

Champions Wrestling School

Club Philosophy Packet

www.championswrestlingschool.com

Purpose of Packet

The purpose of this packet is to provide a clear and consistent overview of our philosophies and systems. This will enable you to gain the necessary insight to make the best decision for your son.

Our mission is to enable youth wrestlers to reach their full potential in wrestling and life through our system of **CORE Values & Skills**.

We strongly believe that youth athletes need structure, boundaries, clarity, and consistency. We put a lot of thought into our practice structure. Because of this, we will not be the right club for every wrestler.

Carefully review all aspects of this packet with your child, and request to participate in a no-charge practice before committing to a full season (4 months).

Club Guidelines

- ❑ **Comprehensive Program:** We train our team based on **CORE Values** and a strategic system of skills covering **Mental, Physical,** and **Technical** aspects of wrestling. This is not a place to simply “get in a good workout” or “learn trick moves”. We’re strategically building fundamental skills for long term success, on and off the mat.
- ❑ **Parents’ Role:** Positive reinforcement...Please no coaching, or yelling at your child during practice. It’s distracting having several people yelling during practice. During tournaments, please let the coaches coach. We ask the parents to cheer and support, but not coach. If you have the passion for coaching, please let us know. We’d love to get you trained under our **CORE Values & Skills** philosophy, and have you helping develop our wrestlers in no time!

Club Guidelines

❑ **Perspective:** Set realistic goals, and understand that life goes on after each tournament. Also, it's unrealistic to expect any coach to "fix" a wrestler in a few practices or right before a big tournament . This is in direct conflict with our **CORE Values**. However, with hard work and consistency, he'll see improvement each month.

❑ **Come Early:** "On Time" is Late. Get to practice 10 minutes early.

This allows time to get changed into practice gear, and start on time. We run a tight ship...Everything is on a clock (drills, water breaks. etc.). This allows us to efficiently train. Efficient practices will position your child for success at tournaments. It also allows your child to properly warm up and cool down...Reducing the risk of injury. If we have kids constantly coming in late, the flow of practice is disrupted. Athletes (especially young ones) need a few minutes to wake up and transition from "civilian mode" to "wrestler mode". Finally, being on time is a great example of respect, one of our **CORE Values**. Per these reasons, we will not allow wrestlers into practice more than 10 minutes after the start.

Club Guidelines

- ❑ **Commitment** : Wrestling is a very tough sport. It requires a great deal of consistency and repetition (i.e. drilling). Missing a practice from time to time is understandable, but missing practices regularly hurts the development of your child and the team. It also, is in conflict with our **CORE Values**. If your child is new or struggling, encourage them to stick with it for a while. Nothing worth having ever comes easily. Wrestlers that train year round (with strategic breaks) will look back on their careers with pride and accomplishments that no one can take from them!
- ❑ **Dual Memberships**: You may want your child to get in extra conditioning workouts, attend camps, and/or compete in tournaments outside of the local area. Your child may also be a member of a middle or high school team, and simply wants to supplement his training or put in some extra work in order to become a starter. We think all these scenarios are great! The issue is when wrestlers consistently train at other clubs.

Club Guidelines

- ❑ **Dual Memberships Cont.:** This creates multiple issues. Over-training can occur, which results in burn out and/or injury. Which coach should be coaching your child at tournaments...Ours or the other club's? Do you really want 2-3 different coaches yelling moves to your child at the same time, during competition? Every wrestler has to register for tournaments, and they often track team points. How is this done with multiple clubs? Developing skills requires consistent repetition. It's hard enough to get all the coaches on one team to teach moves exactly the same. Imagine how frustrating it would be for your child to have to re-learn the same move 2-3 different ways each week. It truly becomes a waste of time for the kids, and the coaches. If at anytime, you feel that your child would be better developed on another team...We would be disappointed, but would respectfully provide a refund for the balance of your membership fees.

Club Guidelines

- ❑ **Come Prepared:** Bring a water bottle towel, small towel, head gear, and mouth guard (if braces). Dress out in t-shirt, shorts or sweat pants, and wrestling shoes...No street shoes allowed on mat.
- ❑ **Club Fees:** Cash or check accepted. Make all checks payable to Champions Wrestling School. All fees due by 1st practice. Pay ½ price for siblings (up to 2 additional per family). No refunds for missed sessions, inclement weather, holidays, etc.
- ❑ **Insurance:** All wrestlers must have a valid USA Wrestling or AAU Wrestling card in order to participate in our practices.

CORE Values

Wrestling can bring families and friends closer together. They experience success and failure. This creates life long memories that your son can tap into for confidence and joy!

One day, the competitive side of the sport will be over for your son. Welcome to the “real world”! We all want our kids to be as prepared as possible for life’s challenges. **CORE Values** are the foundation of a person’s character, and will make THE difference in how successful they are in the sport of life. This is why we’re more concerned with HOW our wrestlers win or lose than IF they win or lose. We consistently reinforce and hold our team accountable to the below **CORE Values**.

Mental Toughness	• Confidence, Manage emotions, Define success, Decide to win, Focus, Perspective, Pain vs. injury.
Respect	• Self, Coaches, Referees, Team mates, Opponents.
Work Ethic	• Quality workouts, Consistent participation, Intensity.
Self Discipline	• Nutrition, Rest, Practice, Routines.
Leadership	• By example, Character, Clear Communication, Positive attitude.
Integrity	• Do the right thing, Work until the job is done, Honesty.

CORE Skill Groups & Indicators

Beginner

- **Experience:** Competed in 0-15 tournaments
- **Technical/Physical:** Gaining proficiency in Beginner **CORE Skills**
- **Mental:** Awareness of all **CORE Values**

Intermediate

- **Experience:** Competed in 16-32 tournaments
- **Technical/Physical:** Proven proficiency in Beginner...Gaining proficiency in Intermediate **CORE Skills**
- **Mental:** Behaviors consistently reflect all **CORE Values**

Advanced

- **Experience:** Competed in 33+ tournaments
- **Technical/Physical:** Proficiency in Beginner & Intermediate...Gaining proficiency in Advanced **CORE Skills**
- **CORE Values/Mental:** Consistently leads by example in all **CORE Values**

*Each wrestler will progress through each group pending the coaches' assessment of above **CORE Skill Indicators**.

CORE Skills: Beginner

Wrestling 101



- Club Philosophy
- Club Rules & Consequences
- Scoring, Rules & Equipment
- What a good job looks like

Positioning



- Stance, motion, drop step
- Beginner Tie-Ups & Grips
- Starting & Power Positions
- Scrambling
- Hand Fighting

Standing



- Double - bump across
- High Single - run the pipe, knee sweep & quick change off
- Front Head Lock From Down Block - go behind & snake
- Duck Under - go behind
- Defense - from leg attacks, head locks, & from head locks

Top



- Riding - claw/inside thigh/ankle
- Break Downs - far knee/far ankle & inside elbow/hip
- Turns/Tilts/Pins - 2 on 1 [half nelson, hook & reverse half], cross face [cradle & barb wire]
- Defense - to stand up

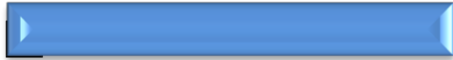
Bottom



- Escapes - knee slide stand up and sit out hook shot
- Reversals - switch
- Defense - half nelson, cradles, arm bars

CORE Skills: Intermediate

Positioning

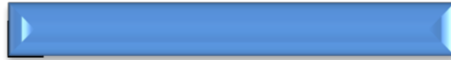


- Stance, motion, drop step
- Intermediate Tie-Ups & Grips
- Grips
- Starting Positions
- Scrambling

Power Positions

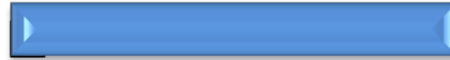
- Hand Fighting - Shuck

Standing



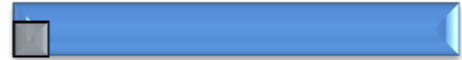
- Double - recovery from poor position, blast
- High Single - recovery from poor position, knee shove, golf swing, & trip
- Front Head Lock - head in the hole, cement mixer & cradle
- Duck Under – to double & to back
- Defense - down block
- Intermediate Secondary Attacks - snap and go behind, ankle & knee picks

Top



- Riding - claw/inside thigh
- Break Downs - far knee/far ankle, inside elbow & hip]
- Turns/Pins - 2 on 1 - bars & tilts
- Defense - to , switch, & sit out

Bottom



- Reversals - switch & sit out hook shot
- Defense - to leg riding

CORE Skills: Advanced

Positioning



- Stance, motion, drop step
- Tie-Ups - inside, outside, collar and arm, & over and under
- Grips
- Starting Positions
- Scrambling Power
- Positions
- Advanced Hand Fighting

Standing



- Double – advanced set ups & finishes
- High Crotch – advanced set ups & finishes
- High Single – advanced set ups & finishes
- Advanced Front Head Locks
- Advanced Counters
- Advanced Tie Ups
- Throws
- Advanced Leg Attacks
- Advanced Secondary Attacks
- Advanced Hip Pressure Defense

Top



- Break Downs - far knee/far ankle, inside elbow & hip
- Turns/Pins - 2 on 1 [half nelson, hook & reverse half, & tilts], cross face cradle, & barb wire
- Defense - to Peterson & Gramby

Bottom



- Escapes - shift and stand up/shear
- Reversals - Peterson & switch