

North Shore Wrestling

Parent/Athlete Handbook



2008
The Fifth Season!

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Introduction

Thank you for joining North Shore Wrestling. Thanks to you and your passion for wrestling, we are in our fifth season! Similar to last year we will be teaching two styles of wrestling, Freestyle and Folk Style. Most of the teaching will be centered on folk style wrestling. We will cover freestyle wrestling on the weeks we have major tournaments (like the Iron man and Dan Gable, battle for the belt.)

Club Philosophy

The purpose of North **Shore Wrestling** is twofold. The first is to promote the ancient sport of wrestling. Often people have many misconceptions about the sport of wrestling. In the USA there are mainly three forms of wrestling, **Folk, Freestyle** and **Greco Roman**. Folk is the style used in High School and College. Freestyle has noticeably different rules than Folk, and is the style used at international competitions. Finally, Greco Roman has very similar rules to Freestyle, however, all the wrestling is done completely with the upper body.

In amateur wrestling there are no head butts, elbow smashes, foreign objects, over theatrical referees, goofy catch phrases or even turn buckles and ring ropes for that matter. One referee and two wrestlers, even in size, on a one and a half inch thick mat. That's it. What isn't a misconception? To be a successful wrestler it takes endurance, strength, flexibility, speed, proper diet and an unrelenting belief in yourself and your abilities. For many former student athletes, these attributes become a lifestyle. Quite simply put, wrestling is the compilation of one's mind, body and spirit. It is a demanding sport that gives back what you put in.

The second purpose of North Shore wrestling is to provide an economical, convenient and safe place for both beginner and experienced student athletes to train in the off season. A large portion of the proceeds from the revenue of the club go towards supporting wrestling programs at the local public school systems. The other portion goes towards the membership of USA Wrestling.

Coaching Philosophy

The coaching philosophy of NSW is to use a positive coaching style to bring about a passion and desire in the student athlete to achieve their personal best when competing. For some athletes this could be to win state or national championship. For a beginning wrestler, not getting pinned by an older and more experienced athlete could be a test of their personal best. It doesn't matter what your skill level is, what is important is the desire to give the maximum effort to improve your own abilities.

Practice Philosophy (2008 season)

Once again this year we will be splitting the practices into two styles of wrestling, Freestyle and Folk style. Freestyle practices will be on the weeks when freestyle tournaments are scheduled. Most of the emphasis will be placed on folk style wrestling.

We practice Folk style because this is the most common style of wrestling in the United States. It is the style used by all the high schools and colleges.

Freestyle is the most internationally recognized style of wrestling in the world. Again this year we will be instructing freestyle to hopefully give student athletes wrestling opportunities outside the realm of academic institutions.

For the 2008 season

This year we will be concentrating on one or two series of moves per practice. The balance of practice will be dedicated to situation wrestling and live wrestling.

Athlete Goals

North Shore Wrestling is a club designed to expand the skills of all wrestlers, both beginner and experienced, who are competing in the off-season. Thus, we would not be considered an elite club. The only minimum requirement we have is that you show up with a willingness to do your level best at each training session. The club goals for its members are as follows:

It is the goal of North Shore Wrestling to educate and train its club members in both Folk Style and International Styles of wrestling. The goal is to have club members have enough basic skills to wrestle intelligently and competently in both styles. This means each member will have basic skills in takedowns, counter attacks, top offense, bottom defense and escapes. However, the term competently, refers to more than just the basic moves of wrestling. It is also important that the athlete be aware of the rules and strategies of the different styles of wrestling. Finally, wrestling is unlike most high school sports due to weight class restrictions. For this reason, the student athlete will also need to be familiar with rudimentary concepts of nutrition, weight loss and physical conditioning.

Coaching Goals

The coaching goals are to effectively teach the rules, physical skills and strategies of the sport in an orderly and enjoyable environment so that every club member can compete at both Folk and Freestyle wrestling at a competent level. Secondly, the coach should structure drills and conditioning which will challenge the cardiovascular and muscle systems of the athletes. Finally, teach and model desirable personal, social and psychological skills.

What to buy/wear/bring



Buy - The equipment for wrestling is rather minimal. At a minimum a wrestler should have *wrestling shoes* and *headgear*. These are not provided by the club and should be purchased by the athlete. In addition, it is a good idea to wear a *mouth guard* during live wrestling drills. Also, the athlete may want to purchase a set of *wrestling kneepads*.



Wear - Gym cloths should be worn to practice. A t-shirt and shorts are all that is needed. The athlete should also wear an under garment which offers athletic support (no boxer shorts). Running shoes should also be brought to practice. Some of the training will require running exercises. **The Athlete should NOT wear shorts with zippers, buttons or a belt.**

Bring - Finally, the practices will take place at the Ipswich Recreation Center. Although water fountains are available, it would be prudent for the athlete to bring a water bottle or a drink like Gator Aid to the practice. Keep in mind we will be training in the warm summer months and it is important that the athlete stay well hydrated.



Club Etiquette for Members

The Basics - The sport of wrestling is demanding. No matter what the experience level, it takes courage to participate. Members are expected to respect each other on the mat. This is vital if all wrestlers are to grow from this experience. For many of the drills you have to work closely with a partner. It is important that a good work ethic and cooperation are in effect. **BE A GOOD DRILL PARTNER!**

Other Concerns - Try to get to practice about 10-15 minutes early. A wrestling mat is quite large and needs to be rolled out. This will require club member participation. Also we will need to roll the mats up when practice is over.

Finally, the club will be using the Ipswich Recreation Center. The Ipswich Recreation Department is our host and we are their guests. Club members will not litter or disrespect the grounds.

Club Etiquette for Parents

First let me say thank you for letting your child participate in wrestling. It is not an easy thing to watch your child walk out onto the mat (speaking from experience I am especially talking to you mothers). Both beginner and experienced athletes will need a great deal of encouragement. This program is intended to be a positive experience, no matter what the outcome of a match. You probably have seen news segments which talk about parents who loose there cool at amateur athletic events, many times with disastrous results. As a parent this is very disheartening to hear. It sets a bad example for our children and cheapens the value of the sport. Wrestling fans are notorious for being loud and emotional. That's one of the fun parts of going to a wrestling match. Please keep the words positive.

Basic Guide to Rules

The following is a basic set of rules, which describes the scoring methods. The Official rules book is much larger, but for now these basic scoring rules should give the student athlete an understanding of the rules and scoring strategies.

Folk Style

MATCH SCORING

Move	Points	Description
Takedown	2 Points	From a neutral position (both standing with neither wrestler having control) a wrestler gains control over his opponent down on the mat while the supporting parts of either wrestler are inbounds.
Escape	1 Point	When a defensive (bottom) wrestler gains a neutral position and his opponent has lost control while at least one wrestler is inbounds.
Reversal	2 Points	When the defensive wrestler comes from the bottom position and gains control of his opponent, either on the mat or in a rear standing position, while the supporting points of either wrestler are inbounds.
Near Fall	2 or 3 Points	When near fall criterion is met for 2 seconds. Near fall criterion is: <ul style="list-style-type: none">• when any part of both shoulders or scapula of the defensive wrestler are held for a least 2 seconds within four inches of the mat;• or when one shoulder or scapula is touching the mat with the other shoulder or scapula held at an angle of 45 degrees or less. <p>If the near fall criterion is met for two continuous seconds, 2 points are awarded when the defensive wrestler is out of the predicament. If near fall criterion is met for five continuous seconds a 3 point near fall is awarded when the defensive wrestler is out of the near fall situation.</p>
Penalty	1 Point typically, See Chart	A wrestler is awarded point(s) for technical violations or infractions of the rules committed by his opponent. These points are awarded according to the penalty chart.

PENALTY CHART

Infraction	Warning	First	Second	Third	Fourth
Illegal Holds	No	1pt	1pt	2pt	Disqualify
Unnecessary Roughness	No	1pt	1pt	2pt	Disqualify
Unsportsmanlike conduct	No	1pt	1pt	2pt	Disqualify
Stalling	Yes	1pt	1pt	2pt	Disqualify
Technical Violations	No	1pt	1pt	2pt	Disqualify

Technical violations include avoiding wrestling by leaving the mat, grabbing clothing or headgear, incorrect starting position, locked hands.

Technical violations for false start or incorrect starting position are 1 point penalty for each infraction following two cautions. This infraction does not count toward disqualification.

Unsportsmanlike conduct- No warning, deduct 1 team point for first offense. On 2nd penalty deduct 1 team point, disqualify, and remove from premises. Includes coaches and nonparticipants.

Flagrant Misconduct- No Warning. Disqualify and deduct 2 team points. Remove from premises. Includes contestants, coaches, and non-participants.

TEAM SCORING

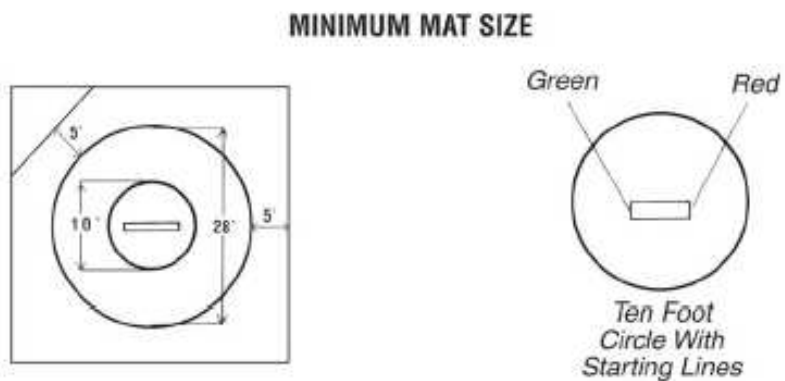
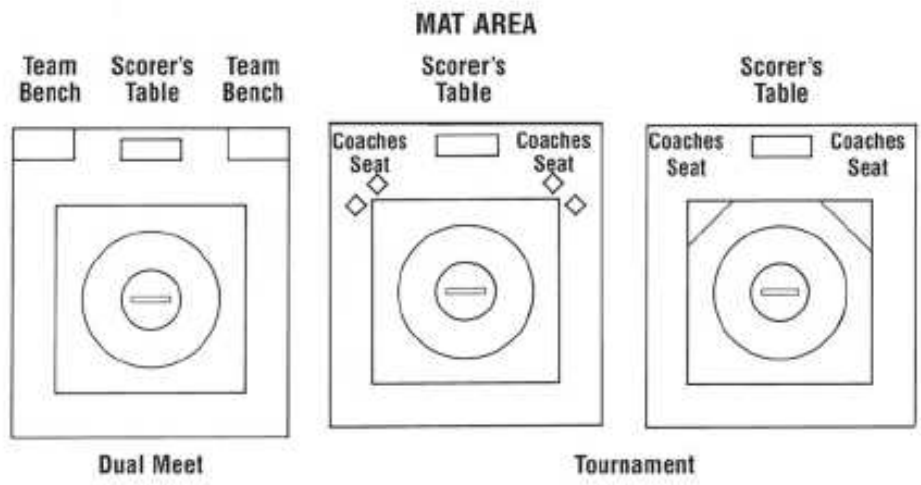
The table below shows the team points scored for an individual match in both dual meet (two teams wrestling each other) and tournament competition.

WON BY	Team Scoring	
	DUAL MATCH	TOURNAMENT MATCH
Pin	6 Points	2 Points
Forfeit, Default, or Disqualification	6 Points	2 Points
Technical Fall won by 15 or more	5 Points	1.5 Points
Major Decision won by 8-14 points	4 Points	1 Points
Decision won by less than 8 points	3 Points	0 Points

In tournament competition, each time a wrestler advances in the Championship bracket he scores an additional 2 team points, each time a wrestler advances in the consolation bracket he scores an additional team point. Also, a wrestler scores team points for placing in the tournament as follows: First Place-14 points, Second Place - 10 Points, Third Place- 7 Points, Fourth Place-4 Points.

<http://www.dekalb.k12.ga.us/~druidhills/wrestling/wrestling.html>

Folk Style Mat Dimensions



Folk Style Weight Divisions

DIVISIONS AND WEIGHT CLASSES

PEE-WEE – (5-6 years old) - 35, 40, 45, 50, 55, 60, 65, 70, 75, 75+

BANTAM – (7-8 years old) – 40, 45, 50, 55, 60, 65, 70, 75, 75+

MIDGET – (9-10 years old) – 50, 55, 60, 65, 70, 75, 80, 87, 95, 103, 112, 120, 120+

**NOVICE – (11-12 years old) – 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130,
140, 140+**

**SCHOOLBOY/GIRL – (13-14 years old) – 70, 75, 80, 85, 90, 95, 100, 105, 110, 115,
120, 125, 130, 145, 165, 185, 205, 225, 250**

**CADET – (15-16 years old) – 84, 91, 98, 105, 112, 119, 125, 130, 135, 140, 145, 152,
160, 171, 189, 215, 275**

**JUNIOR – (Enrolled in grades 9-12) – 98, 105, 112, 119, 125, 130, 135, 140, 145, 152,
160, 171, 189, 215, 275**

**JUNIOR WOMEN – (Enrolled in grades 9-12) – 95, 102, 110, 119, 128, 138, 148, 160,
175, 195, 220**

OPEN– (Born 1988, 18 & Older) – 121, 132, 146, 163, 185, 212, 285

International Freestyle Rules

OLYMPIC WRESTLING

GRECO-ROMAN STYLE

Wrestlers may use only arms and upper bodies and may hold only those parts

September

24	25	26	27	28	29	30	1
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FREESTYLE

Wrestlers may also use their legs and may hold opponents above/below waist

Vinyl-covered foam rubber mat about 4cm thick

MOVES

Standing position

Kneeling position

Placing in danger

The fall

SCORING

Takedown: 1pt
Taking a man from standing position to ground

Danger position: 2pts
Opponent has wrestler's back at less than a right angle to the mat

3 pts
Taking an opponent to his back in one action

Grand amplitude: 5pts
Throwing opponent onto his back with his centre of gravity higher than the thrower

Freestyle Weight Classes

SCHOOLBOYS 14-15 years (from 13 with medical and parental certificate)

CADETS 16-17 years (from 15 with medical and parental certificate)

JUNIORS 18-20 years (from 17 with medical and parental certificate)

SENIORS 20 years and older

Wrestlers in the junior age category are allowed to participate

The weight categories are as follows: (USAW weight class differ)

SCHOOLBOYS

1. 29-32 kg
2. 35 kg
3. 38 kg
4. 42 kg
5. 47 kg
6. 53 kg
7. 59 kg
8. 66 kg
9. 73 kg
10. 73-85 kg

CADETS

1. 39-42 kg
2. 46 kg
3. 50 kg
4. 54 kg
5. 58 kg
6. 63 kg
7. 69 kg
8. 76 kg
9. 85 kg
10. 85-100 kg

JUNIORS

1. 46-50 kg
2. 55 kg
3. 60 kg
4. 66 kg
5. 74 kg
6. 84 kg
7. 96 kg
8. 96-120 kg

SENIORS

1. 50-55 kg
2. 60 kg
3. 66 kg
4. 74 kg
5. 84 kg
6. 96 kg
7. 96-120 kg

Typical Practice Format

Practices are broken into six parts:

- 1) Team Meeting
- 2) Warm Ups/Stretching/Callisthenic's
- 3) Standing Wrestling
- 4) Top Wrestling
- 5) Bottom Wrestling
- 6) Conditioning

Tentative Summer Tournament Schedule

May 4, 2008	STCC folk Style tournament
May 23- May 25, 2008	5th Annual IRONMAN, Contact Aaron Polansky at apolansky@charter.net. Hudson HS, 69 Brigham Street, Hudson, MA 01749. All Divisions (Youth - High School - Open). Pre-registration preferred. On-site registration as space allows. Large trophies to tournament champions in Youth and High School Divisions.
June 6-June 8, 2008	Belt Series Championship. Time & Site TBA, Leather belts with medallion to champions. Pre-registration preferred. Limited number of wrestlers accepted at the door.
Bay State Games July 11-12	UMASS Boston (more details to follow)