



CMS Wrestling

Parent and Wrestler Guide

2018

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Why Wrestle?

By Dan Gable

The sport of wrestling is a very natural thing for kids to do at a young age. Kids are always wrestling around in the yard or on the carpet in the house. Organized wrestling can bring in an element of safety and has a lot of other benefits as well.

Wrestling is a great sport because anybody can do it. Because you wrestle people of your same weight, size is not an issue as it may be in a sport like football or basketball. There are now a lot of opportunities to get involved. All but maybe a couple of states have sanctioned high school state wrestling championships. California, Texas and Hawaii have both a boys and girls high school state wrestling championships. Over the past ten years, the number of girls involved in the sport of wrestling in this country has gone from 300 to 3,700 so it is a sport that is on the rise for young females.

One reason wrestling is beneficial to people at a young age is from a self-defense point of view. Kids need to protect themselves from bullies or someone who may jump them on the street. You may be asking, "What are the odds?" Well, pick up a newspaper. You see kids getting kidnapped far too often. First and foremost kids need to be taught about who you can and cannot talk to and where they can be with who, but it's also nice to have a little bit of a fight attitude from the point of view of protection. I have daughters and a lot of people ask me if my daughters wrestle. I tell them I teach them just enough for protection purposes.

The sport of wrestling also helps young people develop important qualities such as self-esteem, sportsmanship, work ethic and leadership skills. It also helps by instilling a competitive edge. A competitive edge is a real key. You really learn how to compete in wrestling because it is a unique one on one sport. Team sports are great, don't get me wrong, but there are some unique aspects of wrestling that make it stand out. For one, in wrestling you compete at all times. You are playing the game the whole time you are out there. Matches may last 6, 7, and up to 9 minutes, but for that short amount of time you are competing. You do not have to wait for a ball to come to you. There are very few breaks and it takes focus and concentration every second you are out there.

There are feelings that take place when you compete. There can be the feeling of not being successful, which can teach you how to overcome adversity and there is the feeling of winning. It only takes winning once to know the feeling and you'll want to strive for it again and again. It doesn't even have to be the feeling of winning an actual match. Sometimes you get a feeling of winning after completing a good hard practice because you pushed yourself and got through it.

Communications

Our website has information about the high school, middle school, and youth programs. It has calendar of events including practices, tournaments and meetings.

www.centennialwrestling.org

You can also get updates from our media feeds

[Find us on Facebook- Centennial Wrestling Club, Circle Pines](#)

[Find us on Twitter - @Cougwrestling](#)

Expectations

Wrestler

1. Each practice: try to improve yourself by giving your best effort.
2. Be properly prepared in order to compete.
3. Be respectful, responsible and show good sportsmanship on and off the mat.
4. Represent Centennial Wrestling in a positive way.
5. Maintain good grades.

Parent

All registration forms and waivers must be on file before a wrestler is allowed to compete.

Parents are critical to the success of the program. Without supportive parents, the coach's job becomes more difficult. Parents should support their child through all practices and competitions. It is expected that parents respect and honor the coaches training methods and wrestling philosophies. Parents should contact the coaches or the Board Members with any questions and or concerns. Make sure your child is eating healthy, maintains good hygiene by showering after all practices, keep fingernails cut for safety, and ALWAYS comes to practice with clean clothes and represents Centennial Wrestling in a positive way.

This sport will teach your child humility, mental toughness, resilience, 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.

Practice Routine

1. Practice is immediately after school Monday - Friday
2. Activity bus is available for wrestlers to take home.
3. Sample practice plan:
 - Warm-up and stretching or wrestling "game"
 - Technique, learn moves, drilling
 - Water break
 - Technique, learn moves, drilling
 - Live wrestling

Equipment Needed for Practice

- Clothing
 - Shorts and a t-shirt are what most wear
 - Try to refrain from clothing that is too loose
 - Do not wear shorts that have zippers or pockets in them – they tend to cause injury
- Shoes
 - Please practice in wrestling specific shoes, no street shoes
 - Tennis shoes are fine as long as they are designated for the wrestling room, not worn outside
 - Wrestling shoes can be purchased from just about any sporting goods store
- Headgear: optional but highly recommended
- A bag to store their street clothes and street shoes during practice
- A mouth guard is recommended and is mandatory for wrestlers with braces
- Water bottle

Equipment Needed for Competition

- Clothing
 - Competition Uniform will be provided by the team.
- Shoes
 - Wrestling Shoes are the best option for competition
 - Tennis shoes are fine as long as they are designated for the wrestling room, not worn outside
 - Wrestling shoes can be purchased from just about any sporting goods store
- Headgear: optional but highly recommended
- A bag to store their street clothes and street shoes during practice
- A mouth guard is recommended and is mandatory for wrestlers with braces
- Water bottle if desired

Cleanliness

The team is responsible for the cleaning of the mats, you are responsible for yourself. Skin infections are something wrestlers need to be aware of. Prevention is simple. After practice, shower at home as soon as possible and wash all of your wrestling clothes between practices. Be sure to wash and disinfect headgear and shoes on occasion as well. Fingernails should be cut short to avoid injury to self or others. If you suspect any skin irritations, see your coach immediately.

Duals and Tournaments

The Middle School wrestling schedule will be posted on our website (www.centennialwrestling.org) and wrestlers will also receive a printed copy to bring home. All wrestlers will compete against other middle school wrestlers and will not be separated by age or grade. They will be separated by weight class. For example a 6th grade wrestler weighing 130lbs can likely wrestle an 8th grade wrestler weighing 130lbs.

Post Middle School Season Opportunities

Middle School wrestlers have a short season (typically end of October – end of December). In an effort to provide extended practice opportunities and mat time, the Centennial Wrestling Association provides opportunities for individuals to practice with the youth program following the conclusion of the middle school season. In addition to participating in practices at the youth level, wrestlers are encouraged to attend youth wrestling tournaments as an individual at open and state qualifying tournaments. The cost to join the youth wrestling program after middle school season is only to cover the purchase of a required MN/USA card for insurance purposes and is \$35-\$40 depending on how it is purchased.

For more information on youth practices (PreK - 8th) can be found at www.centennialwrestling.org. Alternatively you may contact a coach or board member.

Middle School wrestlers in grades 7 and 8, also have the opportunity to move up and practice with the high school JV and Varsity wrestlers after school (by Varsity coach invitation). A bus takes middle school students to the high school after school. There is no activity bus from the high school so transportation arrangements are needed. Middle School wrestlers choosing this option, will be brought into the team, weight certifications are required at the high school level. Additionally these wrestlers will have the opportunity to wrestle in high school matches and gain significant experience at a higher level in an effort to prepare them for their wrestling future. The cost for this option is an additional \$100 paid to the high school.

More information about these options will be available towards the end of the middle school season.

Volunteering

Hosting tournaments and duals takes hours of volunteer labor. As parents of wrestlers, everyone is encouraged to participate in volunteer opportunities for home duals and tournaments. No experience needed and, by helping to score or run a clock, is the best way to learn more about the sport,.

Our board is also always looking for committee members to aid in growing our wrestling club at all age groups from PreK – Senior High.

Volunteer opportunities include:

- Assisting with scoring, concessions, etc. at our tournament
- Working at a fundraiser
- Participating on a committee
- Participating on the Board of Directors

Centennial Wrestling Association Board of Directors

Membership

Membership is open to all. Elections are held in April of each year. Members hold two-year terms.

Meetings

Meetings are held at 7:00 PM on the third Tuesday of each month. Additional meetings will be scheduled as necessary.

Committees

Along with the Board of Directors, there are committees established to help aid the mission of the CWA:

- Tournament
- Fundraising
- Youth
- Middle School
- Communications
- Marketing

How to score a wrestling match!

Match: A match consist of three periods. Each period is 1:30-2 minutes in length.

Fall: Also called a *PIN* occurs when any part of both shoulders of either wrestler is held in contact with the mat for a period of at least 2 seconds. A fall is declared by the referee. Whenever a fall occurs, the bout is ended.

Near Fall: When a contestant has control of his opponent and a fall is imminent. One of the Following conditions must take place:

**Both shoulders or both scapulae (shoulder blades) of the defensive wrestler have touched the mat for less than two seconds,*

**When the defensive wrestler is held in a high bridge or on both elbows,*

**One shoulder is touching the mat and the other is held at a 45 degree angle or less.*

If any of these positions is held for 2-4 seconds, two point are awarded. Three points are awarded if held for five seconds or more.

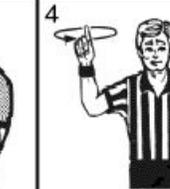
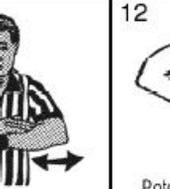
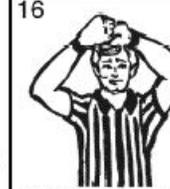
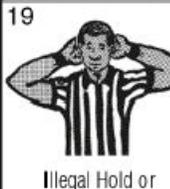
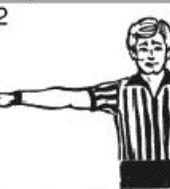
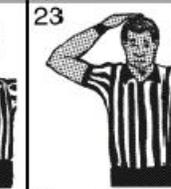
Takedown: A contestant is awarded two points for each takedown he/she secures. A takedown occurs when a wrestler takes the other down to the mat with control. This maneuver is done from the standing or neutral position.

Escape: *One point is awarded to the wrestler who comes out from a down position (disadvantage) and gains a neutral position.*

Technical Fall: *When a wrestler gains an advantage of 15 or more points than his opponent, the match is stopped and he is awarded a technical fall.*

Individual Match Scoring

Takedown	2 points
Reversal	2 points
Escape	1 points
Near Fall	2 or 3 points
Rule Infraction	1 or 2 points

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

Summary of scoring

Individual Match		Tournament	
Takedown	2 pts.	Fall	2 pts.
Escape	1 pt.	Default	2 pts.
Reversal	2 pts.	Forfeit	2 pts.
Near Fall	2, 3 or 4 pts.	Disqualification	2 pts.
Dual Meet		Advancement	
Fall	6 pts.	Championship Bracket	2 pts.
Forfeit	6 pts.	Consolation Bracket	1 pt.
Default	6 pts.	Technical Fall	1½ pts.
Disqualification	6 pts.	Major Decision (8-14)	1 pt.
Technical Fall	5 pts.	Bye followed by a win:	
Major Decision (8-14)	4 pts.	Championship Bracket	2 pts.
Decision (by fewer than 8 pts.)	3 pts.	Consolation Bracket	1 pt.