

# Cy-Fair Wrestling Wrap-Up

October 12-18

## From Your Coaches...

Thanks to everyone for working so hard the first week of practice. Parents, your wrestler can practice their warm-ups every day to strengthen their bodies.

We've been learning Takedowns (double and single leg), Escapes (stand ups), and Breakdowns (near arm chop, far ankle). Please work with your wrestler on practicing these moves at home.

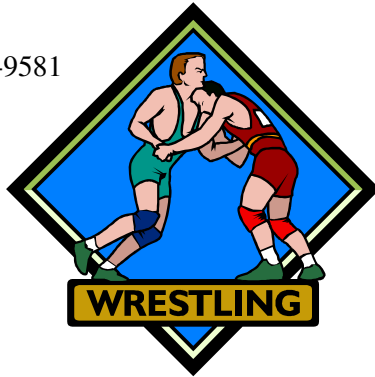
If you have any questions during the season, please ask any of the coaches:

Coach Greg- cell: 832-754-9581

Coach Pete

Coach Mike

Coach Chuck



## Headgear Needed for Practice

Please make sure that your wrestler wears his/her headgear at each practice. The club will distribute headgear once order has been received. Beginning Monday November 2nd, all wrestlers are required to wear their headgear at practice. This is to protect them from injury.

## Important Information

- ❖ Wrestlers will be required to wear wrestling shoes and headgear to participate in the tournaments; singlets are highly recommended.
- ❖ Volunteers are needed for the first CFSA sponsored tournament on Nov.14. Please make sure to sign-up to volunteer.

## Donations needed for first Cy-Fair tournament

The first Cy-Fair hosted tournament is November 14 at the Spring-Klein facility. We need your help in securing the following donations from local vendors:

- Gatorade (assorted flavors) – 3 cases
- Bottled water – 3 cases
- Canned Sodas – Coke, Diet Coke, Sprite, Grape/Orange, etc.
- Single serving bags of chips
- Assorted candy
- Hot dogs

- Ground Beef
- Breakfast items – fruit, granola bars, donuts, etc.
- Coffee
- Paper plate
- Plastic forks/spoons

If you can help contact local businesses such as Sam's, Wal-Mart, Kroger, etc., please let **Jennifer Wertz** know at [abzjr@yahoo.com](mailto:abzjr@yahoo.com)

## 1<sup>st</sup> Tournament Nov. 7

The season's first tournament will be held Nov. 7 at the Spring Klein Wrestling facility.

The tournament schedule is not available and will be provided some time next week.

Additional tournament information, maps, and tips on what to expect at the tournament will be provided in the upcoming newsletter.

## Online Resources

[www.cy-fairsports.org/index.cfm?SID=8](http://www.cy-fairsports.org/index.cfm?SID=8) – Cy-Fair Cyclones Wrestling!

[www.themat.com](http://www.themat.com) -- Official website for USA Wrestling.

[www.txusawrestling.com](http://www.txusawrestling.com) -- Official website for Texas USA Wrestling.

[www.insidetexaswrestling.com](http://www.insidetexaswrestling.com) – Discussion forums for Wrestling in Texas.

[www.houstonnationals.com](http://www.houstonnationals.com) – Website for Houston Nationals and Novice State Wrestling Tournaments. Booyah!

[www.flowrestling.org](http://www.flowrestling.org) – Wrestling videos

[www.kolat.com](http://www.kolat.com) – Wrestling instructional videos

## Email Distribution

Please email Coach Greg at [greg.pellegrino@sbcglobal.net](mailto:greg.pellegrino@sbcglobal.net) to be added to the CFSA Wrestling distribution list.

*Please remember to have your child take a shower after each practice and tournament to wash off any germs that might be trying to make their home on the mat.*

**TEXAS USA WRESTLING WEIGHT CLASSES BY DIVISION**

**2009-2010 FOLKSTYLE Season**

Age as of September 1, 2009

<b>Tots</b>	<b>Div 1</b>	<b>Div 2</b>	<b>Div 3</b>	<b>Div 4</b>	<b>Div 5</b>
5&Under	7&Under	9&Under	11&Under	13&Under	15&Under
32	38	49	56	70	88
36	42	52	60	75	95
40	46	55	65	80	105
45	50	58	70	85	115
50	55	61	75	90	125
60	60	65	80	95	135
Hwt	65	70	85	100	145
	72	75	90	110	157
	80	83	95	120	175
	Hwt	92	100	130	200
		100	110	142	275
		115	120	155	
		Hwt	135	175	
			Hwt	Hwt	

Div 6 is any HS wrestler.

A HS wrestler that can wrestle either Div 5 or Div 6 must choose 1 of the two Division for Competition

DIV 6 will use HS weight classes as they exist which allow for HS + 2 at state.

One (1) pound growth allowance will be allowed to all weight classes in Division's Tot to Division 3 beginning Jan 1, 2009, providing wrestler has wrestled at that weight class prior to Jan 1, 2010.

Two (2) pounds growth allowance will be allowed to all weight classes in Division's 4 and 5 beginning Jan 1, 2010, providing wrestler has wrestled at that weight class prior to Jan 1, 2010.