

# Cy-Fair Wrestling *Wrap-Up*

Wednesday, October 15

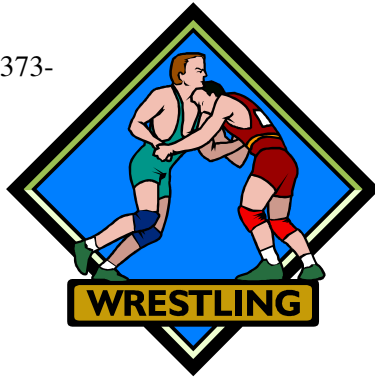
## From Your Coaches...

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 George- home: 281-373-0050; cell 281- 630-0719  
Coach Greg- home: 281-290-9581  
Coach Pete  
Coach Ryan  
Coach Mike



## Parents please take care of the following ASAP:

1. Submit Registration form and payment.
2. Provide a copy of the wrestler's birth certificate.
3. Confirm wrestler's t-shirt size.
4. Turn-in singlet, headgear and gear orders.

## Headgear Needed for Practice

Please make sure that your wrestler wears his/her headgear at each practice. Headgear can be purchased at Barcelona Sporting Goods. Please see Jennifer Wertz (Treasurer) if you prefer to purchase through the team. Beginning Monday October 27<sup>th</sup>, 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.15. Please make sure to sign-up to volunteer.

## Donations needed for first Cy-Fair tournament

The first Cy-Fair hosted tournament is November 15 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. 1

The season's first tournament will be held Nov. 1 at the Spring Klein Wrestling facility.

The tournament schedule for the season is located on the back of this newsletter and is also available at the Cy-Fair website at [www.cy-fairsports.org](http://www.cy-fairsports.org)

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

## 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.

## 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.*

## 2008-2009 South Region Tournament Schedule

Date	Day	Tournament	Where	Class
11/1/2008	Sat	SKWC	SKWC	Rookie / Open
11/8/2008	Sat	Brazoswood	TBD	Novice / Open
11/15/2008	Sat	Cy-Fair	SKWC	Rookie / Open
11/22/2008	Sat	SKWC	SKWC	Novice / Open
11/29/2008	Fri/Sat	Panhandle Nationals	TBD	Open
12/6/2008	Sat	San Antonio TOC	TBD	TBD
12/13/2008	Sat	CUMC	SKWC	Rookie / Open
12/20/2008	Fri/Sat	Sun City Nationals	TBD	Rookie/Open
TBD	TBD	South/Central Texas Shootout	TBD	Open
1/3/2009	Sat	Hercules	TBD	Novice / Open
1/10/2009	Sat	Cotton Bowl	TBD	Open
1/17/2009	Sat	Cy-Fair	SKWC	Novice / Open
1/24/2009	Fri/Sat	Heart of Texas / Novice State	TBD	Novice / Open
1/31/2009	Sat	SKWC	SKWC	Rookie / Open
2/2/2009	Sat	Regional Tournament	SKWC	Rookie / Open
2/14/2009	Sat	Open Date	TBD	
2/20/2009	Fri	Rookie State Tournament		Rookie
2/21/2009	Sat	Open State Tournament		Open

**Tournaments are held on Saturdays. Participation in tournaments is optional. There is a \$12 entry fee per wrestler per entry for each tournament. (National and State tournament fees differ)**

**Most Tournaments are held at a Spring Klein Facility.**

**We will keep you informed of any changes to the tournament schedule.**

# 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.