

GLENDALE

USA

Wrestling



2013 - 2014
HANDBOOK

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GLENDAL MAT CLUB

GLENDAL

Mat Club

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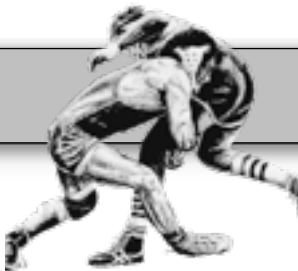
Thank You to:

Patrick Owens Memorial Fund Inc.

P.O. Box 310

Glendale, Oregon 97442

Our Mission



Our Mission is to build a successful wrestling program at Glendale High School. A winning program isn't achieved over a season or two. Getting our kids involved early is essential to any programs success. We want kids who are willing to work hard to achieve and excel to their fullest potential. We promote excellence in wrestling and strive to develop every kids abilities and instill in them sportsmanship, self-discipline, and a winning attitude. We will do this by providing a structured program that emphasizes physical conditioning, skill building, goal setting and a competitive spirit.

We try our best not to emphasize winning as much as we do just using proper technique the first years of a wrestlers experience. Some kids develop strength, speed and coordination before others do. These kids are going to win as youngsters, but those that learn proper technique and good wrestling strategy will prevail in the long haul. Nobody starts out their first season undefeated. This is the best time to teach a young wrestler not only how to cope with his loss, but how to dissect it and identify mistakes or weaknesses that he may be able to correct in the future. No Olympian started out on top. They all went through these learning years. They came out on top because they were able to identify their weaknesses and remedy them. They also have a very hard working competitive spirit. That is the basis for what we try to teach in our Mat Club.

Although it sounds grueling and extreme for a 6 or 7 year old, it's not. Kids love structure and routine. They know what is coming and what is expected of them. It is the best time to teach self discipline and hard work. Kids like to feel a sense of accomplishment every bit as much as an adult. The younger kids will however have a fairly short season their first year. As they advance, they will want more out of the program and will most likely want to make it to the state and regional level. *THEY WILL SUCCEED* if they put in the time and effort.

WRESTLER & PARENTS CODE OF CONDUCT

EXPECTATIONS OF OUR WRESTLERS

- Respect others! especially your parents, brothers and sisters, teachers, coaches, officials, team mates and other adults.
- Respect our facility and other facilities where we compete. Remember, we are their guests.
- Pay attention at practice and don't talk while coaches are teaching. Raise your hand if you have questions.
- Try the drills we teach you. ***Don't ever say "I can't..."***
- Do well in school and maintain good grades
- Wrestle on the wrestling mats. Don't wrestle at school, at friends' houses, or in your house (Unless you have permission from your parents)
- Come to practice prepared. Don't forget your clean wrestling shoes
- Practice good hygiene by wearing clean clothes to practice, keeping fingernails clipped, showering after practice, and reporting any skin conditions
- Be the model of good sportsmanship. Be humble in victory, and respectful in defeat.
- Have Fun!

OUR ROLE AS PARENTS

You, as Parents Are a Big Part of Our Success!

You play a vital role in our wrestling program and we appreciate greatly all that you do. We want to give you opportunities to get involved in our club, as we will seek parent volunteers to:

- Photograph our wrestlers at practice and events for posting on our website
- Act as an event coordinator
- Represent the club at community events and help spread the word of the benefits of our club to those outside the wrestling community.
- Assist in serving as organizers for club events such as fundraisers, community outreach events, and club get-togethers
- Help welcome new parents to the club
- Offer your time, talents and suggestions
- But most of all, encourage and support your wrestler!

Thank you parents, in advance, for your time, talents and energy! This is your club, and we are fortunate to have you as our partners in creating a great experience for our wrestling family.

Excerpts from: **PARENTS CAN HELP THEIR KIDS** By Steve Fraser
(This is an article we would like you to read as it provides the foundation for our expectations of parents of our wrestlers)

Wrestling is one of the greatest sports there is for helping young kids build their character, develop self confidence, improve discipline, and strengthen their will to succeed. The life skills and success principles that young wrestlers develop while learning to wrestle are very valuable in progressing in life.

Whether they won national wrestling/world titles or not, the mental, physical and emotional attributes honed by the wonderful sport called "wrestling" are what make up the real benefit to all who participate. To bottom line it... wrestling makes champions in life!

Now, as a parent who wants to see their youngster be happy and successful in life, how can you help? Parents, as we all know, play an extremely important role in the development of our children. Parents are the main influence to their loved ones.

In wrestling, it is very important foster the right wrestling atmosphere. Having a supportive and positive attitude about your son or daughter participating – is crucial in helping them learn to love this tough and grueling sport. How you react to their progress, their wins, and their losses is very critical.

How are you able to keep your child's winning and losing in perspective? What if your child is being treated a bit rough by their opponent, or if the referee makes a bad call against your child? How will you react? Parents are sometimes unprepared for the strong emotional reaction they have to watching their child compete.

Obviously one reason for this strong emotional feeling is that parents want their young wrestler to do well. They want their child to win. They may think it is a reflection of them. Parents may think that their son or daughter's failure is their own failure.

What parents need to realize is that their personal dream for their child's glory, although not entirely unselfish, is natural. However, parents that can be aware of their own pride and are capable of being amused by their imperfections will help to keep themselves under control.

Flying off the handle or straining relationships with coaches or other parents is not good for your child. Just like you don't want your child to embarrass you, you don't want to embarrass your child.

Kids in wrestling are very intuitive to what their parents are thinking. In addition, kids imitate their parents and absorb the attitudes that are displayed by their parent's actions. If parents are too into trying to control the coaches, referees, and other parents and are upset or angry a lot, it is hard for the young wrestler to enjoy the sport.

Kids' wrestling is supposed to be fun where they are focusing on the fundamentals of the sport. If kids first learn to like the act of grappling they will continue to learn the very difficult skills. Wrestling requires learning many skill sets. Technique, balance, tactics, strategies, mental toughness are all intertwined skills that must be learned before one can have great success in the sport. This takes time! Wrestling is not learned overnight. This is why, especially at a young age, it is imperative that kids stay focused on having fun and learning the basics. The winning will come later.

The Parents Guide To Kids Wrestling, published by Human Kinetics Publishers, Inc., lists seven items that all parents should consider when determining where they stand as far as how they are helping their young wrestler. If you can honestly answer yes to all of the following questions then you are well on your way to helping your child in wrestling... and in life.

1. Can you give your child up? That means trusting the coach in guiding your wrestler's wrestling experience. It means accepting the coach's authority and the fact that he may be gaining some of the wrestler's admiration that once was directed towards you.

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2. Can you admit your short comings? Sometimes we err as parents and our emotions speak before we think. We judge too quickly, only to learn we made a mistake. It takes character for parents to admit they made a mistake and to discuss it with their child.
3. Can you accept your child's triumphs? It sounds silly, but some parents, fathers in particular are competitive with their wrestlers. If their wrestler does well in a match, the father may dwell on the minor mistakes, describe how the wrestler's older wrestler did even better, or recount Dad did it "way back when."
4. Can you accept your child's disappointments? Sometimes as parents we are targets for our child's anger and frustration. This goes along with the job. Accepting their disappointment also means watching them lose a match when their friends are winning, or not being embarrassed into anger when he/she breaks out into tears after losing.
5. Can you show your child self-control? The coach has a tough enough job teaching good sportsmanship to youngsters especially if the parents are losing control and showing poor sportsmanship themselves.
6. Can you give some time? Some parents are very busy and have trouble being there frequently. Probably the best solution is never promise more than you can deliver. Ask about your child's wrestling experiences and make every effort to watch at least some of your child's matches.
7. Can you let your child make their own decisions? This is an essential part of a child growing up, and can sometimes be a real challenge for parents. It means offering suggestions and guidance, but finally, within limits, letting the child go his / her own way. All parents have ambitions for their children, but parents must realize that they cannot mold the child's entire life. The great thing about wrestling is that it helps your child to start making his/her own decisions and living with the consequences.

The fact that your child is wrestling is wonderful. They are learning to work very hard, make tons of sacrifices, and dedicate themselves to the extreme demands that this tremendously difficult sport has to offer. Truly there is no tougher sport in the world. With your support and encouragement, your child will reap the many benefits gained by participating and will not only succeed in the game of wrestling, but also in the game of life. Expect to Win!

OUR COACHES CODE OF CONDUCT

NOBODY affiliated with the Mat Club gets paid. This is strictly a volunteer driven program. We are committed to exemplifying the club's mission and ensuring that good sportsmanship, pride, honor, and concern for the well-being of our TEAM is our top priority. All of our coaches are required to apply and register with USA Wrestling as coaches and have a criminal background check.

Our coaches recognize the privilege of coaching our young wrestlers and the influence they can have on our wrestlers.

You have our commitment that our coaches will:

- Serve as positive role models to our wrestlers and hold themselves to the same high standards of conduct as we expect of our wrestlers.
- Role model personal conduct by refraining from profanity, disrespectful conduct, and the use of alcohol or tobacco in front of our wrestlers or other situations where our conduct could undermine our positive impact as a role model.
- Promote safe competition by putting safety and health considerations above the desire to win; never permit our wrestlers to intentionally injure any person or engage in reckless behavior that might cause injury to themselves or others.
- Seek out competitive opportunities for our wrestlers consistent with their abilities.
- Teach, coach, push and encourage all of our wrestlers to seek their potential and bring out the champion in each wrestler.
- Put winning in its proper perspective, as we teach to be humble in victory and respectful in defeat.
- Treat all people with respect, including officials, coaches, opponents, spectators, and others at all times.
- Use positive coaching methods to make the experience enjoyable, increase self-esteem and foster a love and appreciation for our sport.
- Encourage our wrestlers to pursue victory with honor, to support our TEAM, to do their best and continually improve through personal effort and discipline. Discourage selfishness and put less emphasis on the final outcome of the match, and more emphasis on effort, improvement, teamwork, and winning with character
- Promote a Caring Environment by consistently demonstrating concern for our wrestlers as individuals and encourage them to look out for one another and think and act as a TEAM!

WRESTLING EQUIPMENT

CLOTHING

Wrestlers should wear athletic shorts without zippers or abrasive material and a T-shirt to practice. Denim and similar material shorts/pants are not allowed on our mats. Sweatpants are acceptable, as long as they don't have zippers. Long sleeve T-shirts or compression shirts are also acceptable, while hooded sweatshirts are not since they could lead to injury. To ensure the safety of all our wrestlers, we won't allow a wrestler to practice with clothing that has hoods, zippers or is made of abrasive material such as denim.

WRESTLING SHOES

Wrestling shoes are **REQUIRED** to help us greatly reduce the chance for skin infections, and keep the mats that we practice on clean and in top condition. We require our wrestlers to wear athletic shoes to practice, and change into wrestling shoes once inside the building, before coming onto the mats. This helps us maintain clean mats and greatly reduce the chance for skin infections. We have options to do outdoor drills, exercises, and conditioning drills, so we need our wrestlers to be prepared to change shoes for outdoor drills.

*Branden Mitchell has collected wrestling shoes that participants outgrew or were no longer using. We have several pair for those parents who can't afford shoes. We would like to continue the program and would appreciate any donations. Thanks!

WRESTLING EARGUARDS

Wrestling earguards are not mandatory. These are used to prevent wrestlers from getting cauliflower ears. It is usually only a concern at a higher level of competition. If you are concerned about cauliflower ears, then you should provide earguards (headgear) for your wrestler. If you cannot locate any, let us know and we can order you some.

UNIFORMS

We will be issuing uniforms to our wrestlers before their first tournament. These are the property of the Mat Club and we expect our wrestlers to take good care of them. If they lose any part of them or tear them up in any way, they will be expected to replace the uniform at the end of the season.

OTHER EQUIPMENT

A First Aid kit will be brought by the coach every single day. It will include items that will allow us to bandage cuts, clean up blood and cold packs that will help minor pain and swelling problems. We will also carry our kids health history forms in the first aid kit. If your kid has a special health concern that coaches should be aware of you should inform the coaches in our health history forms. These forms are strictly for your kids safety. All coaches will be informed of issues with every wrestler if they exist. Issues like asthma, diabetes, or any existing or past injuries that may cause problems for your wrestler should be included on this form.

HEALTH AND HYGIENE GUIDELINES

Keeping our children healthy by avoiding skin infections is a *SHARED* responsibility of every coach, parent, and athlete. Research has shown that the following practices are keys to minimizing the risk of skin infections.

WEAR CLEAN SHOES ON THE MATS

We REQUIRE wrestling shoes while on the mats to ensure the safety of our wrestlers. Prior to the wrestlers entering the wrestling room for practice, their shoe soles need to be clean. The easiest way to accomplish this is by bringing a different pair of shoes to wear on the wrestling mat. Don't wear your wrestling shoes outside. Once wrestling shoes are worn outside, they are no longer wrestling shoes, they become street shoes. As a matter of safety to all our wrestlers, we will not allow wrestlers to practice with shoes worn outside, or with bare feet or socks only.

WASH YOUR HANDS, WASH YOUR HANDS!

Research has shown that one of the most effective ways to prevent the spread of infections is to WASH YOUR HANDS. Clean hands often with soap and water. Use alcohol hand rub if soap is not available. When we take a break and wrestlers use the restroom, we emphasize that they wash their hands before returning to the mats. We encourage wrestlers to wash their hands before and after practice.

KEEP CUTS & SCRAPES, NO MATTER HOW SMALL, CLEAN & COVERED

We have a first aid kit to treat small injuries that occur in practice. If your child has cuts/scraps, please be sure they are clean and covered prior to coming to practice. *Keep fingernails clipped short to prevent scratching other wrestlers.*

SHOWERS SHOULD BE TAKEN IMMEDIATELY FOLLOWING ALL PRACTICES & COMPETITIONS

Taking a shower must be the first thing an athlete does when they get home. Use of a shower mesh or wash cloth in conjunction with an antibacterial soap/cleanser is strongly recommended.

WEAR CLEAN CLOTHES & EQUIPMENT & KEEP THEM CLEAN. PLEASE ENSURE WRESTLERS COME TO PRACTICE WITH CLEAN CLOTHES & EQUIPMENT

Clothes that have been worn outside playing in the grass, dirt, etc. can bring in soil-borne organisms such as ringworm onto our mats.

YOU AND/OR YOUR WRESTLER PERFORM REGULAR SKIN CHECKS

If you or they notice any lesion, sore, or rash on their skin, especially if it is red, swollen, or draining fluid, notify one of our coaches, and contact your health care provider immediately for diagnosis and treatment. Note that we will do periodic skin and fingernail checks of all our wrestlers, just as officials do for wrestling competitions.

PRACTICES

Attendance at practice is a very integral part of the development of young wrestlers. The more the wrestler attends, the more practice will benefit that wrestler. We learn something new almost every practice. When you have to reteach a move that was learned by wrestlers the practice before, a coach is taking time away from the wrestlers who attended the practice prior. This is not fair to the wrestlers that are attending every practice. We have a goal established for our wrestlers at 80% of practices attended. We will try to reward the individuals that accomplish this goal. Chronic absences may result in a wrestler being disciplined with extra work at practice or dismissal from the team. Special circumstances will be dealt with on an individual basis. Each situation is unique and will be dealt with in the manner in which the coaching staff believes the team and the individual will benefit the most.

Our practices will be ran the same everyday! Structure is very important to young kids and we want the kids to know what's expected of them. We will vary a little but for the most part our practice schedule will be the following:

First 5-10 minutes running laps
Calisthenics (Roll call)
Drills
Review of prior practices skills
New skill
Live Wrestling
Conditioning Drills
Game
Closing Announcements

This schedule will change according to the levels of our wrestlers. Obviously, older wrestlers will require more conditioning than our younger wrestlers. Younger wrestlers will see a great deal more instruction. We may have to divide our practices with older and younger as we develop the program and obtain more volunteer coaching staff.

Discipline is a very important part of every practice! Our time here is valuable to us and our kids. We will not tolerate problem kids who refuse to listen or participate. We do our best to train every kid and help them learn and develop, but if we find ourselves in a situation where we spend more time with a problem kid than we do with the rest of our team, we will remove this wrestler from the team.

DRILLS

Running in Place Sprawl
Mirror Drill
Spin Drill
Half/Reverse Half
Sit Out Turn
Sit Out Follow w/ partner
Jolt Drill
Stand Up Returns
Knee Tag
Wall Walk

GAMES

Wrestlers Tag -
Sumo - Hand behind back and try to push opponent out of circle.
Sharks & Minnows - Two teams – try to get other team members to your side.
Chicken - Stand on one foot and try to knock each other over or make them lose hold on their foot.

Moves (Takedowns)

Moves (Breakdowns/Pinning Combinations)

Arm Chop/Tight Waist																	
Stack																	
Ankle rides/drive																	
Ankle/Far Knee																	
Ankle/Cross-face																	
Cross-face																	
Spiral Ride																	
Cross Body Ride																	
Cross Body/Turk																	
Cross Body/Guillotine																	
Cross Body/Banana Split																	
Ankle Lace																	
Ankle Lace/3/4 Nelson																	
Cradles																	
Far Side Cradle																	
Far Side Cradle w/ suicide finish																	
Near side Cradle																	
Arm Bar																	
Chicken Wing																	
Bow & Arrow																	
Leg Ride																	
Force Half																	
Suck Back																	

TOURNAMENTS

Attendance at tournaments is encouraged but not enforced as practices are. We realize that it is expensive to travel to other schools and pay for entry fees, meals and occasionally a motel. There will be a local schedule provided every season with information about the tournaments. We recommend that a first year wrestler attend the tournament that we schedule for the team. It is up to the parent if they want to attend more tournaments or not that first season. As your wrestler improves, we recommend that you attend more tournaments. As he begins to win tournaments we recommend that he goes to more challenging tournaments. When he is ready let him compete in the Classics and the State Meet at the end of the season. As the program grows so will the opportunity for State, Regional and National competition. At this point we hope to have a fundraising program in place to help pay for some expenses affiliated with these type of competitions. Carpooling is also an alternative. We will try to schedule a tournament at the beginning of the season that all of the team should try to attend. It will either be in Roseburg, Grants Pass or the Medford area.

Conduct at Tournaments

A wrestler will finish every match if he is healthy enough to do so. He will always be a sportsman and always shake the hand of his opponent at the end of every match. He will wrestle all matches given to him in a tournament unless circumstances such as health or some other emergency permits him from doing so. We will not tolerate any unsportsmanlike conduct of any kind.

Any Misconduct from one or more of our wrestlers at a tournament could result in expulsion from the team. The incident will be reviewed by our coaches and a decision of wether or not to remove the wrestler or wrestlers from the team will be made based on what best suites the team.



WRESTLING TIPS STRATEGIES

GENERAL MATCH STRATEGY

1. Don't be afraid to lose, have an offensive philosophy going in, and constantly use a proper attack.
2. Make your opponent wrestle your style. Force the match and keep him off balance by attacking first and continuously.
3. If you have reach, speed, or balance on a man, use these to your advantage. Mix them up in your attack.
4. If you are stronger, overpower him. If you are weaker, don't fight his strength but instead concentrate on perfect technique. Technique will win over strength nearly every time.
5. If you are in better shape, set a pace he can't stand but don't do all the work. Make him lift your weight every time possible.
6. Keep a cool head and remain poised and confident. Never allow calls by the referees or actions by your opponent or the fans upset your wrestling attitude or technique. Never make the referee mad at you.
7. Never stop wrestling until the whistle blows. This includes not given up a defensive move until the referee calls the points.
8. Do not do anything in a match that you haven't worked hard to perfect in practice.
9. Never let your opponent know that you are tired.
10. Be a "chain wrestler", always performing a second move if the first doesn't work. Use holds which blend together, either as a fake to set-up, or as a follow-up.
11. A desperation move is risky and should only be tried at the end of the match when you "must" get points. Remember, a loss by one point is as bad as a loss by several points.

PRE-MATCH STRATEGY

1. Get yourself in perfect physical condition. Work hard to build up your body, eating right, and get the proper rest. Even though major away competitions are fun, get to bed early the night before a match.
2. Pay attention to what the coach says about your opponent and plan accordingly. Plan to use a different initial attack if your opponent has watched you.
3. Know your opponent's style and his strong and weak points. Do not allow his past record or build to destroy your confidence. Study him carefully before weigh-in and remain impersonal toward him until after the match.
4. Specialize in at least one series of moves from each position (top, bottom, standing) and learn at least one other series. Have a desperation take-down move (preferably a throw) available if you need it.
5. Practice these moves hundreds of times to perfect them.
6. Know/learn the current wrestling rules for the style you are competing in.

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7. Never let your opponent know if you have been injured, sick or are under weight. It may give him the added confidence that he needs to defeat you.
8. Never sell yourself short or lose sight of your goals.
9. For general preparation, do more than what is required by the coaching staff, as well as working hard to do what is required correctly. Make a personal commitment to become the best that you are capable of becoming. Wrestle off-season if there is a program available. Go to all the open tournaments you can.

TAKEDOWN STRATEGY

1. Never force or muscle holds which aren't open, it tires you and usually isn't productive.
2. Relax when you are out of range. Being tense takes valuable energy.
3. Keep a proper body position (stance) when you are in range, especially when you are walking into a man. Don't stand straight up or with your hands near your head.
4. Never shoot a leg from farther out than an arms length.
5. Never shoot a takedown without first destroying your opponent's stance. Set up all takedowns!
6. If you tie up, control all tie-ups and fight for the inside position. If you can't control a tie-up, don't tie-up!
7. When moving, step with the foot in the direction you are going. Never cross your feet.
8. Keep moving your feet in short (about 12") steps, constantly changing your lead foot and never developing a pattern.
9. Concentrate on getting the deepest penetration possible when you shoot. Aim a few feet behind your opponent.
10. Keep your head inside and tight when you step to your opponent's outside and place your head outside and tight when stepping to the inside of his legs.
11. Never allow your head to get lower than your hips (overextended), even while you are in motion.
12. Never allow both of your knees to touch the mat at the same time. Always keep a trailing foot behind for support.
13. When attacking the legs, never stay on one knee any longer than necessary. Either follow-through or withdraw IMMEDIATELY!
14. If possible, take your opponent to his back on your follow-through.
15. When withdrawing, keep to the inside with proper body position and take small steps.
16. If you are taken down by your opponent, land with your props wide and extended outward. Your arms should be slightly forward, never down and backwards. Also, your hips should be parallel to the mat and lower than your head. Then hit an offensive maneuver as quickly as possible. Takedowns are not awarded until control has been firmly established.
17. When countering takedowns, stay off of your knees and use your weight to stop your opponent's motion and destroy his body position.

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TOP WRESTLING STRATEGY

1. MOVE FIRST on the whistle or immediately after assuming the top position to make your opponent counter you rather than attack you.
2. Either control your opponent's HIPS, destroy his PROPs or attack his HEAD.
3. Learn how to ride from both sides.
4. Stay behind your opponent's arm pits, unless you are attacking his head.
5. Make your opponent carry your weight as often as possible.
6. Ride on your toes in order to have maximum mobility and produce maximum pressure.
7. Remember that you have four props of your own that you must protect in order to maintain a good base.
8. Keep a wide base and do not fall to your side or drop your head. Keep your hips parallel to the mat as often as possible.
9. BREAK YOUR OPPONENT DOWN! The closer he gets to the mat, the greater will be your leverage for pinning combinations.
10. Grab an ankle pick at the shoe laces and get it off the mat as quickly as possible. Lift up first then drive forward.
11. When you chop a man down, cut the arm where it bends and move your outside knee forward in order to prevent your head from dropping. Keep your knee in his butt.
12. After your opponent is broken down, WORK FOR THE PIN IMMEDIATELY, a man on the defense can not be on the offense at the same time.
13. If you get three points ahead, work nothing but pinning combinations.
14. Nearly always, get perpendicular to pin your opponent.
15. Using a half nelson to apply pressure on your opponent's head, place your palm on the head, not the neck.
16. Keep chest on chest (or back low on chest) with your head up and knees off of the mat while pinning.
17. Vary your style and technique, do not keep using the same attack unless consistently successful against your immediate opponent.
18. If your opponent is in the process of reversing and you feel that you are equal or better than him on takedowns, back off and give him "one but not two."
19. If you are behind late in the match and feel that you can not turn your opponent over but can take him down, let him go and work for a takedown (providing the score is close).
20. Learn to use your legs. Keep your hips on top and parallel to the mat. Keep your weight low on his back with your elbows below his armpits in a cross body ride. Never force legs on your opponent.

DEFENSIVE STRATEGY

1. Be ready to move at all times. Watch the referee.
2. Adapt your referees position to the move which you intend to do.
3. Move first and keep the top man countering you. Don't get tied up or lose the offense.
4. Specialize in a series of moves, You should also have a second series which you know well and go to in emergencies.
5. Always keep a good base or return to it quickly if you lose it. Listed below are important ingredients of a good base:
 - a. keep your props wide
 - b. keep your arms slightly bent
 - c. keep your head above your hips
 - d. keep your center of gravity over your base
 - e. keep your hips and shoulders parallel to the mat.
6. Protect your props. When one of your props is being attacked, either remove it completely or get all your weight on it as quickly as possible.
7. Destroy the top man's props! One of the most effective ways of doing this is to get HAND CONTROL.
8. Know the five directions you can go and try to use height to your advantage as often as possible. Remember that the lower and more spread out your base becomes, the less mobility you have.
9. When turning to face your opponent, use a HIP-HEIST to make your quickest turn.
10. Never reach back over your opponents back.
11. Don't lay on your stomach, come up to your knees by bringing one knee up to the side and pushing back over it.
12. If you can't get up off of your stomach, keep your head up and elbows in. Be alert for all nelsons, turn the head away from the half and pull the hand off immediately.
13. If you can't get out, get off of the mat and get a fresh start before you get broken down to tied up. Do not do this in an obvious manner or you will be penalized.
14. Practice all moves with a top man on both sides. If you still have trouble escaping from one side, learn how to change your man over by moving your weight and hips.
15. Practice with your eyes closed to learn how to "feel" weight shifts.

AFTER MATCH STRATEGY (Regardless of a WIN or LOSS!)

1. Shake your opponents hand graciously and don't throw your head gear.
2. Analyze the mechanical errors you made and make a note on where you need work.
3. Analyze your prematch and match attitude and mental mistakes.
4. Do your best to correct them at practice.



Summary of Basic Wrestling Rules

1. You must go into the match with an offensive strategy
2. Try to watch what works for others against your opponent, then use them.
3. Force your opponent to wrestle your style by initiating first.
4. Plan at least three "chain" moves in a row. The first two tend to set up your opponent for the third move.
5. Learn all moves even though you might never use them. It will help you counter against them.
6. Stay level headed even under extreme pressure by your opponent. Stress uses up energy very fast and keeps you from being methodical.
7. Don't continually use a move that fails more than twice.
8. Keep your head up on the bottom and try to stay off your knees.
9. Always keep your elbows close to your body.
10. Shift your body so you don't carry your opponents weight.
11. Don't use moves in a match that you haven't first developed in practice.
12. Shoot only if you can reach out and touch your opponent's elbows and stand with your feet apart and your hands out in front and low.
13. Fake that you have lots of energy left during a break. Never let on to the referee or your opponent how tired you really are.
14. Explode off the bottom on the whistle, don't just move or sit there.
15. Take direct shots and shift stance continuously to prevent telegraphing.
16. Don't hold on to a move that is blocked or can't be completed.
17. Practice all out the same as a match, but don't practice conservatively. You can't loose at practice so try a lot of moves and technique.
18. When facing an opponent who knows as many different moves as you do, stick with basic technique and traditional moves.
19. Be perpendicular to your opponent and keep your head down when pinning.
20. Always drive the head into your opponent on a takedown, never walk around with your butt up.
21. The best time to move again is right after a successful move.
22. Practicing even once a week off season puts you way ahead of those who only practice during the season.
23. Wrestling has many styles, each emphasizing different techniques to accomplish the same objective. The more styles you learn, the more sophisticated and "rounded" your attack will be.
24. Fight to the very end, never quit, especially if your opponent is stalling.
25. Conditioning is a personal responsibility.
26. You only get out of wrestling what you put in.
27. Never admit you lost, only that you had a bad day and things will get better.
28. Everyone draws a terrible referee occasionally and not much can be done about it.
29. Don't expect sympathy when you get hurt, especially in high level matches. Sympathy makes it hurt more and prevents you from concentrating on getting the job done.



2013 Age Divisions and Weight Classes

AGE DIVISIONS	BIRTH DATES	WEIGHT CLASSES
BANTAM	Born 2006-2007	40, 45, 50, 55, 60, 65, 70, 75, 75+ (15lbs. maximum difference)
INTERMEDIATE	Born 2004-2005	50, 55, 60, 65, 70, 75, 80, 87, 95, 103, 112, 120, 120+ (20lbs. maximum difference)
NOVICE	Born 2002-2003	60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140, 140+ (25lbs. maximum difference)
SCHOOLBOY	Born 2000-2001	70, 77, 84, 91, 98, 105, 112, 120, 128, 136, 144, 152, 160, 175, 190, 210, 265
CADET (MEN)	Born 1998-1999	88, 94, 100, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285
FILA CADET (MEN)	Born 1997-1999	86-92.5, 101.25, 110.25, 119, 127.75, 138.75, 152, 167.5, 187.25, 220.5, 275.5
JUNIOR (MEN)	Born 9/1/1994 & after, plus enrolled in grades 9-12	100, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285
FILA JUNIOR WORLD (MEN)	Born 1994-1996 1997 with medical certificate	101.25-110.25, 121.25, 132.25, 138.75, 145.5, 154.25, 163, 174, 185, 211.5, 264.5
UNIVERSITY (MEN)	Born 1989-1995 & athlete must have graduated from high school	121.25, 132.25, 138.75, 145.5, 154.25, 163, 174, 185, 211.5, 264.5
SENIOR (MEN)	Born 1994 or before 1995-1996 with medical certificate	121.25, 132.25, 145.5, 163, 185, 211.5, 264.5





Local Tournament Schedule

DATE	PLACE	TIME
Nov. 02, 2013	North Medford High School	
Nov. 09, 2013	South Coast Team Challenge (Brookings Harbor High School)	
Nov. 16, 2013	Best of The West (Jackson County Expo Center)	
Nov. 23, 2013	I-5 Challenge (Roseburg High School)	
Nov. 30, 2013	Caveman Challenge (Grants Pass High School)	
Dec. 07, 2013	Phoenix High School	
Dec. 07, 2013	Illinois Valley High School	
Dec. 14, 2013	Crater High School	
Jan. 04, 2014	Glide High School	
Jan. 11, 2014	Southern Oregon Classic Qualifier (Grants Pass High School)	
Jan. 18, 2014	Oregon Wrestling Classic (Deschutes County Fairgrounds)	
Feb. 05, 2014	OWA Kids Collegiate State Championship (Parkrose High School)	



GLENDAL MAT CLUB

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT WITH PARENTAL CONSENT ("AGREEMENT")

IN CONSIDERATION of being permitted to participate in any way in any event ("Activity") at any time during the current calendar year I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of the Activity and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further agree and warrant that if, at any time, I believe the conditions to be unsafe, I will immediately discontinue further participation in the Activity.
2. FULLY UNDERSTAND that: (a) THIS ACTIVITY INVOLVES RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("Risks"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the conditions in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS or SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation, or that of the minor, in the Activity.
3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the sanctioning organization(s), their administrators, directors, agents, officers, members, volunteers, and employees, other participants, officials, rescue personnel, sponsors, advertisers, owners and lessees of Premises on which the Activity is conducted, (each of the foregoing shall be considered one of the RELEASEES herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED, OR ALLEGED TO BE CAUSED, IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, INCLUDING NEGLIGENCE RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may be incurred as the result of such claim.

I ACKNOWLEDGE THAT I AM OVER THE AGE OF 18 YEARS, HAVE READ THIS AGREEMENT AND FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE, AND I INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

PRINTED NAME OF PARTICIPANT: _____

PARTICIPANT'S SIGNATURE: _____

ADDRESS: _____
(Street) (City) (State) (Zip)

PHONE: _____ DATE: _____

Below section must be completed by Parent/Guardian for any participant under the age of 18.

MINOR RELEASE

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF THE ACTIVITY AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEE'S FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED, OR ALLEGED TO BE CAUSED, IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENCE RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIMS AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR ANY COST THAT MAY OCCUR AS A RESULT OF ANY SUCH CLAIM.

PRINTED NAME OF PARENT/GUARDIAN: _____

PARENT/GUARDIAN SIGNATURE (only if participant is under the age of 18): _____

ADDRESS: _____
(Street) (City) (State) (Zip)

PHONE: _____ DATE: _____

DEFINITIONS

ANKLE LACE - Hooking the ankle with your leg while your opponent is in the referees position.

ANKLE PICK - While in the neutral position, tied up have the head of your opponent pull his head toward his leg and grab his ankle.

ANKLE RIDE - In the up position, using the ankles to maintain position or break your opponent down.

ARM BAR - When you have broken your opponent down to his stomach, thread one of your arms over the top of your opponent's corresponding arms (right arm to right arm, or left arm to left arm), and position the forearm of your threaded arm along your opponent's back. In order to get your opponent's arm in a position where this threading is possible, you may have to work for wrists and pull an arm in closer to you.

ARM DRAG - Pulling your opponents arm across your body.

ARM ON BACK - Also known as the Hammer Lock.

ARM SPIN - Like you are going in for a fireman's carry but spinning through instead.

BACK POINTS - Points scored by turning and/or holding an opponent on his back.

BACKSIDE DOUBLE -

BALANCE - A state of bodily equilibrium.

BARREL ROLL -

BASE - This applies only to the bottom position. It means your body is being supported by your arms and legs that you are not broken down onto your stomach.

BEAR HUG - also known as a body-lock, is a grappling clinch hold and stand-up grappling position where the arms are wrapped around the opponent, either around the opponent's chest, midsection, or thighs; sometimes with one or both of the opponents arms pinned to the opponent's body. The hands are locked around the opponent and the opponent is held tightly to the chest. The bear hug is a dominant position, with great control over the opponent, and also allows an easy takedown to the back mount position.

BELLY TO BELLY -

BOLO - A move performed from the short sit out position when an opponent puts his head over your shoulder.

BOTTOM/DOWN POSITION - You are on your knees under your opponent and he is in control of you. If you gain the neutral position, then you have "escaped" If you gain the Advantage/Top position then you have "reversed" your opponent. Also known as the "Referees Position"

BOW & ARROW -

BRACKET - A printed diagram of games/matches in a tournament.

BREAKDOWN - taking your opponent from his base to his belly.

BRIDGE - Forming an arch "Bridge" with your back and legs, by supporting your body with only your head and feet on the mat.

BUTTERFLY - from the sprawl position hook under both arms of your opponent and lock your hands on his back.

BYE - An automatic advancement of certain wrestlers in tournament competition, issued when there is an uneven number of competitors in a bracket.

CAUTION - A ruling made by the referee where one wrestler is called for stalling, a false start, wrong starting position, etc. A second offense is a penalty. See: Stalling, Warning.

CENTER CIRCLE - The small inner circle of the wrestling mat in international competition.

CHAMPION - is the victor in a challenge, contest or competition.

CHANGING LEVELS - In the neutral position dropping and elevating your level in order to set up your opponent for a takedown. It also makes it more difficult for your opponent to score a takedown as well. Changing levels is also necessary when performing many takedowns.

GLENDAL MAT CLUB

CHEST-TO-CHEST - This means placing your chest against your opponent's when he's in his back at approximately a 90-degree angle.

CHICKEN WING - Arm Bar with far wrist.

CLAW - This is a technique used when a wrestler is on top of or behind his opponent. It involves the top wrestler reaching an arm underneath his opponent's armpit and across his chest in order to grip his neck/shoulder on the opposite side of his body.

COLLEGIATE - Refers to the style of wrestling. Same as Folkstyle wrestling. High School and Colleges use this style of wrestling.

COMBINATION - The use of two or more moves to score points or a pin.

CONDITIONING - Any preparation or training, especially athletic training of the body.

CONSOLATION BRACKET - The portion of a tournament bracket that features wrestlers who have lost at least one match, but have not been eliminated. Wrestlers in the consolation bracket cannot finish any higher than third place.

CONTROL - A position of advantage where one wrestler maintains restraining power over the other. This usually means that the other wrestler is off his feet and on the mat.

COUNTER - To move, act, or respond so as to be in opposition. To stop your opponent from doing a move.

CRAB POOL - A bracketing system with only 4 wrestlers. All wrestle one another. This is designed for less experienced wrestlers to be able to get more experience than the normal open bracket double elimination.

CRABLE - A pinning situation where the offensive wrestler has his opponent's head and one of his legs encircled, usually with his arms. In a pinning situation, locking of the hands is legal when in this situation.

CROSSFACE - This will drive the opponent's head away from you, by pushing his head with the bicep portion of your upper arm to the side of his head. This is used typically to counter leg takedown attempts, and on top to apply a crossface or far side cradle.

CROSSFACE CRADLE - When you have a crossface and your opponent puts his far leg up it opens up the crossface cradle.

CROSS BODY RIDE - A leg ride that positions the wrestler across the hips of his opponent.

CROTCH LIFT - Similar to the double leg pickup but with only one leg. Also known as the "High Crotch".

DECISION - Winning a match by less than a 15 point spread. Winning by "Decision". Winning by more than 15 points would be a Technical Fall and is treated the same as a Pin/Fall.

DEFENSE - The act of defending against attack.

DEFER - A strategic act in folkstyle that has one wrestler give the choice of starting position to his opponent in the second period in order to receive choice in the third period.

DOUBLE BLAST - An explosive Double Attack. You go to a knee as you do any Double Leg but you have your head in your opponents chest as you stab back to your feet you blast through your opponent while lifting.

DOUBLE ELIMINATION - A common rule stating that, in tournament competition, any wrestler with two losses prior to the medal round is eliminated from that specific competition.

DOUBLE LEG - Takedown that involves the wrapping up of both of your opponents legs.

DOUBLE OVERHOOK - A defensive throw used when your opponent gets you in a bear hug.

DRILLS - Practicing techniques over and over in repetition.

DUCK UNDER - Lifting up of your opponents arm while in a tie up and ducking your head under and around your opponent.

DUMMY - Practice partner that allows you to perform or practice a move on him.

ESCAPE - When the defensive wrestler gains a neutral position and his opponent has lost control while either wrestler is inbounds, Counts for one (1) point.

FAIL - Also called a "Pin." When either both shoulders and or both shoulder blades are held in contact with the mat for two (2) continuous seconds. It terminates the match and is worth six (6) team points.

FALSE START - Any movement or action that occurs before an official's signal to start.

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FAR SIDE CRADLE -

FIREMAN'S CARRY -

FLEEING THE MAT - The term used when a wrestler leaves the mat to prevent from being scored upon.

FOLKSTYLE - A style of wrestling also known as Collegiate. Used in High School and College competitions.

FOOT SWEEP - Sweeping your opponents foot with yours.

FORCE HALF - Pushing the head down and "forcing" the half. Usually performed with leg rides.

FREESTYLE - The most renowned style of wrestling. Used in international and world competitions.

FULL NELSON - An illegal hold! putting two half nelsons on at the same time.

GAZZONI - is an escape move that is performed while in the referee's bottom position. Performing this move requires a bit of practice and an opponent who makes the mistake of trying to reach over as you attempt to perform the basic sit out. Grab arm and roll through.

GET 90-DEGREES - This means to create a right angle to your opponent with your body. This is especially important when applying a pinning combination, which requires you to be chest-to-chest to your opponent.

GRANBY ROLL -

GRECO ROMAN - Style of wrestling that only allows upper-body attacks.

GUILLOTINE - A move performed while leg riding your opponent.

HALF NELSON - A pinning combination where the attacking wrestler on top laces his arm under his opponent's arm and behind his head.

HAMMER LOCK -

HAND CONTROL - This means that you are holding one or both of your opponent's hands with your hands. It is generally preferable to grab your opponent's hand instead of his wrist. There are occasions when it is preferable to grab his wrist. When an coach says hand control, he means hand control and not wrist control.

HEAD & ARM - Refers to both a throw for advanced wrestlers, or a pinning combination where a wrestler has both an arm and a head of his opponent to hold him down on his back.

HEADGEAR - A piece of protective equipment used to protect a wrestler's ears and head.

HEAD IN THE HOLE - When you have shot a double leg / your opponent counters and you find yourself with your head between your opponents legs.

HEAD LEVER - You have countered your opponents double with a sprawl / push his head down reach over your opponents arm and grab your wrist that is pushing your opponents head down. "Like a force half from the other side"

HEAD TAP - A setup commonly used to setup a double leg takedown.

HEAL TRIP -

HIGH CROTCH - A single leg attack where the offensive wrestler controls his opponent's leg above the knee. This attack is executed with the offensive wrestler's head to the outside of his opponent's body.

HIP CONTROL - Hips are your opponents center of gravity. Controlling his hips allows you to control your opponent.

HIP HEIST -

HYDRATION - The level of water in one's body. High school competitors must pass hydration testing to be eligible to compete.

ILLEGAL (MOVE OR HOLD) - A technique that is not allowed in a specific style or competition.

INSIDE TIE - The Under-hook is considered the inside tie. An over-hook is the outside tie.

INSIDE TRIP -

JAPANESE WHIZZER - A throw used by advanced wrestlers.

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KEY LOCK – This is when you have a competitors wrist.

LEAD LEG – The leg that is forward in a staggered stance.

LEG BANDS – In tournaments, the contestants wear leg bands to identify which one is being scored as the home wrestler and which is the away wrestler. The green leg band is for home, the red for away. Scoring cards, when used, are also green and red. The referee's coin is green on one side and red on the other. It is used to determine which wrestler chooses the starting position at the beginning of the second period.

LEG RIDES – lacing your legs with your opponent in order to control him.

LIMP ARM – A defensive maneuver used to escape from the whizzer.

LOCKING HANDS – Interlocking or overlapping hands, arms or fingers around the opponent's body is illegal, except when both wrestlers are on their feet or in a pinning (near fall) situation.

"LOOK AWAY" – defense for the half nelson.

MAT TIME – This is a slang term for "experience," literally referring to the time a wrestler spends on the mat.

MATCH – Individual contest between two wrestlers.

MEET – A contest between two wrestling teams. Each team may have one wrestler in each weight class. Team points are awarded on the basis of the results of individual matches between wrestlers. See: Points (Team), Tournaments.

NAVY RIDE –

NEAR SIDE CRADLE –

NEAR-FALL – A near fall occurs when the offensive wrestler has control of his opponent in a pinning situation. It involves holding the shoulders or shoulder blades within four inches of the mat or holding one shoulder or shoulder blade on the mat and the other is held at a 45-degree angle for 2 seconds. It is awarded when the defensive wrestler gets out of the pinning situation. A near-fall is 2 points if held for 2 seconds or 3 points if held for 5 seconds.

NEUTRAL – Both opponents' are facing each other standing up, without either being in control.

ON DECK – The term to describe the wrestlers who are set to compete after the match occurring at that time.

"ON YOUR TOES" – This is referring to a position your coach wants you to be in. If you are on your toes and your chest is on your opponent. Most of your weight is distributed to him. If you are on your knees, most of your weight is on the mat.

OPEN BRACKET – When all wrestlers in the same age and weight class are put into a single bracket. May be as few as one wrestler or as many as 200.

OT – Acronym for overtime.

OVER-HOOK – A form of tie up in the neutral position. You hook your opponents arm when he has an under-hook in.

OVER UNDER – A hip tossing throw you perform with the over hook on one side and under hook on the other.

PANCAKE – After your opponent shoots a double leg and you sprawl. Grab his head and duck your head under his and turn your opponent to his back.

PARALLEL – This means your body is on the same alignment as your opponent's body.

PENETRATION – This means that you are stepping into your opponent. Many wrestlers mistakenly think they are penetrating by getting their head closer to their opponent without moving their feet. Penetration is accomplished only by stepping forward with a foot and moving your hips forward.

PERIOD – A specific portion of a wrestling match regulated by time. Number and duration of periods depends on the level and style of competition.

PIN – When you "Pin" both of your opponents shoulder blades flat to the mat at the same time.

PINNING COMBINATION – A combination of moves that puts your opponent to his back and holds him there.

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PLANE – The theoretical flat surface used to determine scoring. It's composed of the wrestler's back in accordance to the mat. When the wrestler's back breaks a 90-degree angle in this plane, scoring of back points occurs.

POSITION – This term referees to your position in relation to your opponent. Being in a good defensive position is the most important skill in wrestling. Getting your opponent out of a good defensive position is the one thing that must first be accomplished to penetrate into your opponent. In wrestling there are three positions when beginning action in a match. (Neutral, Bottom/Down, Advantage/Top)

POST – This means placing a body part to a mat. It will be a head or foot in most cases.

POTENTIALLY DANGEROUS – When a move is performed incorrectly or a wrestler is in a position that could hurt a wrestler the referee will stop the match because it is "potentially dangerous".

POWER HALF –

QUALIFIER – A specific tournament used to qualify top placers for a more competitive event. The number of qualifiers depends on type and size of each specific event.

REFEREE'S POSITION/TOP – You are on top and in control of your opponent. A defensive wrestler must score and "escape" or "reversal" in order to score points, except for illegal holds or for stalling.

REVERSAL – When the defensive wrestler comes from underneath and gains control over his opponent either on the mat or in a near-standing position, while either wrestler is inbounds, Counts two (2) points.

REVERSE HALF – Scooping the head when your opponent is on his back. There is one main difference between the traditional half-nelson and the reverse half-nelson. That is, the traditional half can be used as a turn and the reverse half is a move you use when your opponent is already on his back.

RIDING – This is the term used to describe the act of staying on top of and controlling one's opponent.

RUN THE CORNER –

RUSSIAN ROLL –

SCORING TABLE – The table, usually at the edge of the mat, where individuals keep track of both the time and score of a match.

SELF DISCIPLINE – The ability to motivate oneself in spite of a negative emotional state. Qualities associated with self-discipline include willpower, hard work, and persistence.

SETUP – Create a motion or action by the opponent, which will allow you to attempt a takedown while the opponent is not in a good defensive position.

SHOOT – To take a penetration step towards an opponent in an attempt to take the opponent down. See "penetration step".

SHOT – The term describing an attempt at a takedown.

SHOULDER ROLL –

SHUCK BY –

SINGLE LEG – Takedown that involves the wrapping up of only one of your opponents legs.

SINGLE LEG SWEEP –

SINGLET – A tight-fitting uniform required for wrestling competitions. The style of singlets may vary depending on the style of wrestling.

SIT OUT – Sitting out from the Referees Position. There is a long and a short version.

SLAM – The use of excessive force when returning an opponent to the mat. Slams are illegal in most types of wrestling.

SLIP – A term used in freestyle and Greco-Roman wrestling to describe a failed attempt at an attack that results in the defensive wrestler gaining control over the offensive wrestler after the move has been completed. Neither wrestler is awarded points in the event of a slip.

SNAP DOWN – Pulling your opponents head toward the mat so he goes to his knees.

SOUPLE – A type of throw in freestyle and Greco-Roman competition where the attacking wrestler throws his opponent to his back head using a back arch.

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SPEAR FINISH –

SPIRAL RIDE – Arm in the armpit and an arm in the thigh and spin in spiral until opponent is broken down.

SPRAWL – The counter to the Double Leg takedown. Kicking your legs away from your opponent.

SQUARE – This is the term used to describe how you would position your shoulders/body to be parallel to your opponent's while you are in the neutral position. This is done to prevent him from being able to create angles on you.

SQUARE STANCE – A type of wrestling stance where both of an individual's legs are next to each other, designating no lead leg. This is typically a defensive stance.

STACK – Tight waist with a key lock. Push your hips under your opponents to shove him in the air, forcing his shoulders to the mat.

STAGGERED STANCE – A type of wrestling stance where one leg is forward. Typically the wrestler's dominant leg is in back. This is usually used as an offensive stance.

STAGING AREA – The area where wrestlers meet when they are getting paired up to wrestle at a tournament.

STALING – A caution by the referee when one of the wrestlers fails to make a reasonable effort to wrestle aggressively. An offensive wrestler must make a reasonable effort to pin his opponent; a defensive wrestler, to escape.

STANCE – Being in a proper stance is essential in wrestling. A wrestler can either have a square stance (feet are even in alignment) or a staggered stance (one leg is farther forward than the other). Either stance must be able to maintain balance and be able to maneuver quickly from different positions.

STAND UP – One of the simplest, yet most effective move from the referees position. Key to a good standup is hand control and keeping your head up.

STARTING POSITION – The wrestlers begin each period either in the neutral or referee's position. The first period always starts in the neutral position. For the second period, a coin toss decides which wrestler chooses the starting position. He elects the neutral, offensive or defensive position, or he may defer his choice. Unless he defers, the other wrestler chooses the starting position for the third period. When the wrestlers go out of bounds, either the neutral or referee's starting position is used, depending on whether one wrestler has control. See: Leg Bands, Neutral Starting Position, Referee's Starting Position.

STUTTER STEP – A quick fake step or small step forward. Used to try to pull a wrestler out of position so as to allow for another attack. A set up.

SUCK BACK – When your opponent is in the sit-out position under hook his armpits and pull him backward to his back.

SUICIDE CRADLE – A far side cradle with a roll throw while pulling your opponent over you.

SUPLEX – Belly to belly or belly to back arched throw. Freestyle throw.

SWITCH – A basic move that is very effective all the way up into the top levels of competition. It's much like a sit out to the side at the same time reach back and grab the leg of your opponent and pull yourself around as you put pressure on your opponents shoulder.

TAKEDOWN – When one wrestler gains control over the other down on the mat from a neutral position while either wrestler is inbounds. A takedown is normally awarded when one or both of the defensive wrestler's knees are down on the mat, Counts two (2) points.

TECHNICAL FALL – It occurs when one wrestler has accumulated fifteen (15) points more than his opponent. It terminates the match and is worth five (5) team points.

TECHNIQUE – A specific movement or hold that can be practiced to increase effectiveness.

TIE UP – When two wrestlers lock up with an under hook, over hook, grabs behind the head, grabs the arm or any variation that lock the two together in the neutral position.

TIGHT WAIST – Grabbing as tightly as you can around your opponents waist to establish control of him.

TIGHT WAIST CHOP – A combination between the tight waist and the arm chop.

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TILT – In freestyle wrestling when turning your opponents shoulders past a 90 Degree angle.

TOP POSITION – This is the wrestler on “top” of the wrestler that is in the referees position. One hand is on the opponents elbow, one hand is on the opponents belly button. On a knee to the side that he has an elbow on and his foot up behind his opponents feet. Head should be positioned behind the shoulders and in the middle of the back.

TOURNAMENT – A contest between several schools where wrestlers are divided into weight brackets. Each school may have one or more wrestlers per bracket. Normally, wrestlers in each bracket are seeded according to past records. Team points are given on the basis of the final placement of its wrestlers. See: Leg Bands.

TRAIL LEG – This is a wrestler's back leg when performing a penetration step. A wrestler pushes off of the trail leg to generate power for the takedown.

TURK – from the cross-body ride, you cross-face and use your legs to rotate across the bottom wrestlers body to force him to his opposite side --- you finish with a cross-face and the leg still hooked in, turning him to his back - and use your outside arm/hand out for balance.

TURNS – When you turn your opponent from his belly to his back.

TWO ON ONE – This means gripping an opponent's hand, wrist, or arm with both of your hands.

UNDER-HOOK – A form of tie up in the neutral position. You drive your hand and forearm inside your opponent's arm, and raise your hand and forearm up under the opponent's shoulder.

UNNECESSARY ROUGHNESS – This is called when a wrestler tries to inflict pain or intentionally injure an opponent.

UNSPORTSMANLIKE CONDUCT – An action during a match or meet that is thought to be immoral in terms of the rules of the sport. Unsportsmanlike conduct may result in a deduction of points or a competitor being ejected from competition.

USA WRESTLING – The governing body for the sport of wrestling in America, focused mainly on, but not limited to, freestyle and Greco-Roman competition.

WARM-UP – The action of warming the body up to prepare for physical work. This helps to prevent injury

WARNING – A ruling made by the referee when one wrestler has made an illegal or potentially dangerous hold or other serious violation. False starts or stalling is given a caution for the first offense. A first or second warning awards the opposing wrestler one (1) point, a third two (2) points; a fourth results in disqualification of the offending wrestler. See: Caution.

WEIGH-IN – The event before a competition where wrestlers are weighed in order to determine weight classes. Weight classes are broken down by pounds in American competitions and kilograms in international competitions.

WEIGHT CLASS – A division that categorizes wrestlers by body weight.

WHIZZER – Like an over hook to the side.

WHIZZER KICK – With a whizzer in you kick your opponents leg up.

WRIST CONTROL – Maintaining control of your opponents wrists.

2 ON 1 – Having both hands on one of your opponents arms.

3/4 NELSON – While you have an ankle laced. Put the half in and reach under his body to grab your hand. Pull his head under and toward you.

90 DEGREE ANGLE – In most pinning combinations you want your body to be at a 90 degree angle from your opponents body. This prevents him from rolling you threw.

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