because of attitude or lack of effort. Effort is habit. Competing is a habit. You cannot turn those types of habits on and off.
4. FOCUS: We need to stay focused every minute we are in the room PRACTICE IS ALL BUSINESS!
5. WORK HARD: Compete every minute you are in the room. There is not a single minute that we can waste slacking. We will never be so good that we cannot improve.
6. HUSTLE EVERYWHERE: If we do this, our conditioning requirements can be lessened. If we walk and loaf, then we must take valuable time out of practice to RUN. All athletes' effort levels will dictate which method of conditioning we will use.
7. NO HORSEPLAY: It is all fun and games until someone gets hurt.
8. NO ATTENTION SEEKING: We are a team and no one should draw attention to themselves over the team. Examples include: wearing wild socks while the rest of the team is wearing white socks, drawing all over yourself, wearing a tank top while the rest of the team has on t-shirts, falling down in front of people to get a laugh, pouting, sulking, loud verbal outbursts, etc.... Draw attention to yourself through your good wrestling not through obnoxious or unruly behavior.
9. NO SITTING OR LEANING ON WALLS
10. NO UNNECESSARY SOCIALIZING
11. HAVE PROPER ATTIRE, PRACTICE CLOTHES AND UNIFORMS: Presentation is everything, Look good and act good. NO sagging or over baggy clothes.
12. COMMUNICATE: Talk with your teammates and coaches. We want to hear it from you FIRST.
13. ASK QUESTIONS TO LEARN: Do not ask questions to be heard.
14. RESPECT OTHERS AND THEIR PROPERTY
15. LEAVE YOUR AREA CLEANER THAN IT WAS WHEN YOU ARRIVED: Pick up trash, bags arranged neatly, water bottles arranged neatly, no food or drink (except water) allowed in the practice gym.
16. RESPECT OFFICIALS, ELDERS, OTHER COACHES, AND YOUR TEAMMATES: Learn to accept everyone! You are not going anywhere without the people around you. You can't hate someone you need.

17. BE PROFESSIONAL: Always use proper language. No profanity. Carry yourself well.
18. TRASH TALKING & ARROGANCE WILL NOT BE TOLERATED: There will always be someone better than you out there.
19. TEAM FIRST: Support your teammates. Develop a relationship with everyone on your team. Confront problems.
20. BE A GOOD LISTENER:
21. WATCH YOUR TEAMMATES AND LEARN FROM THEM
22. BE A LITTLE COACH: To critique is fine – To criticize is not!
23. NO EXCUSES: Get rid of sorry, can't, try, don't, but
24. NO DRILL STOPPERS: This inhibits the learning process.
25. NO CELL PHONES ON AT PRACTICE
26. NUTRITION: You are expected to eat healthy at tournaments.
27. REALIZE YOUR GOALS AND WHY YOU ARE HERE: Don't allow little things to get in the way of your goals and the team goals. Compete and have a good time doing it!
28. PLAYING TIME: We will provide equal training time but not equal mat time. You "EARN" mat time. If you are not earning the mat time you want, you must approach Coach Danan at the appropriate time and ask the follow question: "What can I do to earn more mat time?"

FINALLY: Write down your sacrifice for the season and share it with a friend.

Frosh: Everyone gets matches as long as they have met the team training rules. We are out to learn more about the sport of wrestling for future success.

JV: If more than one athlete is in the same weight class, wrestle-offs "CHALLENGES" will be given a day or two before the meets to determine what athlete gets priority. Many teams have more than one in each weight class, so most of the time all wrestlers will get matches.

Varsity: WIN! Every athlete will have matches (if available). Every athlete must earn varsity match time. If there are any questions, if they are earning the time, the athlete should ask to talk with the coach in a conference.

Position Movement:

After the Frosh, JV, and Varsity teams have been established any wrestler may challenge up to the next level in a wrestle-off during practice. The student-athlete

may ask for a wrestle-off or the coach might ask to see a wrestle-off. A wrestler can never become satisfied and should always continue to improve.

Areas We Need To Improve For Our Journey to Success:

1. A new start of a program.
2. Cooperation in the program.
3. Commitment to the program.
4. Communication in the program.

Lettering Criteria

- To earn a varsity letter, each wrestler must complete each of the following requirements.
- Each wrestler must earn a minimum of 50 team points while competing at either the varsity or junior varsity year. Naturally the higher the the level the easier it is to obtain a letter. Points will be given on the following basis.

Varsity	Fall 6 pts. Technical Fall 5pts Major Decision (8-14pts.) 4 pts. Decision 3 pts. Loss by Decision 1pt.
Junior Varsity	Fall or Technical Fall 4 pts. Major Decision 3 pts. Decision 2 pts.

1. If the TEAM wins the State Championships, all team members will earn a varsity letter if they meet requirements #3 and #4.
2. For any award to be earned, the athlete must adhere to all team rules and regulations.
3. For any award to be earned, the athlete must complete the season! The season is not completed until the conclusion of the State Tournament.
4. All seniors who finish the season will receive a Varsity Letter.
5. All Managers who complete the entire season will receive a Varsity Letter.

6. Any Wrestler that wrestles 2/3 of the Varsity matches will letter regardless of points.

Volunteers:

1. Providing away-game snacks.
2. Videotaping meets as a learning tool.
3. Fundraising: Tax credit donation?
4. We would like to keep all of our parents in the loop with what we are doing. We would like others to help with phone tree and other small needs.

What the Coaches Want You to Know

Guerin College Preparatory High School's Athletic Eligibility

Criteria

The athlete must be a full time student at GPHS. Athletes must be passing all current courses, taking a minimum of three graduation required courses and maintain an overall GPA of 2.0 (based on mid-term grades or final term grades.) Athletes may receive no more than two D's (needs improvement) or lower. All athletes will abide by GPHS, IHSA, and SCC Rules (eligibility, residency, participation, etc.)

Conditioning

Wrestlers should follow a conditioning program that combines weight training and aerobic exercise (like running) during the off-season. Conditioning is important not only for performance enhancement, but also for injury prevention. Encourage your wrestler to work with his coaches to develop a program that's appropriate for him. The wrestling team conditions and lifts weights through the summer months and fall semester.

Proper Nutrition

Guidelines

Wrestling is a strenuous, physically demanding sport. It is important for

wrestlers to eat a healthy diet that includes fruits, vegetables, meat and foods high in complex carbohydrates (e.g., pasta, potatoes). It is also extremely important for your son to drink enough fluids, particularly when practicing. The meal the night before a match is especially important for strength and endurance; it should be a nutritious meal high in carbohydrates, with very limited salt. If your son is having difficulty maintaining weight with healthy nutrition, you and your son should talk to the coach.

Nutritional Recommendations

The following nutritional recommendations are simply "recommendations". For additional, individual or more specific information, please see your physician, trainer or nutritionist.

The weight of a wrestler is less important than his body percentage fat. The Sports Science Center indicates that healthy body fat percentages for wrestlers range between 7% and 15%.

Basic hydration guidelines are summarized as follows:

- Wrestlers need to drink a minimum of 80-96 oz. of fluids per day (water, sports drinks, milk and juices). (Take a water bottle to school every day).
- Wrestlers should drink fluid every 15 minutes during practice. (Please bring a large water bottle to every practice).
- Drink at least 16 oz. fluid within the hour before a match.
- Drink at least 16 oz. fluid within the hour after a match.
- Drink 3 cups of fluid for every pound of weight lost during a match or workout. Basic nutritional guidelines as recommended from the Sports Science Institute are summarized as follows:
 - **The Pre-Match/Workout Meal** serves two purposes. First it keeps athletes from feeling hungry and sluggish before and during the match or practice. Second, it helps to maintain optimal levels of energy or the muscles during training and competition. Food that remains in the stomach during training or competition may cause indigestion, nausea and vomiting. Carbohydrates are digested rapidly. Protein and fat take longer to digest.

- **The Post-Exercise Meal** is very important. Eating for peak performance also includes making wise food choices post-exercise. Muscles are most receptive to recovery during the first 30 minutes after exercise. Choose high-carbohydrate, moderate protein foods.

A summary of specific foods recommended by the Sports Science Institute is as follows:

4 or more hours before and 4 hours after:

- Grilled chicken/rice/fruit
- Turkey sandwich/carrots
- Spaghetti with meat sauce
- String cheese/grapes/crackers
- Energy bar/sports drink

2-3 Hours before and 4 hours after:

- Cereal/low fat milk
- Fresh Fruit
- Bagel with peanut butter
- Sports drink
- Energy Bar

1 hour or less before and 30 minutes after

- Yogurt
- Energy Bar
- Sports drink
- Pretzels/Raisins

Sound advice: Have a good breakfast, eat plenty of fruits and vegetables, avoid fried foods, sweets candy and soft drinks.

Make good lifestyle choices, eat healthy and get lots of sleep. Make certain you allow enough time every day to keep your studies up! Time management is one of the life skills each wrestler should develop and maintain.

Overall, be good to yourself! Wrestling requires difficult training and intense discipline. You can do it!

First Aid for Minor Injuries

Injuries are part of every sport. Wrestlers are most likely to get minor cuts, sprains, bumps, and bruises. Clean minor cuts with soap and water, and apply an antiseptic ointment and a Band-Aid. For minor bumps, bruises and sprains, elevate the area and put an ice pack (not heat) on it as soon as possible. Apply the ice pack for 15-20 minutes, wait 45 minutes, and apply ice again. All injuries should be reported to the coach.

Preventing injuries should be of the utmost important to everyone. Athletes can avoid injury by (1) being in good condition when the season starts, (2) having the right equipment, (3) stretching properly before all practices and matches, (4) drinking enough water, (5) getting the proper rest and nutrition, and (6) working closely with the coaches.

Skin Care

As a precaution against communicable diseases from skin to skin contact, wrestlers must shower after each practice or competition with an antibacterial soap. Each wrestler's competition uniform and practice clothes, including headgear and towels, should be cleaned after each use with an antibacterial soap or cleaner.

The most common skin disorders seen among wrestlers are bacterial infections (impetigo), fungal infections (athlete's foot, ringworm), and cold sores (herpes simplex one). The coach must be informed of all such disorders, and the wrestler must be seen by a doctor (preferably a dermatologist) for diagnosis and treatment. A doctor's written verification of treatment and a release to wrestle is required by the referee before allowing a wrestler to compete.

To protect wrestlers, the mats should be cleaned before each practice and competition with a disinfectant.

Equipment

The wrestling team has issued each wrestler a singlet, warm ups, and headgear. The wrestler is responsible for returning these items to the team at the end of the season or a hold will be placed on his record. Wrestlers are responsible for providing their own wrestling shoes.

There are rules governing the use of special equipment (masks, braces, supports). Equipment that does not permit the normal movement of joints is not permitted; equipment that prevents opponents from applying normal holds is also not permitted. Any equipment which is hard and/or abrasive must be covered and padded.

The Dangers of Steroids

In recent years, a number of athletes have chosen to use steroids to build muscle and gain strength. The use of steroids, however, can cause liver damage, heart damage, and sterility. Make sure that your son is aware of the dangers of steroids. If your son wants to put on weight and/or muscle, talk to Coach Clint Madden about dietary supplements.

Wrestling in College

Wrestling in college requires talent and a great deal of dedication. For wrestlers who wish to continue competing after high school there are several options.

Attention: High School Juniors & Seniors who are thinking about College.

I just wanted to pass on some information to all the Juniors & Seniors out there. Every year we see talented High school wrestlers at the state tournament who for some reason have slipped through our recruiting radar. We talk to them after the tournament and find out that some of them are even Division I eligible (3.0 GPA and 1100 SAT),

an accomplishment for any Student-Athlete. But my heart breaks when I hear that no one ever told them to fill out a FASFA.

FASFA stands for Free Application for Federal Student Aid (FAFSA) and is required for all students who seek consideration for federal financial aid programs. There is substantial aid from various universities throughout the state of Illinois for those who qualify. The deadline for FAFSA applications is March 2nd and the earliest filing period is Jan. 1st. Reportedly, the closer you are to the Jan. 1st day, the better chances you have to receive financial aid. Before completing, compile all tax information for yourself and your parents. The web site is www.fafsa.ed.gov. I pass on this information because there is a lot of money out there for those who need it, regardless of whether or not you are wrestling in college. For more information about a FASFA, talk to your high school counselors, look at the web page or call me at 847-226-0833. Good Luck to all of you, in wrestling and in life.

Earl Danan
Head Wrestling
Guerin College Preparatory High School

College Requirements for Athletes

Colleges are affiliated with associations that have their own rules, regulations and eligibility equipments. Eligibility guidelines for NCAA, NAIA, and NJCAA are outlined below. For more detailed information, visit their Web sites.

NCAA (85 Division I, 38 Division II, and 99 Division III colleges with wrestling): Division I and II colleges can offer athletic scholarships; Division III colleges (mostly smaller, private colleges) cannot. Before an athlete can play a sport or receive an athletic scholarship at a Division I or II college, he/she must meet the NCAA's academic requirements. Division III athletes do not need to meet NCAA academic requirements.

Athletes going to Division I and II colleges must have a 2.0 GPA (on a 4.0 scale) in a specified number of core courses. They must also have the required SAT or ACT score. Division II athletes must have a 68 (sum of the

4 scores) on the ACT or an 820 on the SAT. ACT/SAT requirements for Division I eligibility are based on a sliding scale. The higher the core GPA, the lower the test score required. A student with a 2.0 core GPA, for example, will be required to have a much higher ACT/SAT score than a student with a 3.0 core GPA. Division II athletes need a 2.0 GPA in their core courses and a 68 on the ACT or an 820 on the SAT.

Athletes should meet with their counselor to discuss NCAA requirements and to make sure that they're taking the right courses. In the spring of their junior year, athletes should take the ACT and the SAT. Athletes must also complete the NCAA Clearinghouse Student Release Form. This form should be completed after an athlete's junior year. www.ncaa.org

NAIA (23 colleges with wrestling): NAIA colleges can award full or partial scholarships. To play a sport or receive an athletic scholarship an athlete must have 2 of the following 3 NAIA requirements: (1) an ACT composite score of 18 or an 860 on the SAT, (2) an overall 2.0 GPA, (3) graduate in the top half of his/her class. www.naia.org

NJCAA (45 junior colleges with wrestling): NJCAA Division I and II colleges can offer scholarships; Division II colleges cannot. There are no academic eligibility requirements for athletes entering junior colleges. www.njcaa.org

How to Best Help Your Athlete

The best way to help your athlete is to provide encouragement and to be positive, both at home and in the stands. If there is a problem anytime during the season, have your son talk to his coach. If the problem is not resolved, or if it is of a serious nature, call the coach yourself. Know that you are the most important person in your son's life and that your son wants you to be proud of him. Be in the stands for all dual meets and tournaments, and cheer loudly

Developing Student Athletes

The wrestling coach's job is to development athletes and to win matches. As a parent, it is your job to monitor your wrestler's academic progress and to encourage him to be successful in the classroom. The following tips will help you do that.

Be Interested - Make certain that your son/daughter knows that his/her academic progress is important to you. Attend all open houses and parent conferences. Know when each grading period ends, and see all progress reports and report cards as soon as they come out. Do not just assume that someone will call you if there is a problem. If you do not see a progress report of report card, call the school and request a copy immediately.

Make Sure Your Wrestler's Courses are Appropriate for His/her - Help your son/daughter choose his/her courses carefully. If any of his courses are too difficult, too easy, or inappropriate, talk to his school counselor. If your son hopes to wrestle at a Division I or Division II college, ask his counselor or the athletic office for information in NCAA guidelines, and make sure he's taking the courses he needs to be eligible.



WEIGHT CLASSIFICATIONS

- Weight Classes: High school wrestlers compete in the following weight classes: 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 275 lbs. Before January 15th, each wrestler is required to establish a certified minimum weight. Without recertifying at a higher weight, a wrestler cannot weight in more than one weight class above his certified weight. A wrestler also cannot recertify at a lower weight during the season. A two-pound growth allowance may be added to each weight class after the date of certification.
- Weighing In: Wrestler's will weigh-in 30-60 minutes prior to competition (dual/tri/quad) or 1-2 hours before a tournament. When there are consecutive days of team competition, all wrestlers are granted an additional one pound allowance each day. Contestants cannot wrestle more than one weight above their weigh-in weight.
- Weight Control: A weight control program should involve the wrestler, his parents, his coach, and his physician. A good weight control program will discourage severe weight reduction and wide variations in weight. Ideally, a medical professional will help the wrestler establish a minimum weight after he's checked the wrestler's body fat and hydration. Body fat should not be lower than 7% for males and 12% for females. The use of artificial weight loss methods (i.e. saunas, plastic sweats, diuretics, etc.) is expressly prohibited by CIF and Sac-Joaquin Section rules and their use by any wrestler will not be tolerated.

THE MATCH

- The Wrestler's Uniform & Grooming
Wrestlers must wear a close fitting one piece uniform known as a singlet (with or without leggings) and light, heeless shoes that are laced above the ankles. They must also wear protective headgear.

- Hair must be above the top of an ordinary shirt collar in the back, and sideburns and hair must be above the bottom of the earlobe. While wrestlers must be clean-shaven, a neatly trimmed mustache is permitted. A shaved head must be no more abrasive than a clean-shaven face or the wrestler must wear a legal hair cover. No jewelry is allowed.
- Equipment
Wrestling mats have a 10-foot center circle and a 28-foot circular wrestling area. All mats must have 1 – 4 inches of padding.

The Referee

The referee has full control of the match and his decisions are final. Referees make decisions based on the rules and guidelines found in the *National Federation High School Wrestling Rules Book*. The referee supervises weigh-ins, and he starts and ends each period. He awards points, issues warnings, and he declares the winner of each match. While the referee oversees all aspects of the match, his primary concern is for the health and safety of the wrestlers.

During the match, the referee indicates which wrestler has the position of advantage (which wrestler is in control) by pointing to him. When a wrestler makes a move for which he is to receive points, the referee holds up fingers to indicate how many points the wrestler is to be awarded. (If the wrestler is representing the home team, the referee holds up the hand with the green band on his wrist; if the wrestler is representing the visiting team, he holds up the hand with the red band.) Points are recorded by the official scorer seated at the scorer's table.

During the match, the referee must make sure that the wrestlers stay in-bounds (in the circle). When a supporting part of both wrestlers is out-of-bounds, the referee stops the wrestling, and the wrestlers return to the center of the mat. There they start in the same positions they were in when they went out-of-bounds.

1  Starting the Match	2  Stopping the Match	3  Time Out	4  Start Injury Clock	5  Start Blood Clock
6  Stop Blood/Injury Clock	7  Neutral Position	8  Indicates No Control	9  Out-of-Bounds	10  Indicates Wrestler in Control Left/Right Hand
11  Defer Choice	12  Potentially Dangerous Left/Right Hand	13  Stalemate	14  Caution - False Start or Incorrect Starting Procedure	15  Stalling Left/Right Hand
16  Interlocking Hands or Grasping Clothing	17  Reversal	18  Technical Violation	19  Illegal Hold or Unnecessary Roughness	20  Near-Fall
21  Awarding Points Left/Right Hand	22  Unsportsmanlike Conduct Left/Right Hand	23  Flagrant Misconduct Left/Right Hand	24  Coach Misconduct Left/Right Hand	

The Length of the Match

High school wrestling matches consist of three consecutive 2-minute time periods. (Junior Varsity matches tournament consolation matches may be less.) If the score is tied at the end of the third period, there is a 1-minute

overtime period. If the score is still tied, there's a 30-second tiebreaker. The official timekeeper keeps the overall time of the match, and he records the accumulated injury time-outs.

Starting the Match

Wrestlers begin each match on their feet, facing each other. Usually the home wrestler wears a green band around his ankle and the visiting wrestler wears a red band. The wrestlers shake hands, and when the referee blows his whistle, they begin wrestling.

Wrestling Position

Wrestlers begin each period in the top, bottom, or neutral position. The first period begins with both wrestlers in the neutral position. To begin the second period, a coin toss determines which wrestler gets his choice of starting position. (The wrestler who wins the second period coin toss has the option of deferring his choice until the third period.)

Neutral – The neutral position is one in which neither wrestler has control. In the neutral position, both wrestlers are on their feet, facing each other. The home wrestler has one foot on the green starting line and the visiting wrestler has one foot on the red starting line. From the neutral position, wrestlers change levels in order to create openings in their opponent's defenses. Wrestlers in this position also try to initiate attacks and score takedowns by using setups like the collar tie, wrist tie, and arm drag.

Defense (bottom position) – If the wrestler is down, then he is the bottom wrestler, and he is in the defensive position (also know as the position of disadvantage). When a wrestler is in the defensive position, he is on his hands and knees in the center of the circle. It is important for a defensive wrestler to control his opponent's hands, and to go for an escape for a reversal as quickly as possible.

Offensive (top wrestler) – If the wrestler is up, then he is the top wrestler, and he is in the offensive position (also know as the position of advantage). In the offensive wrestling position, the wrestler is at the right or left side of his opponent, with at least one knee on the mat. The offensive wrestler's chin is on or above the spinal column of his opponent's

back, and his arm is placed loosely around his opponent's body. The offensive wrestler can also position himself on either side or to the rear of his opponent. In this position, the wrestler is able to support all of his weight on both feet, one knee, or both knees. When in this position, the wrestler places his hands on his opponent's back between the neck and waist.

Scoring Points

Throughout the match, wrestlers are awarded points by the referee for the following moves: takedown, escape, reversal, and near fall. The points awarded for these moves accumulate throughout the match. (The referee can also award points to a wrestler when his opponent has used an illegal hold or when his opponent is stalling.)

- **Takedown** (2 points): A takedown occurs when either wrestler, starting from the neutral position, gains control of his opponent on the mat. Takedowns can be accomplished by attacking an opponent's legs and/or by attacking his upper body. The headlock and the hiplock are examples of upper body attacks. The double leg attack, low single leg attack, high crotch attack, and high single attack are all examples of leg attacks. The fireman's carry is an example of a takedown that combines a leg attack and an upper body attack.
- **Escape** (1 point): When the wrestler in the defensive position moves to a neutral position, he's awarded one point for an escape. The stand-up, the sit-out, and the inside shoulder roll are all examples of escapes. The stand-up is the most commonly used escape.
- **Reversal** (2 points): The wrestler in the defensive position is awarded 2 points for a reversal when he gains control of his opponent. This can take place while the defensive wrestler is on his feet or while he is on the mat. Wrestlers can sometimes turn an escape into a reversal, as they often do with the Granby Roll and the Peterson roll. The switch is probably the most common reversal.
- **Near fall** (2 or 3 points): Points for a near fall are awarded when a wrestler has control of his opponent in the near pinning position.

This occurs when the defensive wrestler is into one of the following positions: (1) both of his shoulders are restrained four or fewer inches from the mat, (2) one shoulder is touching the mat and the other is held at a forty-five degree angle to the mat, (3) he is in a high bridge or he's supported on both elbows. If the near fall criteria are met for two seconds, a 2 point near fall is earned; if the near fall criteria are met for five seconds, a 3 point near fall is earned. (If the defensive wrestler cries out in pain and the match is stopped, an additional near fall point is awarded.)

End of the Match

A match ends when one of the following occurs: a fall (pin), a technical fall, time expires. If there is no winner at the end of the three regulation periods, an overtime period is added.

- **Fall (Pin)**: A fall (pin) is awarded when a wrestler holds any part of both his opponent's shoulders (and scapulas) to the mat for two consecutive seconds. Common pinning combinations are (1) far side cradle (the opponent's head and far knee are clamped together), (2) the near side cradle (the opponent's head and near knee are clamped together), and (3) the half Nelson (a wrestler gets his arm under his opponent's arm and up over his neck or head in order to get his opponent turned.)
- **Technical Fall**: A technical fall is awarded when a wrestler has a 15 point advantage over his opponent.
- **Time Expires**: If there has not been a fall or technical fall by the end of the third period, the winner of the match is determined by the number of individual points scored. The wrestler with the most points wins the match by decision.
- **Overtime**: The 1-minute overtime period begins immediately after the regulation match. The wrestlers start in the neutral position and the wrestler who scores first is declared the winner. If no winner is declared by the end of the 1-minute overtime, there is a 30-second tiebreaker. The wrestler who scored the first points in the match has his choice of starting position. As soon as the referee blows the whistle, both wrestlers try to score as

quickly as possible. If no score occurs within 30-seconds, the offensive wrestler is declared the winner.

Team Points

Once the match is over, the wrestlers return to the 10-foot circle and the referee declares the winner by raising his hand. The winner wrestler's team is awarded the following points:

Dual Meet:

- **Decision** (wrestler wins by fewer than 8 points) – 3 team points
- **Major Decision** (wrestler wins by more than 8 – 14 points) – 4 team points
- **Technical Fall** – 5 points
- **Fall (Pin)** – 6 points
- **Tournament** (championship bracket)
- **Decision** – 2 points (advancement points)
- **Major Decision** – 3 points (2 advancement points and 1 bonus point)
- **Technical Fall** – 3 ½ points (2 advancement points and 1 ½ bonus points)
- **Fall (Pin)** – 4 points (2 advancement points and 2 bonus points)

Placement Points – additional points are awarded for placement (1st, 2nd, 3rd, etc.)

Teams also receive points when the opposing team has forfeited, defaulted, or been disqualified. In a dual meet, 6 points are awarded for a forfeit, default, or disqualification. In a tournament, 2 points are awarded for each, and the wrestler advances to the next round.

- **Default** – a wrestler is unable to continue wrestling for any reason
- **Disqualification** – a wrestler is removed from participation for flagrant misconduct, unsportsmanlike conduct, or for an accumulation of penalties.

- **Forfeit** – a wrestler fails to make weight or fails to appear on the mat ready to compete.
- **Infractions, Penalties, and Injury Time-Outs**

Illegal Holds

Illegal holds are dangerous and they can cause injury. When a referee sees and illegal hold being used, he awards one point to the offender's opponent. Illegal holds include, but are not limited to:

- **Slam** – lifting and returning an opponent to the mat with unnecessary force.
- **Hammerlock** – pulling an opponent's arm too high on his back or pulling his arm away from his back.
- **Headlock** – locking arms or hands around an opponent's head without encircling an arm.
- **Full Nelson** – locking arms under both arms of an opponent and behind his head.
- **Intentional Drill** – forcing a wrestler who is standing to fall back forcibly to the mat, while having a scissors-hold (legs crossed encircling the body) on him

Other illegal holds include bending, twisting, or forcing a wrestler's head, knee, or limb beyond the normal limits of movement, pulling back a thumb or finger, and/or using any hold as punishment.

Some holds are not illegal, but they are potentially dangerous. Potentially dangerous holds occur when a body part is forced to the limit of its normal range of movement. The referee will caution a wrestler against forcing a potentially dangerous hold into an illegal hold; the referee, however, will not stop the wrestling action unless it is necessary to prevent an injury. Potentially dangerous holds include the double wristlock, scissors, toe holds, and the guillotine.

Technical Violations

Technical violations include assuming an incorrect starting position, a false

start, the grasping of clothing or headgear, interlocking hands, and leaving the wrestling are without first receiving the referee's permission to do so. When a wrestler commits a technical violation, he may be given a caution (warning), or he may be penalized one point.

Conduct Infractions

When a referee witnesses one of the following conduct infractions he takes the appropriate action:

- **Unnecessary Roughness** – physical acts that exceed normal aggressiveness (e.g., a wrestler uses his forearm or elbow on his opponent's spine or on the back of his opponent's head). The offending wrestler may be penalized one point.
- **Unsportsmanlike Conduct** – any unsportsmanlike physical or nonphysical act occurring before, during, or after a match. These acts include failure to comply with the directions of the referee, shoving, swearing, taunting, baiting, throwing headgear, and spitting. The offending wrestler is penalized one point.
- **Flagrant Misconduct** – any physical or nonphysical act occurring before, during or after a match that's considered serious enough to disqualify a contestant. These acts include biting, hitting, head butting, elbowing, and kicking.
- **Stalling** – wrestling unaggressive and/or not making an honest attempt to stay within the 10-foot circle. When a referee recognizes stalling (the wrestler is playing the edge of the mat, avoiding contact, not trying to improve his position, not trying to secure a takedown, etc.), he warns the offender. Further violations are penalized.

Penalties and Warnings are Cumulative

Penalty points are awarded to the offender's opponent. Penalties and warnings (cautions) are cumulative throughout the match, and the overtime period. The wrestler's opponent is awarded one point for the first offense, one point for the second offense, and two points for

the third offense. On the fourth offense, the offending wrestler is disqualified.

Injury Time-Outs

Injury time-outs are cumulative throughout the match and overtime periods. A wrestler is limited to two time-outs totaling a maximum of 1 ½ minutes. The number of bleeding time-outs is determined by the referee. If the referee feels it's necessary, he will stop the match. If the bleeding is not controlled within five minutes, the match is terminated and the opponent is awarded the match by default.

Wrestling Terms

- **Bye:** a wrestler advances to the next round without wrestling. A wrestler is given a bye when there are not enough wrestlers in a weight class to fill each line of the tournament bracket.
- **Decision:** a win by the wrestler who has scored the most points. It is a regular decision if the winner's score exceeds the loser's score by fewer than 8 points. If the winner's score exceeds the loser's score by 8-14 points, it's a major decision.
- **Dual Meet:** a competition between two schools in which there is a match in each of the 14 weight classes.
- **Seed:** seeded wrestlers are acknowledged as superior wrestlers. Seed are usually selected according to criteria established by the tournament director and/or by a vote of the participating team coaches.

Seven Basic Wrestling Skills: the US Wrestling Federation has divided wrestling skills into the following categories:

1. Posture – having a good body position in stances and during moves and counterattacks.

2. Motion – keeping proper position and balance when defending and attacking
3. Changing Levels – raising and lowering the body to attack and defend
4. Penetration – moving forward to penetrate an opponent's defenses and to gain a takedown
5. Lifting – lifting an opponent off the mat
6. Back-step – the action (footwork, level changes, etc.) taken to begin back-step throws (headlock, hiplock, etc.)
7. Back-arching – throwing an opponent from his feet to his back.

Stalemate: two contestants are interlocked (in a position that will not result in a pin) and neither wrestler is able to improve his position. The referee starts the wrestlers again in the center of the mat.

Supporting Points: the parts of the wrestler's body that are supporting most of his weight. Supporting points can be the feet, knees, the side of the thigh, the buttocks, and sometimes the hands.

Tournament: a competition which involves 3 or more schools.



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