

**CHAPTER 1**  
**INTRODUCTION**  
**HISTORY OF WRESTLING**  
**ORGANIZATION AND GOVERNANCE OF WRESTLING**

*A couple of questions to get you started: (1.) "What's black and blue before a wrestling match?"*

*ANS: "A Williams Lake Wrestling Club athlete in his team-wear."*

*(2.) "What's black and blue after the match?" ANS: "His opponent!"*

*WELCOME to Williams Lake's **fastest-growing**, and **most exciting**, minor sport!*

**WELCOME** to the **WILLIAMS LAKE WRESTLING CLUB!** - the Kids in **Black 'n Blue!**

This handbook contains some information about **Wrestling**, and about **our club**.

**If you require further information** during the year, don't hesitate to ask.

We hope your youngster has a **great season in our club**, and a **great career in wrestling**.

**WHO ARE WE?**

We are a registered, non-profit society dedicated to fostering **Citizenship, Sportsmanship, Athletic Achievement, and FUN** among youngsters in the Williams Lake area, through participation in the sport of Amateur Wrestling.

Now beginning our 11<sup>th</sup> season, the **WILLIAMS LAKE**

**WRESTLING CLUB** is probably Williams Lake's fastest-growing minor sport organization.

The *Coaching Association of British Columbia* honoured our club as the **top Recreational/Grassroots Sports Organization** among all sports in BC in 2004 **AND** 2005.

We must be doing something right!

**WRESTLING - WHY WE LOVE IT!**

**Here's what a wrestling parent in our own club said:**

*"I love to see the smiles on the kids' faces. Wrestling puts more smiles on kids' faces than any other sport!"*

**Alys Wardlaw**  
(thanks,

Alys!)

**Here's what an Elementary teacher / wrestling coach said:**

*"Many former student-wrestlers have told me that wrestling was the sole reason for their staying in school, staying off drugs, and succeeding as adults.*

*Why? Because wrestling appeals to the kids on the edge, the grey kids, the ones who fall through the cracks, the round ones who don't fit in to the pre-conceived square boxes we unsuccessfully and inexplicably try to cram them into.*

*The ones that cannot play on a structured social team like basketball, the lone wolves, the kids that need the most uplifting, the ones with no or low self-esteem, the ones that are at the crossroads.*

*The kids that cannot sit at a desk all day, the ones heading in the wrong direction, the kids that can't read or spell, the ones deciding between drugs and school."*

**Peter Leslie**  
100 Mile House  
(thanks, Petel!)

## HISTORY OF WRESTLING

Origins of wrestling can be traced back 15,000 years to cave drawings in France. Early Egyptian and Babylonian reliefs show wrestlers using many holds known to the present-day sport.

In ancient Greece, wrestling was prominent in legend and literature. Homer's *The Iliad* features a bout between the burly Aias (Ajax) and the wily Odysseus (Ulysses) at Patroclus' funeral during the Trojan War.

Wrestling was the supreme contest of early Olympic Games. The first recorded Olympic wrestling match occurred in 708 BC.

During the Middle Ages wrestling remained popular in many countries, including France, Japan, and England. In 1520, England's King Henry VIII challenged France's King Francis I to a wrestling match. Francis, who was smaller, won the match.



Wrestling was a traditional sport among North American Aboriginal peoples. Early North American settlers brought a strong wrestling tradition with them from Europe.

Amateur wrestling flourished throughout the early years of the nation, and was a popular activity at country fairs, holiday celebrations, and in military exercises.

The first wrestling competition in the modern Olympic Games was held in 1904 in Saint Louis, Missouri. Canada's **Aubert Coté** won a Bronze medal in the 54 Kg class.

Canada continues to be successful on the Olympic mats, with medals in the last two Games. BC's **Daniel Igali** took a Gold in the 2000 Games in Sydney, Australia, while Ontario's **Tonya Verbeek** earned Silver in 2004, in Athens, Greece.

## ORGANIZATION AND GOVERNANCE OF AMATEUR WRESTLING

The international governing body for wrestling is *FILA - Fédération Internationale des Lutttes Associées* (or, in English, the *International Federation of Associated Wrestling Styles*.) The office is in Lausanne, Switzerland.

Canada's national sport-governing body for wrestling is *CWA - Canadian Amateur Wrestling Association*, (or *Wrestling Canada Lutte*) with its office in Ottawa, Ontario.

In British Columbia, wrestling is governed by the *BCWA - the British Columbia Wrestling Association*, with its office in Vancouver. However, at the High School level, Zone and Provincial Championships fall under the auspices of the *BCSSWA - the BC Secondary School Wrestling Association*.

The *BCWA* and the *BCSSWA* divide British Columbia into **eight Zones**. Williams Lake competes in *Zone 8 (North-Central)*, along with current teams in Prince George, Vanderhoof, Valemount, Mackenzie, and Fort St. John.

Several **multi-sport Games** feature wrestling for youngsters of school-age. These include:

- ▶ Northern BC Winter Games
- ▶ BC Summer Games
- ▶ Western Canada Games
- ▶ North American Indigenous Games

To date, WLWC athletes have participated in (and medaled in) **all** of the above events!

**Training and certification of coaches** falls under the auspices of the *National Coaching Certification Program (NCCP)*.

**The training and certification of wrestling officials** is the purview of the *BC Wrestling Officials' Association (BCWOA)*.

The *BCWA* provides significant **insurance**, which may cover expenses related to injuries sustained in sanctioned programs.

**To ensure safety of athletes**, and to reduce the risk of liability, it the policy of the *BCWA* that NCCP-trained coaches (minimum Level I) must be present for every practice, and that all tournaments must be sanctioned by the *BCWA*, and must be officiated by *BCWOA*-certified officials. In addition, all athletes participating

in club events or sanctioned tournaments must be registered members of *BCWA*.

The *WLWC*'s operation is governed by our **Constitution and Bylaws** (copy available on request.)

The **day-to-day operation** of the club is overseen by the Executive, comprising the President, Vice-President, Secretary, and Treasurer. In addition, the Executive often appoints additional members, including Managers of Task Forces. Executive meeting are held from time to time as needed, and any member of the club is welcome to attend.

The election of the Executive, along with the setting of fees, is done at the **Annual General Meeting**, held in April.



## CHAPTER 2:

### THE SPORT OF WRESTLING

*Despite the success of the Canadian Olympic Wrestling team (2 medals in the last 2 Olympic Games,) the sport of Amateur Wrestling is not well known. So here's a quick look at what we do in the world's oldest, and most exciting, sport. . .*

#### FORMS OF WRESTLING

There are **many variants** of wrestling found throughout the world today - too many to list.

The most popular in Canada, and the form followed by our club, is **Olympic Freestyle**.

#### BRIEF DESCRIPTION OF THE SPORT

Wrestlers are **grouped according to weight**, and wrestle opponents only in their own weight-groups. Girls compete against girls only; boys against boys only.

The object is to win.

A match, or "bout", consists of **three 2-minute rounds**. The first wrestler to win two rounds wins the match.

You can win by **out-scoring** your opponent, or by "**pinning**" him/her. A pin, or "fall" occurs when you

force both of your opponent's shoulder-blades to touch the mat simultaneously. A fall ends the match instantly, regardless of time elapsed, or points scored.

Offensive points are scored for a variety of moves:

- ▶ Forcing at least one of your opponent's feet to touch out of bounds when in a standing position - **1 point**
- ▶ Taking your opponent down onto the mat, in control, from feet to front, or from feet to butt-and-one-hand - **1 point**
- ▶ Rolling your opponent from front to a position where his/her shoulders face the mat (ie. past 90 degrees) - **2 points**
- ▶ Holding your opponent so his/her shoulders face the mat for at least 5 seconds continuously - **1 additional point**

- ▶ Taking your opponent down onto the mat, in control, from feet to back - **3 points**
- ▶ Taking your opponent down onto the mat, from feet to back, in a way in which the opponent loses all contact with the mat, and makes a wide sweeping curve in the air - **5 points**

In addition, a referee can award **1 or 2 "caution" points** to a wrestler whose opponent commits any of a number of infractions.

During a round, if a wrestler gains a **6-point superiority** in score, he/she wins the round, regardless of time elapsed.

### ILLEGAL MOVES OR ACTIONS

For safety reasons, a number of moves or actions are not allowed:

- ▶ slapping or punching
- ▶ kicking
- ▶ biting
- ▶ pinching or scratching
- ▶ poking eyes
- ▶ head-butting
- ▶ stomping on toes
- ▶ grabbing genitals
- ▶ choking
- ▶ grabbing garments

- ▶ forcing a joint against its normal range of motion (eg. bending fingers back)
- ▶ head-lock (unless there is an arm within the hold)
- ▶ full-nelson
- ▶ hammer-lock < 90 degrees
- ▶ back-bending throws (eg. salto, suplay)

### ADAPTATIONS OF RULES

Wrestling rules at the High School level are adapted from International rules - largely for safety. Similarly, rules for Elementary-aged wrestling are adapted and simplified from High School rules.

### WATCHING A WRESTLING MATCH

Here's what a wrestling match looks like:

A match, or bout, begins when the referee calls the wrestlers onto the mat. The referee checks the athletes for jewellery or long fingernails which could scratch an opponent.

The wrestlers' **singlets** -- blue or red— identify them with the colours on the score board. (At the Elementary level, wrestlers

might not wear singlets. Often red or blue ankle-bands are given to the wrestlers to identify them.)

The referee's coloured **armbands** match the wrestlers' singlets or ankle bands. During the match, the referee holds up 1, 2, 3, or 5 fingers to indicate points scored -- red arm for the red wrestler, blue arm for the blue wrestler.

The wrestlers **shake hands** with the referee, and with each other, before and after the **match**. **Good sportsmanship is a MUST!** Wrestlers must wrestle aggressively throughout the match-- being passive is not permitted.

**Spectators** are encouraged to cheer loudly. Unlike in some sports, it is **never acceptable** in wrestling to make negative comments, or to question or berate officials. If you have a question or concern, direct it to your coach.

**Be courteous, or begone!**

## COMPETITION FORMATS

Wrestling tournaments may feature a variety of competitive formats. The most common are:

1. **ROUND ROBIN:** used when there are 5 or fewer wrestlers in a weight-group. Each wrestler competes in matches against every other wrestler in the group. Final placing is based on the number of wins each wrestler earns.
2. **BRACKET DRAW:** used when there are 6 or more wrestlers in a weight-group. Winners progress to the championship round. Losers are first dropped to the consolation round. A second loss eliminates the wrestler from further competition.

At tournaments, schedules ("draws") are posted on the walls, along with results of completed matches.

The schedule portion of the draw sheet will show the **match number**, and the **mat** on which the wrestler will compete. **Mats are usually identified with letters** (eg. Mat 'A', Mat 'B', etc.) If, for exemple, **YOUR** first match is

designated "C 26" it means you wrestle in match number '26', on mat 'C'.

Matches are scheduled in numerical order: (Match 1 comes first, followed by Match 2, then 3, etc.) Numbered cards, or flip charts, on the scorekeepers' table indicate the match currently in progress. If YOU are to compete in Match 26, you should begin to warm up when the match in progress is, say, Match 23 or so.

Often, (but not always), all of a wrestler's matches will be on the same mat.

Wrestlers are responsible for reading the draws to know when, and on which mat, they are to wrestle. Wrestlers must be ready to go when the referee calls them onto the mat.

Wrestlers are also responsible for

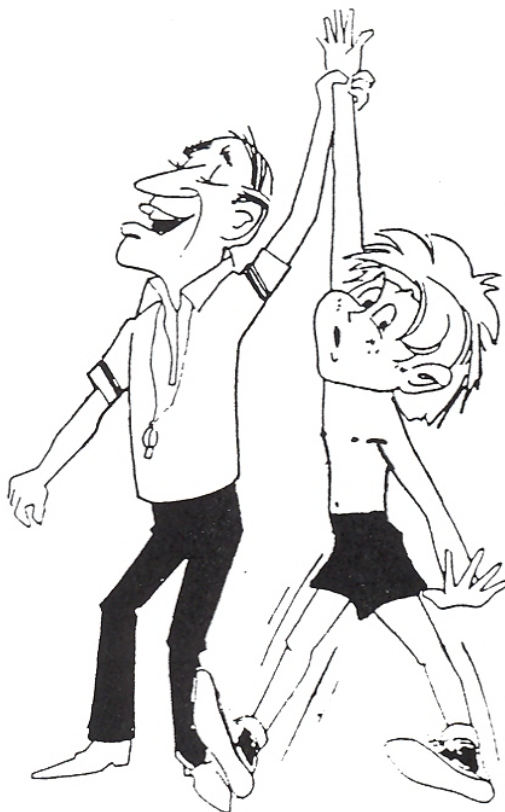
showing up in the correct-coloured singlet. This information is indicated on the Draw sheet.

Always, in a round-robin draw, the first-named competitor will wear 'red', while the second-named wrestler will be 'blue.' (For example, if the draw lists '*AL vs BOB*', then Al will be 'red' and Bob will be 'blue'.

In a bracket draw, the top name will wear 'red', while the bottom name will be 'blue'.

When the referee calls wrestlers onto the mat for their match, they must show they have brought hankies to use in case of blood.

During the short break between rounds wrestlers are permitted to drink water (only).





## CHAPTER 3 - PHILOSOPHY, POLICIES, PROCEDURES, PICKY-POINTS, AND PARENT PARTICIPATION

*(How's that for a Pod of P's?)*

*In Chapter 2, we outlined "What We Do". In this chapter, we talk about "How We Do What We Do"  
This chapter is a **work-in-progress**. It can never be finished.*

### INTRODUCTION

When we formed the club, we really didn't know what we were doing. There was no textbook on "*How To Start A Wrestling Club*". We made things up as we went along.

And we're still doing that!

While we do have a **Constitution and Bylaws**, as required to become a Registered Society in BC, most of our operation is defined by a loose collection of informal policies and procedures.

As our club grows and becomes more experienced, we have tended to formalize some of the ways we do things. However we do not have a "Policies Manual". It's not likely we will ever become that organized. We tweak our procedures every year, adapting to, and dealing with, issues as they emerge.

This system ain't perfect, but mostly it works.

This chapter will overlap, or duplicate, stuff mentioned in other chapters. But that's probably worthwhile, if it helps to emphasize some key points.

**Read on !**

### LET'S START WITH THE WRESTLING RULE BOOK

The Rule Book clearly states:

*"The spirit of modern-day wrestling is embodied in the concept of **total wrestling**. It is mandatory that both wrestlers remain active throughout the match in pursuit of victory. . . . **It is unacceptable to avoid wrestling or to be 'passive'**, and officials must be vigorous in their attempts to encourage active wrestling."*

In other words, **there are no excuses on the mat.**

For kids to succeed as 'total wrestlers', our athletes' **support network** must ensure the program is based on "total wrestling."

**That support network comprises the adults** in our club — coaches and parents. Our policy is that our leadership must be 'active', and we will set a climate of high standards.

If there are no excuses **on** the mat, **THERE WILL BE NO EXCUSES OFF THE MAT.**

SO WHAT IS THE PARENTS' ROLE IN 'TOTAL WRESTLING'?

In a nutshell we ask parents to take on three things: **(1.) ROLE-MODELLING, (2.) LEADERSHIP and (3.) DOING A FAIR SHARE OF THE WORK.**

HERE ARE SOME IDEAS

1. Devote some time to educating your youngster and yourself about our sport. One reason our sport is relatively unknown is that wrestling is not affiliated with a Big League Pro division. Wrestling doesn't get much press.

So turn off *Hockey Night in Canada* for a while, and spend some time with your youngster on the internet researching wrestling.

- ▶ Get to know the names of Canada's National Team.

- ▶ Find out about upcoming National and International events.

- ▶ Google search *Daniel Igali*.

2. Devote some time to promoting fitness in your family. Fitness is essential to success on the mat. Healthy weight control is very important in wrestling. Turn off *Monday Night Football* for a while, AND put away the chips and pop,

- ▶ Take your kid down to the gym, and develop a regular fitness routine.
- ▶ Run 3 or 4 times a week with your youngster.
- ▶ Leave the car at home, and walk to the mall.
- ▶ Plan, and follow, a diet leaving out bad fats, and bad carbs. **Role Model what you expect from your kids.**

3. Follow through with your commitment to the club's program. **Read the calendar**, and make sure your youngster is equipped and ready to go, **ON TIME**, for all club practices and tournaments. **Read the calendar**, and make sure **you** are ready to go for all parent meetings and work parties. (No excuses off the mat. . . remember???)

A special note for **Elementary Athletes and Parents:**

Our High School athletes are always on hand to support elementary events (coaching, officiating, packing equipment.)

**They deserve YOUR support.** Get to know the High School kids.

Stick around after **your** practice, and watch the big kids for a while.

4. Make it YOUR personal responsibility to ensure the jobs get done. Don't assume it's *'someone else's'* job. The coaches and club officials are all volunteers. No one is getting paid to coach or to manage your kids.

Please sign-up for one of our Task-Forces. Follow through with your commitment - attend meetings or training sessions, as called. (No excuses off the mat. . . remember???)

But in addition, please look around. You know the old saying: *"Someone has to do it!"* Well, in this club, **YOU** are 'someone'!

- ▶ unroll mats; mop mats; roll up mats
- ▶ put away chairs, wash the coffee urn
- ▶ put a band-aid on a boobo
- ▶ help with a group on the practice mat

- ▶ correct an athlete who is behaving inappropriately
- ▶ take a coaching course, a first-aid course, a FoodSafe course, an air-brake course or a computer course
- ▶ if it's dirty, clean it
- ▶ if it's broken, fix it
- ▶ if it's messy, tidy it
- ▶ **if you see it, deal with it**

As *NIKE* says, "Just do it!"

... EXCEPT FOR 'COMPELLING REASONS'

Please don't mis-read us - we understand that everyone's circumstances are different. Sometimes it may not be possible for everyone to follow through — on the mat, or off the mat -- with 'TOTAL WRESTLING'.

There are fully-acceptable reasons why athletes or parents might not be able to attend an event, or do a job, We refer to these as '**compelling reasons**'. Stuff happens. Ca-ca occurs.

A few examples of compelling reasons come to mind:

1. Significant illness or injury
2. Family emergencies
3. Disability
4. Unalterable work commitments

We only ask of parents, what we ask of our athletes, or we ask of ourselves: Always to do, and be, the best we can.

If you understand these broad principles, we will never need to compile a Policies Manual.

This is the essence of 'TOTAL WRESTLING'.

## CHAPTER 4 HEALTH AND SAFETY ON THE MAT

*Every sport has its **ow-ies**. Wrestling does too - but no more than any other sport.*

*We'll tell you how we deal with injuries, and then present a couple of Health and Safety concerns which tend to be somewhat unique to wrestling.*

### INTRODUCTION

Wrestling is a **contact sport**. Bumps and scrapes may be expected, but **significant injuries are rare**.

In High School wrestling, injuries occur occasionally. At the Intermediate level, injuries are very rare. And for Primary wrestlers, injuries are virtually non-existent.

Health and Safety are our first priorities. Prevention of injuries, or unhealthy conditions is of prime importance in our sport.

However, there is some risk of injury in every sport, and wrestling is no different.

### SAFETY PROCEDURES

Fortunately, certified on-mat officials are very diligent in

stopping any action which places a wrestler at risk for injury.

It's standard practice at wrestling tournaments to have qualified First-Aiders on hand. Our club always adheres to this principle at our locally-hosted tournaments.

In large, high-level events, doctors and physiotherapists may also be on site.

One of our club's goals is to have a certified First-Aider, as well as basic First-Aid equipment at every practice.

We will not hesitate to send a wrestler to hospital, or to call an ambulance, if we suspect the possibility of a significant injury.

For that reason, we **MUST** have all wrestlers' CARE CARD numbers on file.

### TYPICAL WRESTLING INJURIES

Bloody noses are common. It's usual to see a wrestler with a cotton ball stuffed up his/her nose.

Guys occasionally get sacked. It's not usually serious - it just feels like it!

Strains, sprains, hyper-extensions, and fractures, particularly to upper limbs (eg. fingers, thumbs, wrists, and shoulders) occur occasionally. Less common are similar injuries to lower limbs.

Neck injuries, however slight, are always viewed seriously. Typically, first-aiders will call the ambulance immediately if they suspect the possibility of a neck injury.

Do not be overly alarmed to see a wrestler carried out on a spine-board, with neck immobilized - it's usually a false alarm. But we don't take chances!

To minimize the risk of injury, especially to upper body limbs, and to the neck in particular, our fitness program focuses specially on strengthening these areas of the body.

### PARENTS' ROLE IN CASE OF INJURY

The most common injury you will see on the mat will be wounded pride. It always hurts more when you are losing! Tears are quite common among elementary wrestlers, and don't necessarily indicate a serious injury. *"Go blow*

*your nose, and c'mon back and finish your match. . ."*

When your youngster appears to be injured, whether in practice, or in a tournament, **do NOT come out onto the mat**. The coach and/or the referee will make a quick assessment, and will call for a First-Aider if they suspect a significant injury.

After the First-Aider has assessed the injury, you will be advised, and will be consulted about:

- ▶ whether your youngster should be transported to hospital
- ▶ whether or not your youngster should continue the match

It's quite common to see athletes, who have been treated and released from hospital, returning to the tournament sporting casts, or slings. There may be some show-off value to this, but wrestlers are tough, and they like to get back to support their team-mates.

Don't be surprised if wrestling toughens up **your** youngster.

## RINGWORM

**Ringworm** is a skin disease common among wrestlers, It is caused by a fungus, producing round scaly patches on the skin

Communicable skin diseases are a threat to wrestlers because of constant skin-to-skin contact and repeated minor abrasions. Skin diseases can sweep through a team unless wrestlers are monitored and treated effectively.

Skin diseases can not only hinder a wrestler but also cause him/her to be disqualified from competition. At major tournaments, where weigh-ins occur, all competitors will be checked by medical personnel for communicable diseases before competition.

Athletes may not be aware they have contracted Ringworm since the infected area does not cause pain or illness, but only slight redness, itching and scaling. The affected area may not be visible to the athlete. Areas such as the back or back of the neck often go unnoticed.

**Preventative measures**, therefore, are important, and require the cooperation of each wrestler, and the close observation of coaches.

**Prevention** of skin diseases includes showering after every practice. Wrestling uniforms and practice clothing should be laundered after each use, and mats should be cleaned often with a disinfectant solution such as bleach. **However, most Ringworm transmission occurs through skin-to-skin contact.**

Ringworm is **very** contagious. Infected athletes should seek medical treatment immediately, and **STAY OFF THE MAT** until all the infection has cleared.

**Treatment** may include oral medication and/or anti-fungal cream. Athletes must be compulsive in the treatment in order for it to be effective. Treatment takes 3-4 weeks.

The duration of illness depends on how quickly the athlete seeks medical help, the **type** of ringworm contracted, and the organism's sensitivity to treatment. The duration can be days, or weeks. On occasion it may be months. Some individuals have a strong tendency to become easily re-infected.

### CAULIFLOWER EAR

**Cauliflower Ear** is a fairly common injury in wrestling. Wrestling often involves abrasion and pressure on the ears. Excessive pressure on the ear,

friction, or a sharp blow, may cause the overlying tissue (skin) to separate from the underlying cartilage. This results in hemorrhage and fluid accumulation.

The wrestler may first notice an injury by the development of a tender, sore spot on the outer ear, or by the presence of a black and blue mark, followed by gradual swelling

If left unattended, the liquid buildup eventually will coagulate, and the resulting debris forms a hard mass known as a **keloid**. Once developed, a keloid can be removed only by plastic surgery.

Many wrestlers' ears become **deformed** as a result of untreated damage to the outer ear.

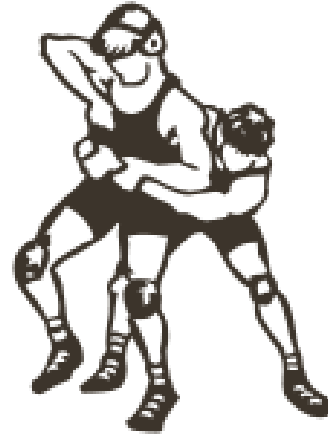
Clearly the best way to prevent cauliflower ear is to wear **headgear**—not only in competition, but also at practice.

If, however, the ear is damaged, the injury should be checked and treated promptly by a physician.

The following method of treatment is one that physicians have used with a great deal of success:

1. **Gently massage** the ear

- with an ice cube to check swelling and anesthetize the area.
2. **Aseptically aspirate** the edge of the swollen area with the needle inserted parallel to the cartilage. Completely evacuate the serum and blood with a 2 cc syringe and a 18-22 gauge needle.
  3. **Apply pressure** dressing and cold pack for 15 minutes. This will promote reattachment of the perichondrium to the cartilage.
  4. **Occlude the auditory canal** with cotton.
  5. **Apply a cast** comprising successive layers of fine mesh gauze cut in strips and saturated in flexible colloidin. Be sure each layer of gauze conforms to the shape of the ear and is firmly secured.
  6. **When the cast hardens**, pressure will keep the skin of the ear tightly against the cartilage.
  7. **Wear the colloidon cast** for 5-10 days. Wrestling may be continued wearing properly fitting headgear.





## CHAPTER 5

### **WRESTLING TRAINING and NUTRITION**

- ▶ In most cases, children over 10 years of age can begin serious training for wrestling. For overall development and appreciation of various sports, children should not specialize in wrestling until they are seniors in high school they should be exposed to a wide variety of athletic endeavors.
- ▶ Wrestlers should consume a balanced, relatively high-carbohydrate diet on a daily basis. Meal-replacement beverages can be useful in the hours before competition to minimize bulk in the gastrointestinal tract and after competition when appetite may be suppressed. High-carbohydrate supplements are helpful between competitions, especially in tournament situations, to speed restoration of glycogen stores in the body. Sports drinks can help ensure adequate bodily hydration before and during practice sessions and tournaments and can accelerate rehydration after a practice or a match.
- ▶ Recent rules changes have had the positive effect of emphasizing year-round conditioning and nutrition to maintain a constant body weight rather than the former practice of using in-season cycles of rapid body weight loss and gain.
- ▶ Youngsters who have a competitive nature, natural athletic ability, and good parental support tend to become successful wrestlers.
- ▶ Some of the best overall training strategies for wrestlers include the use of repetitive wrestling drills with a comparably skilled or somewhat more skilled partner and continual attention to correcting weaknesses. For young wrestlers, it is important that practice sessions be varied so they become enjoyable. This can help prevent early burnout.

## INTRODUCTION

Amateur wrestling is one of the oldest sports on record, pitting one competitor against another in a battle of skill, strength, power, endurance, and intelligence. Although amateur wrestling may not have the "bone-crushing excitement" that appears to draw fans to professional wrestling, those who are familiar with the challenges of amateur wrestling can appreciate the skills employed to misdirect the opponent, to take the opponent down without placing oneself in jeopardy, and to turn the opponent's shoulders to the mat when the opponent has no intention of allowing that to happen. To achieve success in amateur wrestling, you must be able in split-second intervals to direct the laws of physics against your opponent before the opponent can employ them against you. In the end, although teammates can be psychologically supportive, your success or failure depends only on how well you can combat your opponent.

Because wrestlers must compete in pre-specified body-weight classes, they must carefully regulate their dietary intakes of energy, carbohydrate, fat, and protein. In addition, they should resist the lure of wrestling in low body-weight classes that may require them to lose body weight rapidly by dehydration to qualify for the weight class. In the US, recent rules changes requiring the regular monitoring of body fat and hydration status have reduced this practice of rapid dehydration. Finally, wrestling is a contact sport and can result in serious injury to muscles, bones, and joints. There are also opportunities for the spread of contagious skin diseases, including strains of the Herpes virus. Strength training, appropriate hygienic practices, and certain medications can help minimize these problems.



**1. What is the earliest age at which a child should begin participating in wrestling?**

Playing around on the mat can occur as early as four or five years of age, but true competition should wait until the kids are at least seven or eight years old. Many children do not really enjoy competition until 10 or 11.

Wrestling prior to age 10 may lead to burnout. Among the factors that have been associated with athletic burnout are:

- 1) very high self- and external expectations;
- 2) a win-at-all cost attitude;
- 3) parental pressure;
- 4) long practices with little variety;
- 5) inconsistent coaching practices;
- 6) overuse injuries;
- 7) excessive time demands;
- 8) love from others determined by winning or losing.

The current trend towards early specialization in sport participation is a concern. It is Important that children involved in sports should be encouraged to participate in a variety of different activities and

develop a wide range of skills. Young athletes who specialize in just one sport may be denied the benefits of varied activity while facing additional physical, physiologic, and psychologic demands from intense training and competition.

**2. What traits predispose a child to succeed in wrestling, both from an enjoyment standpoint and a win-loss standpoint ?**

As always, natural ability is a key component, and the athlete must have a competitive nature, seeking to prove oneself against the best. Success is often determined by the quality of parental involvement. Balanced parental support can be a sustaining, encouraging force. Self-determination is a key to success in any sport but especially so in an individual sport such as wrestling, which may entail many hours of solitary training and conditioning. A desire to learn and a willingness to accept instructions are crucial, as are a continual striving to improve and a strong work ethic - win, lose, or draw.

There is no question that wrestling attracts kids who are innately intense. The youngster with some natural body control and good balance will also be apt to be successful in wrestling.

### **3. How have the approaches to training and nutrition changed?**

The old approach was to lift weights in the off-season to maximize muscle size and strength with the expectation that the wrestler could maintain or at least minimize losses in strength during the season by focusing on dehydration to "make weight." With the advent of body-fat testing and tests for hydration, this strategy has disappeared. You can't fool the calipers or the tests for urine specific gravity. Wrestlers and coaches now are much more likely to maintain a year-round approach to controlling body weight. At the expense of exclusive and intensive strength training, wrestlers now include an aerobic component to their training as a calorie burner to help keep body fat low. A wrestler who focuses exclusively on pumping iron may move himself up a weight class or two and out of the starting lineup. If he gets too big, he does not have enough time in the competitive season to reduce his weight to make his weight class.

Rule changes have served to increase year-round, rather than seasonal, adherence to nutritional and conditioning programs. There is an increased focus on nutrition and education for the athlete, with more emphasis on lifestyle diet and more consistent maintenance of body weight within a narrower range around the competition weight than had been before. Restrictions on weight cutting

have helped wrestlers spend more time on training and technique rather than weight cutting. The smart wrestlers still pay close attention to diet and weight control on a day-to-day basis to prevent the need for rapid weight loss. The wrestlers look healthier at weigh-ins and seem to be enjoying the sport to a greater degree.

### **4. What coaching methods and training strategies have proven to be successful for advancing the skills of young wrestlers?**

Talent alone can make a wrestler good, but persistent practice of technique with a good drill partner is essential to make a wrestler great. Drilling of maneuvers over and over allows a wrestler to simulate as many situations as possible in preparation for whatever he may face in a match. A wrestler needs three or four attacks with four or five methods of finishing the attack. He can never predict how an opponent will react, but by simulating in practice as many positions and responses as possible, a wrestler will be able to execute a successful finish that scores points. Drilling speeds for new technique should be slow at the start, but eventually the wrestler should be executing at speeds similar to those used in competition. The partner needs to react in ways to provide the offensive wrestler the proper feel of position, pressure, and leverage. Reactions will vary too, to simulate all scenarios. The key here is repetition. Repetitions

engrain the motor skills so the wrestler doesn't think about execution for a specific defense; he spontaneously reacts to score. Young athletes need to have fun, so it important to make any drill into a game or contest. The younger wrestler has a shorter attention span and will need to change drills or activities more frequently than will the older wrestler.

An individual wrestler must be willing to make adaptations in personal style to meet the increasing levels of competition by addressing weaknesses, working tirelessly until the weaknesses are eliminated, and then sequentially attacking and eliminating other weaknesses. Wrestlers who do this eventually have very few weaknesses, thereby becoming highly skilled and successful wrestlers.

#### **6. What nutrition practices are recommended during in-season training?**

Once an appropriate and realistic wrestling weight has been established and achieved, nutrition emphasis should be on maintaining and stabilizing weight to achieve peak performance. In order to accomplish this, the following guidelines for wrestlers are recommended:

- Following the Canadian Food Guide choose a training diet that is high in complex carbohydrates (55-60% of total energy), moderate in protein (20%), and low in fat (20-

25%).

- Drink to stay hydrated, and replace 150% of sweat loss (body weight loss) after exercise.
- Before a match, consume a high-carbohydrate, easily digested meal.
- Eat or drink carbohydrates to replenish glycogen after practice or matches.
- Maintain strength and energy by avoiding weight cycling or rapid weight loss.
- Eat small-to-moderate sized meals every 3-4 hours to help maintain steady glucose levels and avoid "crashing." This will help control appetite and reduce binge eating.

It is important for wrestlers to avoid the common restrictive eating patterns prior to competition, followed by binge eating afterwards. This pattern is detrimental both to athletic performance and to psychological well being. Wrestlers who are in tune with their body needs are much more likely to be successful and enjoy the sport of wrestling to its full potential!

Meal replacement drinks such as GatorPro are valuable adjuncts to a wrestler's diet. They can be beneficial when consumed before a match because they keep weight gain to a minimum due to the low stool residue, yet they provide needed calories and fluids. They are also absorbed more quickly

than solids and can be consumed closer to competition. The wrestler must experiment in advance to determine which drinks best suit their individual needs. High-carbohydrate drinks such as GatorLode may be more appropriate as a recovery carbohydrate following exercise, when sometimes appetite is reduced. I do not recommend other dietary supplements other than a well-balanced multi-vitamin-mineral supplement.

It is tough in the high school and university environment to get wrestlers to comply with decent nutrition strategies. It is a fact that wrestlers and other athletes eat far too many meals in fast food restaurants. It's not that they don't have the knowledge of what to eat; rather, they have a lack of organization and discipline. The key is the well-balanced diet and ensuring that enough energy is consumed during the day. It is recommended that wrestlers eat three-to-four small meals, including breakfast, every day. When the wrestlers don't eat the right balance of carbohydrate, protein, and fat, it shows; their performance in practice is poor, and they contribute nothing to preparation for competition. We especially urge wrestlers to get adequate amounts of carbohydrate. The fad diets that encourage protein at the expense of carbohydrate might promote weight loss, but they drain wrestlers of energy for intense training. It is not recommended

using dietary supplements other than multi-vitamin, multi-mineral tablets that contain micronutrients in reasonable amounts. In tournament situations when competition spans several days, the use of a high-carbohydrate beverage such as GatorLode is recommended because it will help speed energy recovery during the hour or so between matches.

Ingestion of a carbohydrate source immediately after exercise to replenish glycogen stores is important during training. An energy drink or meal replacement drink is often a convenient way to provide the carbohydrate source. A wrestler should eat a well-balanced, high-carbohydrate diet based on the Canadian Food Guide. After workouts and competitions, it is recommended that wrestlers have high-carbohydrate meals or drinks to help restore muscle glycogen, and the use of meal replacement drinks like GatorPro after weigh-ins and after competitions are important, especially in tournaments.

### **7. What hydration strategies are most effective for preparing athletes for dual meets and tournament competition?**

The wrestlers are reminded to drink before they feel thirsty and to establish a drinking schedule that works for each individual. It is recommended that wrestlers begin hydrating the night before a match or a practice session. They should drink two cups of fluid 2 hours before, and then another cup 15 minutes before the match begins.

In long practice sessions or in tournament settings between matches, especially in hot, humid environments, wrestlers should consume a cup of fluid about every 30 minutes. Sports drinks containing 6-8% carbohydrate solutions can be especially beneficial during dual meets and tournaments. They not only provide the needed fluids, but the carbohydrate can enhance performance. Additionally, there is a tendency to drink more of a sports drink than of tap water. I always remind wrestlers to take notice of the color of their urine and to drink enough so that it is pale yellow. They should also watch out for a strong urine odor that could reflect dehydration.

Wrestlers should also weigh themselves before and after each workout or match. While rehydrating, a certain amount of the water consumed is always lost in the urine. Therefore, sweat loss, as indicated by body weight loss, should be replaced with at least 24 ounces of fluid for each pound (16 ounces) lost. Caffeine in soda, coffee, and iced tea should be avoided because it accelerates urine production. To help speed rehydration, wrestlers should make certain to consume salty foods and beverages such as sport drinks that contain sodium chloride (salt). The salt helps the body retain more of the fluids that are consumed. Most wrestlers have learned to sip on a water bottle or sports drink throughout

the day. Like other athletes, the smart ones began sipping before they are thirsty so that they will not fall behind.

**8. Strength and power are important factors in wrestling performance and it is important to have weight training or other types of resistance training during the season.**

Despite the need to regulate body weight, it is important to have weight training and strength development, but it should be done across the entire season as much as is reasonable. Certainly with a full load of classes and meets every other week, the wrestler cannot lift with the same intensity or number of training sessions per week during the season. In the off-season and pre-season, strength training three-to-four times per week is encouraged. Empirical evidence shows that the wrestlers become weaker if they aren't lifting as the season progresses. As a part of strength development, it is important to push wrestlers to run hills and do sprint work, both of which fit the sport-specific nature of wrestling: short explosive efforts to develop power and strength in the lower body. This is key to the lifts and hip forces generated in the sport. Weight training is an important part of training for wrestling. It is a power sport, and the wrestler with the most power has a better chance of winning. It is difficult to build power exclusively by drills on the mat.

## Training and Nutrition for Wrestling Summary

### DAILY TRAINING

#### Partner Drills for Improving Wrestling Techniques

1. Partner should be relaxed and compliant to wrestler who initiates a move
2. Initiating wrestler: explain the move and its objectives; execute the move at 50% of maximal effort
3. Partner: offer no resistance other than maintaining reasonable balance and reacting as requested
4. Later, partner reacts with minimal resistance but forces the initiating wrestler to determine how to complete the maneuver
5. Options: 1) Alternate initiating wrestler every other move  
2) One wrestler initiates all moves until series of options is completed

#### Shadow Wrestling for Improving Skills

Seven basic skills-stance, motion, lower level, penetration, lift, back step, and high arch-are vital to success in wrestling. (The last two are important for international wrestling.) All other moves are variations of these skills. A lone wrestler can develop the first five skills by practicing single- or double-leg takedowns across the mat.

1. Proper form and position are critical. Use a mirror, a coach or a team member to evaluate position and mechanics.
2. As proper form is established, increase speed and power with each shot taken.
3. Finish each shot with an imaginary lift, trip, or fade away.



**DAILY NUTRITION**

1. Emphasize fruits, vegetables cereals, and grains, which are rich in carbohydrates.
2. Reduce intake of fatty food Males 16 and younger should maintain atleast 7% body fat; older males should maintain at least 5% body fat.
3. Never try to lose more than 2 pounds per week. This will minimize loss of muscle tissue.
4. Don't rely only on diet to lose weight; training for endurance burns fat, and weight training increases muscle; both can reduce the percentage of body fat.
5. Energy needs depend on body size. The smallest wrestlers need at least 1700 calories per day. If your weight drops more than 2-3 pounds per week, eat more servings of fruits, vegetables, and grains.
6. Maintain normal fluid intake and drink back 150% of the weight you lose in practice or a match to minimize dehydration and early fatigue.
7. Eat well-balanced meals that emphasize fruits, vegetables cereals, and grains, which are rich in carbohydrates.
8. Reduce intake of fatty foods such as butter, oils, dressings, and fried foods. Eat foods that are baked, boiled, or broiled
9. Choose fluids that help rehydrate and refuel your body. Sports drinks containing carbohydrate (14-17 grams/8 ounces) and a small amount of sodium chloride (salt) are formulated to meet these goals.
10. After weighing in, rehydrate with sports drinks and consider well-balanced meal-replacement drinks or high-carbohydrate energy drinks to top off your energy reserves without causing abdominal discomfort.
11. At fast-food restaurants, choose the lower-fat items such as salads, grilled sandwiches, and low-fat yogurt.

**APPENDIX 1: WLWC CODE OF CONDUCT,  
BCWA CODE OF CONDUCT**

**WLWC CODE OF CONDUCT**

**WLWC Members shall follow the following four cornerstone rules:**

1. On and off the mat, conduct yourself always in accordance with the highest possible standards, to the best of your ability.
2. Behave always in a manner which is healthy and safe for yourself and others.
3. Treat all people with courtesy, respect, and sportsmanship.
4. Treat all property with care and respect.

**In General, WLWC Athletes shall:**

1. Avoid behaviour, including horseplay, fighting, or foul language, which causes disruption or interference in public, in competitions, or in training sessions.
2. Avoid theft or vandalism of any public or private property. The athlete and parents shall be accountable, and agree(s) to reimburse the WLWC for damages or losses.
3. Be in their assigned quarters at the time (curfew) specified by the

supervising coach or chaperone, and shall not allow visitors in their quarters after curfew.

4. Show respect and courtesy to all people regardless of gender, colour, race, sexual orientation, or creed. Avoid bullying or harassment.
5. Avoid the use of banned or illegal substances, including tobacco, alcohol, illegal drugs, or performance-enhancing substances.
6. Be punctual for all scheduled events, including practices, competitions, or meetings.

**On the mat, WLWC Athletes shall:**

1. Treat opponents and officials with courtesy and respect. Accept decisions of officials without gesture or argument.
2. Show good sportsmanship by winning with humility, or losing with dignity.
3. Wrestle hard within the rules.

**Athletes who choose to violate the Code of Conduct will be subject to disciplinary action as determined by the Coach or Club Official(s). Disciplinary action may include any of the following:**

1. Verbal warning.

2. Assigned restitution, possibly including verbal or written apology,
3. Parental notification.
4. Suspension from remaining activity, or competition, regardless of placing.
5. Expulsion from remaining activity, or competition, regardless of placing; sent home at own (parents') expense.
6. Suspension from WLWC program for a specified period of time.
7. Expulsion from the WLWC.

In addition, the *BCWA* has developed a Code of Conduct, which governs the conduct of athletes.

### **BC Wrestling Athlete Code of Conduct**

#### ***BCWA Athletes shall :***

1. agree to abide by the rules, regulations, laws, and bylaws of BCWA, CAWA, the Province of British Columbia, Canada, any host countries, and host venues.
2. avoid any behaviour which would cause unreasonable disruption or interference in competitions, training camps, or preparation of any athlete for a competition; (i.e. fist fighting, abusive or foul language, etc. )
3. avoid theft or vandalism of any property, hotel rooms, dormitories, training facilities, and equipment; The athlete shall be held accountable for such actions and agrees to reimburse the BCWA directly for any such damage.
4. agree to be in their assigned quarters at the given time indicated by the attending head coach, and outside quests will be prohibited in athletes quarters without the consent of the attending head coach, or their own coach if present.
5. show respect to all people regardless of gender, colour, race, or creed. (i.e. be discreet in expressing and exchanging political, economical, and religious views in public)
6. avoid use of banned substances that are contravention to rules, regulations, & bylaws of BCWA, CAWA, & the IOC.
7. for athletes to submit to random doping control tests at competitions and at other reasonable times as requested by CAWA, the Canadian Centre for Drug-free Sport, or any other authority designated to do so by the CAWA; Failure to submit to such testing shall be

- grounds for immediate dismissal from BCWA membership.
8. avoid substance use, whether alcohol, or drug abuse and the use and possession of illegal drugs as defined according to the laws of Canada, and British Columbia.
  9. participate in substance abuse counselling and /or "Drug Free Education" programs when requested to do so.

### **Code of Ethics For Wrestlers**

#### ***All BCWA Athletes shall :***

- a) Treat opponents with respect.
- b) Wrestle hard within the rules.
- c) Exercise self-control at all times.
- d) Respect the decisions of officials without gesture or argument.
- e) Show good sportsmanship by winning with humility and losing with dignity.
- f) Show that it is a privilege to represent their school, community, and province.
- g) Recognize and applaud honesty and wholeheartedly the efforts of team-mates or opponents regardless of gender, colour, creed, or race.

### **Code of Conduct on the mat**

#### ***Athletes shall :***

- shake hands with the referee and the opponent before and after the match;

- not stop a match (Only the whistle of the referee stops a match);
- use a handkerchief to "clear" the nose or the mouth;
- not talk, not swear, and not make gesture to the opponent or the referee;
- leave the mat immediately after the match.

### **Roles and Responsibilities**

#### **Dress**

- BC team members must bring appropriate clothing for official functions & final banquet. Clothes should be neat & clean.
- During travel, all team members are asked to dress appropriately. Sweat pants, torn blue jeans, or gym shorts are not suitable for travel.

#### **Punctuality**

- All team members are expected to be on time for all scheduled events. i.e. training sessions, competitions, meetings, etc.. For team co-ordination to work effectively, it is important for all members to be punctual.

#### **Disciplinary Action**

Athletes found violating "code of conduct" may be subject to immediate disciplinary action agreed upon by the head coach and the disciplinary committee

(contacted by phone from the event). NOTE: Zero tolerance for severe misconduct.

- Withdrawn from tournament or camp regardless of placing.
- Returned home at their own expense
- Expulsion from BC Wrestling membership. (not sanctioned to National or provincial events)
- Report letter sent to parents and personal coach from disciplinary committee within 1 week of incident
- Probation letter sent to offending athlete(s) , their personal coach, and their parents.