

Centennial Youth Folksytle

WRESTLING



2009-10
WRESTLER AND PARENT GUIDE

Welcome to Youth Folkstyle Wrestling

Practice will be held in the wrestling room (High School, White Bldg.)

PreK - 2nd Grade:

Dates: January 5-March 4

Time: 6:00-7:00 p.m.

3rd - 6th Grade:

Dates: November 10-March 4

Time: 6:00-7:30 p.m.

Your Registration Fee includes:

- A Centennial Wrestling singlet
- Insurance coverage
- Registration for Centennial Youth Folkstyle Tournament on Sunday February 14th

- *USA Wrestling Cards available for an additional \$30.00 (Needed for USA Wrestling Tournaments)
Copy of Birth Certificate necessary for USA Card*

Wrestling Equipment Needed:

- Singlet or shorts and t-shirt
- Wrestling Shoes or Tennis shoes (dry and clean, no outside shoes)
- Headgear, optional but recommended
- Bag to store street cloths and shoes during practice
- Water bottle

Personal Hygiene:

Due to the physical nature of the sport and the close contact the wrestlers have with each other, please wash workout gear after each practice. Showering immediately after practice will help decrease the risk of getting or passing a skin condition. If a wrestler does come into contact with a skin condition, a doctor's note may be needed before practice can continue for that wrestler. Good personal hygiene is the best prevention.

Parental Expectations

Parents are critical to the success of the program; without supportive parents, the job of the coaches becomes more difficult. Parents should support their child through all situations. This sport can teach your child humility, mental toughness, how to bounce back, how to accept and deal with authority, how to work with others and ultimately how to be a champion in life, on and off the mat.

If you choose to stay on site during the duration of practice and have other children accompanying you, we ask that you keep them off the practice area and under constant supervision. Unsupervised children are a distraction and pose a risk of injury to wrestlers.

Thank you in advance for your support.

Fundraising

Fundraising may be done throughout the wrestling season to help supplement funds needed to improve and expand our coaching staff, fund major purchases and so forth. Your child will not be expected to participate, fundraising is completely optional.

Volunteering

The Centennial Wrestling Association hosts a home tournament during the year. We will be asking for volunteers to assist, as your schedule allows.

Centennial Youth Wrestling Staff

NAME	PHONE	E-MAIL
Youth Director		
Ryan Molitor Coach	763-438-0255	rmolitor@centennialwrestling.org
Josh Fillbrandt Coach	763-807-6545	josh.fillbrandt@gmail.com
Jim Greig Coach	763-772-5503	jagpro11@yahoo.com

Tournaments:

You have the option to register your child in a variety of tournaments that are held throughout the area. You will be notified which specific tournaments our Club will send coaches to but you are not limited to these. You can choose to attend any tournament that fits your family's schedule. Tournament fees vary according to site.

For locating tournaments, use the following web sites:

www.thequillotine.com
www.mnusawrestling.org

Open Tournaments versus USA Tournaments:

Tournaments will either list themselves as opens or USA Tournaments. Opens mean they are open for any one to compete. A USA Tournament requires your child to be a member of the USA Folkstyle Club. You have the option of purchasing a USA Wrestling Card for \$30.00. If your child wants to compete in a USA Regional and/or USA State at the end of the season, they will need a USA Card.

Website

Check out our website: www.centennialwrestling.org

- Information on high school, middle school, and youth programs
- Schedules, forms, updates
- Links to technique
- Contact Information

CWA: Centennial Wrestling Association

The Centennial Wrestling Association is created to support Centennial Wrestling, K-12. They oversee the youth program, fundraise to help each program with monetary costs and help run the several home tournaments that happen K-12 throughout the year. There are several events throughout the year in which the CWA may ask for volunteers from parents. If you are interested in becoming involved with the board, meetings are held the second Tuesday of the month. Further information can be found on the Centennial Wrestling web-site or by contacting a current board member.

Wrestling Basics

There are three types of wrestling: folkstyle, freestyle and Greco-roman. Your child is registered for the folkstyle season. The high school wrestling season is also folkstyle. The freestyle season starts in the spring. If your child wishes to continue their wrestling season, you will have the opportunity to register for the freestyle season around March.

A wrestling match:

Prior to each match, each wrestler will be given either a green or red ankle band to wear during the match. The referee will award points throughout the match by indicating which color ankle band scored points.

A wrestling match for your child consists of *three periods*; each period is generally one minute in length.

1st Period: Both wrestlers start on their feet facing each other. This is called neutral position.

2nd Period: The referee will flip a coin. The winner will have the choice to choose a starting position for the second period or defer their choice to the third period.

3rd Period: If the winner of the flip deferred to the third period, it is their choice to choose a starting position. If the winner of the flip chose a starting position for the second period, then it's the loser of the flip's choice.

The three starting options are: *neutral position, bottom position or top position.*

Neutral position is where both wrestlers start on their feet, facing each other. No one person has control. You would choose this position if you feel you have a better chance at a takedown versus trying for an escape in the down position or maintaining control in the top position.

The bottom position means the wrestler has chosen to start on the bottom of the referee position giving the other wrestler control. You would choose this position if you feel you were able to escape control or reverse control.

The top position means the wrestler has chosen to start on the top in the referee position claiming starting control. You would choose this position if you feel you are able to maintain control to turn the other wrestler for back points and/or a pin.

Scoring:

Takedown – 2 points: With both wrestlers in neutral position, one wrestler takes the other wrestler down to the mat by showing control over his legs and/or hips.

Near Fall – If a wrestler is able to expose his opponents back at a 45° angle to the mat for a count of 2 seconds, he will receive 2 points. If a wrestler is able to expose his opponents back at a 45° angle to the mat for a count of 5 seconds, he will receive 3 points.

Pin (Fall) – If a wrestler is able to hold his opponents shoulder blades to the mat for a count of 2 seconds, he will have pinned his opponent and won the match.

Escape – 1 point: If a wrestler who has been taken down or started down in the referee position escapes the grasp of his opponent, he receives 1 point for the escape and the match continues with both wrestlers in neutral position.

Reversal – 2 points: If a wrestler who has been taken down or started down in the referee position switches control to himself, he receives 2 points for the reversal of control and is now in position to try to turn his opponent for near fall points.

Winner of the match:

The winner of the match is the wrestler who scored more points than his opponent during the three periods or was able to pin his opponent during the match (in which case the match ends immediately).

The Centennial Wrestling Youth Folkstyle program has designed specific skills that will be taught for mastery in both age groups. Skills include but are not limited to the following:

Skill Set for Pre-K through 2nd grade

Basic Skills

Stance/Movement
Penetration Step
Lifting

8 Basic Upper Body Movements

1. Pop at elbows
2. Chop
3. Snap head & tricep
4. Shuck – elbow pass
5. Drag
6. Block – post him & circle around
7. Push
8. Pummel

Skill Set for 3rd grade through 6th grade

Basic Skills

Review – Stance/Movement
Review – Penetration Step
Review – Lifting
Hip Heist
Back Arch
Back Step

8 Basic Upper Body Movements – Review

9. Pop at elbows
10. Chop
11. Snap head & tricep
12. Shuck – elbow pass
13. Drag
14. Block – post him & circle around
15. Push
16. Pummel