

Cy-Fair Wrestling *Wrap-Up*

October 5-11

Welcome to Wrestling!

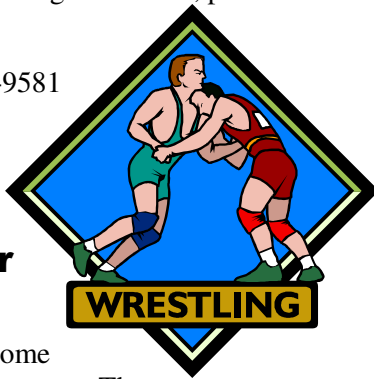
Welcome to Wrestling! It's great to see all the new faces and we are happy to see our experienced wrestlers back. All of the coaches are looking forward to a great season and having a lot of fun with the kids.

Registration

Registration can be completed on-line at cy-fairsports.org or in person at the CFSA office located at 11111 Huffmeister, Houston, TX, 77065.

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



Gear Needed for Wrestling

Get ready for the mat and come prepared with your wrestling gear. The immediate need is headgear, which will be issued by the club once gear has arrived.

You will also need wrestling shoes that can be purchased at Barcelona or Academy. Singlets will also be issued by the club and are recommended for tournaments.

Make sure your wrestler wears to practice an old singlet (if available), shorts, t-shirt, wrestling shoes and headgear. Wrestlers must wear wrestling shoes or socks on the mat. Parents, wrestlers and non-wrestlers, please do not walk on the mat with your regular shoes. Lets keep our mats clean for our wrestlers.

Please make sure your wrestler brings water and/or Gatorade to each practice to keep hydrated.

About Wrestling

Wrestling is not what you see on tv and is a real sport that has been popular throughout history. There are 3 styles of wrestling: Greco-Roman, Folk-style and Freestyle. This season your wrestler will learn freestyle wrestling. Attached are 2 articles containing more information about wrestling and freestyle.

Your child's age (as of September 1st), weight and experience will determine their status, division and weight class. First year wrestlers are **ROOKIES**, second

year wrestlers are **NOVICE** and third + year wrestlers are considered **OPEN**. At many of the local tournaments you may find that they will combine the Rookie and Novice so that there is enough competition.

Keep the Gym Clean and Safe

We are very grateful to Cy-Ridge and Cy-Ranch High School for allowing us to use their facilities and we need help keeping the gym clean and safe.

Please keep food and sugared drinks out of the gym and pick up any trash after practice. Water and Gatorade are permitted in the gym.

Please keep non-wrestlers off the mat to avoid any injuries. No horse playing or running is allowed on the bleachers, outside the gym area, or restrooms.

Preventing Ringworm

Wrestlers have a higher risk of contracting ringworm (fungal infection) spread by skin-to-skin and skin-to-mat contact. Therefore, it is important that all wrestlers:

1. Wear wrestling shoes **ONLY** on the mat during practice and tournament.
2. Take a hot shower (not a bath) soon after practice and tournament.
3. Keep all equipment clean; headgear can be cleaned with alcohol pads.

If your wrestler has a skin lesion make sure to get it checked immediately by a physician and notify one of the coaches. Wrestlers will not be allowed to participate in practice or tournaments until open wounds or skin lesions heal.

Helpful Resource

A basic book recommended for first time wrestlers is "Wrestling for Beginners" by Tom Jarman and Reid Hanley. The book discusses scoring and basic moves. CFSA is not affiliated with the sales of this book and it is merely listed as a convenience for parents.

Email Distribution

Please email Coach Greg at greg.pellegrino@sbcglobal.net to be added to the CFSA Wrestling distribution list.

Need more wrestlers

Get your friends and family to join our wrestling club!

About Wrestling



What is Wrestling?

We are not the wrestling you see on TV! We are real, true to the sport wrestling. We are the oldest sport known to man!

Wrestling has been popular throughout recorded history. Origins of the sport can be traced back 15,000 years to cave drawings in France. Early Egyptian and Babylonian reliefs depict wrestlers using most of the holds known to the present-day sport. In ancient Greece, wrestling occupied a prominent place in legend and literature; wrestling competition, brutal in many aspects, was the supreme contest of the Olympic Games. The ancient Romans borrowed heavily from Greek wrestling, but eliminated much of its brutality. During the Middle Ages wrestling remained popular and enjoyed the patronage of many royal houses, including those of France, Japan, and England.

Early American settlers brought a strong wrestling tradition with them from England. The colonists also found wrestling quite popular among the Native Americans. Amateur wrestling flourished throughout the early years of the nation, and served as a popular activity at country fairs, holiday celebrations, and in military exercises. Of the early American styles, only the catch-as-catch-can style survives, and it has evolved into the modern form of collegiate wrestling.

The first organized national wrestling tournament was held in New York City in 1888, while the first wrestling competition in the modern Olympic Games was held in 1904 in Saint Louis, Missouri. FILA was founded in 1912 in Antwerp, Belgium. The first NCAA Wrestling Championships were also held in 1912 in Ames, Iowa. USA Wrestling became the national governing body of amateur wrestling in 1983, and conducts competitions for all age levels.

Will Wrestling Hurt My Child?

Bradley study reveals youth wrestling safe

Peoria, Illinois. April 6, 2000.

Wrestling appears to be a safe sport for children, according to the results of a study conducted by the department of physical therapy at Bradley University. The study, which measured injury rates among youth wrestlers, was conducted by Steven Tippett, assistant professor of physical therapy at Bradley and physical therapy students Allison Neal, Katie Roche, Laura Rohnert and Amanda Wallinger.

Bout sheets from three random tournaments during the Illinois Kids Wrestling Association

1998-99 season were analyzed. The study included 909 male wrestlers between the ages of 4 and 14, in a total of 1,616 bouts. The study indicated total injuries sustained were 24, which resulted in an overall injury rate of .074. Of the 24 injuries, only eight of them were serious enough to end the bout.

"I have been covering youth wrestling meets for years and my impression was that it's safe, and people involved in it believe it's safe," Tippett said. "And the findings of the study indicated that it is safe."

Tippett said the results indicate that youth wrestling is safe despite the high level of competitiveness among wrestlers at such a young age. The age bracket which experienced the most injuries were the 9 and 10 year-olds. No children competing in the six-year-old and under bracket sustained injuries during the study.

The physical therapy students participated in the study as part of the requirements for courses in research.

Wrestling Affiliates

CFSA Wrestling Club affiliates with the Texas USA Wrestling organization. Wrestlers will become USA Wrestling members upon application. Members may then participate in USAW tournaments and activities.

USA Wrestling is the national governing body for the sport of wrestling in the United States. The many programs and activities conducted by USA Wrestling and the hundreds of sanctioned clubs provide opportunities for athletes to develop an understanding of all forms of wrestling, leadership qualities, physical fitness, a competitive spirit, and good sportsmanship. USA Wrestling is supervised by a board of directors that are wrestling leaders in the nation. USA Wrestling is responsible for selecting and training teams to represent the U.S. in international competitions-including the Olympics. USA Wrestling sponsors national championships as well as regional competitions. USA Wrestling provides four levels of training and certification for coaches. USA Wrestling is strong in Texas with of 980 members and 36 sanctioned clubs. USA Wrestling will continue to encourage the development of new teams and the growth of wrestling throughout Texas.



FREESTYLE WRESTLING

The objective of the sport of wrestling is to force your opponent onto his back, to pin your opponent. A pin, also called a fall, occurs when any part of both shoulders or both shoulder blades (scapula) of either wrestler are in contact with mat for **one second**. A pin ends the match immediately. However, if neither wrestler is pinned, the winner is the wrestler with the most points at the end of the match (providing at least three or more technical points have been scored in regulation time.)

If neither wrestler has scored three points during regulation time, there will be an overtime period and the first wrestler to achieve three points will be declared the winner. If neither achieves three points, the winner will be the wrestler ahead in points or at the decision of the officials if there is a tie.

If a wrestler scores 10 points more than his opponent at any time, the bout is stopped and the competitor with the 10 point lead is asked if they want to continue and try for a fall or end the bout with technical superiority, or also known as a technical fall.

There are six ways to score points in a freestyle wrestling match: Takedown, Escape, Reversal, Exposure, Passivity and Penalty

MATCH SCORING		
Move	Points	Description
Takedown	1, 3 or 5 Points	Occurs when a man takes his opponent to the mat from a standing position. This is worth one point, but can be worth three if the opponent is brought down onto his back in a position of exposure (danger), and five if a high amplitude throw is involved.
Escape	1 Point	When an athlete works to come out from the bottom position (after being under dominant control) and gets to his feet, facing his rival, he has scored an escape, worth one point. This can only be awarded if there is an active attempt by the top wrestler to hold the bottom wrestler down, and if there is hand attack as the wrestler escapes.

MATCH SCORING		
Move	Points	Description
Reversal	1 Point	When the man underneath completely reverses his position and comes to the top position in control, he has scored a reversal, worth one point.
Exposure	1 or more Points	Turning an opponent's shoulders to the mat. Once the line of the back area breaks a 90-degree angle, points are scored. This can occur both from the feet and on the mat. A wrestler who holds his opponent in a danger position for five seconds will receive one extra point. Note that some moves such as a gut wrench and an ankle lace can only be used once before another scoring move must take place. However, a 1 point hold down is considered another scoring move. This happens in the case of move which starts as a gut wrench but stops for a 5 count with the back exposed and then returns in the same direction. Moves without a body lock, such as the front headlock from the knees, the crotch lift and the "sazuski" can be repeated over and over in succession.
Passivity	1 Point	There are no longer disqualifications for passivity in international wrestling. The officiating team can call an unlimited number of passivity calls. Wrestlers will be permitted to place the passive opponent in the down "par terre" position or continue the bout in a standing position after each passivity call.
Penalty	1 or 2 Points 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	Penalty
Illegal Hold without consequence	1 point
Illegal Hold with consequence	2 points plus caution
Fleeing the mat	1 or 2 points plus caution
Fleeing the hold	1 point plus caution

FREESTYLE SCORING RULES AND TERMS

- Fall or Pin: Both shoulders held on mat, match ends
- Technical Fall: 10-point margin, match ends or continues depending on superior wrestlers decision
- Injury default: Athlete can not continue to compete, match ends.
- Decision: The athlete who scores the most points in a bout and wins.
- 1 point: Takedown, Reversal, Hand-to-hand Exposure, Escape
- 1 extra point: High amplitude throw from mat or holding man on back for five seconds.
Note: Another scoring move must take place before another hold-down can take place.

Also, the count must be visibly indicated by the referee during the hold-down.

- 2 points: Exposure such as a roll-through or a takedown then exposure
- 3 points: Takedown to immediate exposure from feet; high amplitude throw without danger
- 5 points: High amplitude throw to danger. Normally the wrestler throws his/her opponent above the waist.
- Regardless of the number of possible combinations of points, only the highest point move can score on any one move sequence.