



Of Georgia
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WRESTLING 101

A PARENT'S GUIDE TO YOUTH WRESTLING

Of the many sports your child can participate in, wrestling is perhaps the most misrepresented, misunderstood, and underrated. The purpose of this guide is to generate new interest and awareness among parents whose children want to participate in this exciting and rewarding sport. This guide will help expose the myths and uncover the benefits wrestling has to offer.

Quick Overview

Cost

Costs associated with wrestling at Wrestling U:

- Monthly Membership Fee - Visit the pricing plan page on our website www.gawrestlingu.com for current pricing.
- USAW Athletic Card - Every wrestler MUST purchase a USA Wrestling Card. This card is valid for 1 year. <http://www.teamgeorgiawrestling.com/usawmembership> (visit the website for cost).
- Tournament Fees - most tournaments are \$15.

Wrestling Practice

Practice will be twice a week for about 2 hours.

Wrestling Gear

Wrestlers will be responsible for getting wrestling shoes and head gear that can be purchased at athletic stores or online at stores such as www.takedownshop.com.

Wrestling Tournaments

Tournaments start in November and last through March and are organized by experience, weight and age. The individual wrestler will decide which and how many tournaments to attend as well as signing-up for them. Wrestlers must compete in either a singlet or shorts and shirt.



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THE ACTUAL SPORT OF WRESTLING

- Conducted on a mat with wrestling shoes and headgear.

THE ACTUAL SPORT OF WRESTLING

- Physically demanding, but, relatively safe and non-violent. Does not involve or even tolerate actions intended to cause injury.
- Utilizes skills, strength, self-discipline and endurance which develop over a period of practice and hard work.
- Is wrestling anything like the wrestling on TV? **ABSOLUTELY NOT!**

OBJECTIVE

The primary objective in folk style wrestling is to gain control and to either pin your opponent by holding your opponent with their back on the mat or by scoring the most points before the match ends.

MATCH BASICS

- Wrestling matches consist of three periods.
- Periods vary in length from one minute in duration for younger age groups and as long as two minutes for older wrestlers.
- Either wrestler can win the match at any time if they are able to pin their opponent or develop a lead of more than 10 points.
- There are only two positions from which referees start or continue a match.
 - The first is neutral position. Both wrestlers stand facing each other.
 - The second is referee's position. One wrestler starts with his hands and knees down on the mat and the other starts on top.
- The first period always begins in the neutral position. Each wrestler has their choice in one of the remaining periods to choose to start from top or bottom referee's position or in the neutral position.

TOURNAMENTS

- Tournament competition is organized by experience, weight and age.
- Wrestlers must have a valid USAW Athletic Card in order to compete.
- Weight classes are either predetermined, blocked into groups of 4, or in brackets depending on the number of participants in each class.
- Tournaments are held on Saturday for experienced tournaments or Sunday afternoon for beginner tournaments.
- Weigh-ins are held the morning of the tournament approximately 1 hour before the first round of competition. Wrestlers must weigh-in in either a singlet or shorts.
- Tournament regulations limit the number of coaches allowed to coach from the edge of the mat.
- When the match is over wrestlers shake hands and return to their coaches.



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- Trophies or medals are awarded to the top 3 or 4 wrestlers in a weight class.
- Tournaments can last a long time. Here are some ideas of things to bring:
 - Lunch bags with water and food.
 - Something comfortable to sit on.
 - Book, games, or cards.

WRESTLING PROVIDES REAL-LIFE EXPERIENCES THAT BUILD AND STRENGTHEN THE FOLLOWING CHARACTERISTICS

- Self-reliance
- Mental toughness
- Work ethic
- Competitive spirit
- Responsibility
- Self-discipline
- Goal orientation
- Confidence
- Positive self esteem

WRESTLING ETIQUETTE

- Don't impose your ambitions or expectations on your child. Remember that wrestling is your child's activity.
- Be supportive no matter what. There is only one question to ask your child, "Did you have fun?"
- Do not coach your child. Your job is to support, love and hug your child no matter what. Conflicting advice and criticism work against the coach's effort and only serve to confuse and discourage your child.
- Get involved. Your club needs your help and support. Attend parent and club meetings to find out how you can help. Most importantly, show your child that you care by attending as many of their tournaments as possible.
- Do not criticize the officials. Unless you have been there, you have no idea how challenging officiating can be. Expect that in some matches your child could lose as a result of an error on the part of an official or score keeper. That's life. Help your child understand that the official does their best to score the match fairly and that it is important that we respect the ruling of the officials regardless of how we feel about the situation.
- BE POSITIVE ROLE MODELS.

VISIT US AT WWW.GAWRESTLINGU.COM