

Natrona County
Wrestling Handbook
for
Parents



Natrona County Wrestling Handbook for Parents

Wrestling Information for Parents and Fans

INTRODUCTION

Amateur wrestling is one of the oldest sports on record, putting 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 or MMA, 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.

During the course of the season, your wrestler will learn about the art of wrestling. Wrestling skills such as posture, body positioning, balance, coordination, strength training (power and endurance), leverage, and principles of physics gives wrestlers the knowledge to succeed in wrestling. The wrestler will execute takedowns by setting up the shot, creating movement, penetrating the opponent’s defense, and finishing the move by taking the opponent to the mat. The top and bottom positions, the bottom man is in a dangerous position and considered to be the defensive man. The bottom man is using body positioning and creating angles in attempt to escape the bottom position. The

top man, an offensive position, will pressure the bottom man forward and break the base of the opponent. Once the bottom man is broken down to his belly, the top man will look for the ultimate move in wrestling, the pin.

The wrestler must have the courage to face his opponent in one-on-one challenges. Once the athlete enters the mat, he must depend on his own knowledge of skills to gain advantage positions. Mistakes must be limited or heartaches will usually follow. As with life, mistakes are going to happen, but how one deals with the mistake determines the success of the individual. The skills and self-discipline your child will learn throughout the season will be a valuable source of information for life problems.

This booklet is designed to help parents and fans better understand, appreciate, and enjoy the sport of wrestling. It will explain basic moves used in wrestling, the rules of wrestling, strategies and philosophy of Natrona County Wrestling. The more experiences you have with wrestling, the better understanding you will have with the physical and mental toughness of the sport. Wrestling is a discipline sport requires total commitment from the individual. This is why wrestling is the most difficult sport your child will ever participate in. But the rewards of wrestling are like no other sport.

Have a great season!

WEIGHT CLASSIFICATIONS **Weight Classes**

Wyoming weight classifications are the following: 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, and 285.

All wrestlers will be certified by WHSAA at the minimum weight class. The minimum weight will be determined by body fat measurements and hydration test. These tests will determine the minimum weight class for the wrestler. A wrestler may not wrestle below this weight and can only wrestle one weight class above the weight. Any method of quick weight reduction (sweat boxes, whirlpools, plastic type of suit, and diuretics) is prohibited and shall be disqualified from competition. A 2-pound growth allowance is added to the weight class after January 1.

Weigh Ins

Wrestlers will weigh in at the home site. At duals, the wrestler will weigh in 1 hour before competition. Weigh in will start with a random draw of weight class. Random draw will begin the weigh in and precede to the last weight before the random draw. An example is the random draw of 120 lbs. weight class. 120-pound wrestler will start the weigh in and end at 113 lbs. weight class. Any

wrestler over weight will get 2 more chances to make weight on that scale. Overweight wrestlers may challenge other scales used in the weigh in room. These chances are immediately following the completion of all weights. The wrestler cannot leave the weigh in area and cannot do any exercise to lose weight. Tournaments will provide the wrestler 1-2 hours before competition to make weight. During consecutive days of competition, there shall be a 1 lbs. additional allowance to each weight class. All contestants failing to make weight will be ineligible to wrestle.

Weight Control Program

Wyoming's weight control program will involve the wrestler, parents, coaches, athletic trainer, and possibly a doctor. This group of people will determine the proper weight class for each individual based on body fat percentage, hydration, work ethic, and dedication to wrestling. The wrestling association recommends body fat percentage is 7% for males and 12% for females. This is the minimum weight a wrestler can wrestle at in competitions during the course of the season. A weight loss plan will determine the appropriate weight per week with a loss of 1.5% of body weight per week until minimum weight is acquired. At this point, the wrestler cannot lose any more weight.

THE MATCH

The Wrestler's Uniform and Grooming

All wrestlers will wear a close fitting, one-piece uniform called a singlet. The wrestlers equipment is headgear; heelless shoes with shoelaces taped, and knee pads. Any other equipment must be checked before the match by the referee - braces. All wrestlers must be clean-shaven, although a mustache is permitted. Sideburns cannot be lower than the earlobe; hair must be above a shirt collar in the back, and above the bottom of the earlobe. No jewelry is allowed. Wrestlers are allowed to wear compressions shirts and/or shirt, school issued shorts above the knee, and logo/trademarks more than 2 ¼ inches.

The Referee

The referee has full control of the match. His decisions, which are based upon the National Federation High School Wrestling Rules Book, are final. The referee supervises weigh-ins, he starts and ends each period, awards points, issues warnings, and at the end of each match, he declares the winner. While the referee oversees all aspects of the match, his primary concern is the health and safety of the wrestlers.

During the match, the referee will indicate which wrestler has the position of advantage (which wrestler is in control) by pointing to him. When a wrestler makes a move for which he is to receive points, the referee will hold up fingers to indicate how many points the wrestler is to be awarded. (If that wrestler is representing the home team, he holds up the hand with the green band on his wrist; if the wrestler is representing the visiting team, he holds up the hand with

the red band.)

During the match, the referee must make sure that the wrestlers stay in-bounds (in the circle). When two supporting points are in-bounds of wrestlers, shall allow wrestling to continue. When more than two supporting points are out-of-bounds, the referee will stop the wrestling and the wrestles return to the center of the mat. Wrestlers will start in the same positions they were in when they went out-of-bounds.

The official scorer is seated at the scorer's table. He records points as indicated by the referee.

The Length of the Match

High school matches will consist of 3 two-minute periods. Once a wrestler loses a match in a tournament, the first period will be 1 minute. If the score is tied after the match, an overtime period will be used to declare a winner. The first overtime period is from the neutral position. The first takedown will declare the winner. If the score remains tied after the period, a second overtime will declare the winner. Both wrestlers will get an opportunity to choose bottom or top for 30-second tiebreaker. The individual that scores the most points will be the winner. If the score is tied again, the third overtime period will determine the winner. The wrestler scoring first points in the match will get the opportunity to choose top or bottom. If the score is zero to zero, a coin flip will determine choice of position (top/bottom). If the bottom wrestler scores, the bottom man is the winner. If the top man scores or rides out the opponent, the top man is the winner.

Starting the Match

Wrestlers will report to the scorekeeper and then enter the mat. Wrestlers will shake hands and begin the match from the feet (neutral position). The home wrestler will wear green leg band and visitors will wear red. Referee will stand between the wrestlers to prevent a false start.

Wrestling Positions

While the first period begins with the wrestlers in the neutral position, a coin toss determines which wrestler gets his choice of starting positions for the second and third periods. If the home wrestler gets to choose his starting position second period (top, bottom, or neutral), the visiting wrestler gets to choose third period. (The wrestler who chooses second period has the option of deferring his choice until third period.)

Neutral - The neutral position is one in which neither wrestler has control; the wrestlers are both on their feet, opposite each other. The home wrestler has one foot on the green starting line and the visiting wrestler has one foot on the red starting line.

From the neutral position, wrestlers will change levels and use movement to create an opening in their opponent's defenses, and they will try to initiate an attack and score a takedown by using setups and movement. Most takedowns are single legs, double legs, and high crotches.

Defense (bottom wrestler) - If the wrestler is down, he is the bottom wrestler, and he begins in the defensive position, also known as the position of disadvantage. In the defensive wrestling position, the wrestler is at the center of the circle, on his hands and knees. It is important for the defensive wrestler to control his opponent's hands, to be very aggressive, and to go for an escape, sit-out, switch, or a roll as quickly as possible.

Offense (top wrestler) - If the wrestler is up, he is the top wrestler, and he begins in the offensive position. This is also known as the position of advantage. In the offensive wrestling position, the wrestler is at the right or left side of his opponent with at least one knee on the mat. The offensive wrestler's head is on or above the spinal column of his opponent's back and his arm is placed loosely around the defensive wrestler's body (navel).

The offensive wrestler can also position himself on either side or to the rear of his opponent, supporting all of his weight on both feet, one knee, or both knees. In this optional offensive position, he places his hands on his opponent's back between the neck and waist with thumbs touching.

SCORING POINTS

Throughout the match, wrestlers are awarded points for the following moves: takedown, escapes, reversal, and near fall. The referee can also award points for penalties such as an illegal hold or stalling.

Takedown (2 points): A takedown occurs when either wrestler, starting from the neutral position, gains control of his opponent on the mat. Takedowns can be accomplished by attacking an opponent's legs or by attacking the opponent's upper body. The wrestler will use movement, ties, set ups, throws, and shots (takedowns) to attack the opponent's defense. Wrestlers will look for these moves to takedown their opponent: single leg, double leg, high crotch, fireman's, and throws.

Escape (1 point): The defensive wrestler is awarded one point for an escape when he moves to a neutral position. The stand up is the most commonly used escape.

Reversal (2 points): The defensive wrestler is awarded 2 points for a reversal when he gains control of his opponent. This may take place while the defensive wrestler is either on his feet or on the mat. The switch is a common reversal.

Near Fall (2 or 3 points): Points for a near fall are awarded when the offensive wrestler has control of his opponent in a near pinning position. This occurs when the defensive wrestler's shoulders are restrained four or fewer inches from the mat, one shoulder is touching the mat and the other is held at a forty-five degree angle to the mat, or when the wrestler is in a high bridge or supported on both elbows. If the near fall criteria are met for a period of two consecutive seconds, a two-point near fall is earned; if the near fall criteria are met for five continuous seconds, a three-point near fall is earned. Even when the defensive wrestler's shoulders or scapula is out-of-bounds, the offensive wrestler can still receive a near fall or a pin.

END of the MATCH

A match ends when one of the following occurs: a pin (fall), a technical fall, or time expires.

Pin (Fall): A pin is awarded when a wrestler holds any part of both of his opponent's shoulders (or scapulas) to the mat for two continuous seconds. Common pinning holds are halves, cradles, arm bars, and leg rides.

Technical fall: When a wrestler has earned a 15-point advantage over his opponent, the referee will end the match.

Time Expired: If there has not been a fall or a technical fall by the end of the third period, the winner of the match is determined by the number of individual points scored. The wrestler with the most points wins the match by decision. If the score is tied at the end of the three regulation periods, an additional, overtime period is added.

TEAM POINTS

Once the match is over, the wrestlers return to the 10-foot circle, shake hands with the opponent, and the referee declares the winner by raising his hand. The winning wrestler's team is awarded the following points:

Dual Meets

Decision (wrestler win by fewer than 8 points)	3 points
Major Decision (wrestler wins by 8-14 points)	4 points
Technical Fall (15 or more points)	5 points
Fall (pin)	6 points

Tournaments

Decision (wrestler win by fewer than 8 points)	Advancement Points
Major Decision (wrestler wins by 8-14 points)	1 point
Technical Fall (15 or more points)	1 1/2 points

Fall (pin)

2 points

Teams also receive points when the opposing team has forfeited, defaulted, or been disqualified.

Default: a wrestler is unable to continue wrestling for any reason.

Disqualification: a wrestler is removed from participation for flagrant misconduct, unsportsmanlike conduct, unnecessary roughness, or for an accumulation of penalties.

Forfeit: the wrestler fails to appear on the mat ready to compete or he fails to make weight.

In a dual meet, 6 points are awarded for a forfeit, default, or disqualification; in a tournament, 2 points are awarded for each.

In a tournament, additional points are added for placement (1st, 2nd, 3rd, etc.), depending on how many places are receiving awards. These are called advancement points.

INFRACTIONS, PENALTIES, AND INJURY TIME-OUTS

Illegal Holds

Illegal holds are dangerous and can cause injury. Whenever a referee witnesses one of these holds being used, he awards one point to the offender's opponent. Illegal holds include, but are not limited to:

Slam - lifting and returning an opponent to the mat with unnecessary force.

Hammerlock - pulling the opponent's arm too high on the back or pulling the arm away from the back.

Headlock - arms or hands are locked around the opponent's head without encircling an arm.

Full Nelson - arms are under both arms of the opponent and behind the head.

Other illegal holds include bending, twisting, or forcing the head, knee, or any limb beyond its normal limits of movement, pulling back the thumb or fingers, and any hold that is used as punishment.

Potentially dangerous holds occur when a body part is forced to the limit of the normal range of movement. The referee will caution a wrestler against forcing a hold into an illegal position; however, he will not stop the wrestling action unless

it is necessary to prevent an injury. Potentially dangerous holds include the double wristlock, scissors, to holds, headlocks, and the guillotine. Any move used as punishment or attempt to hurt an individual is illegal.

Technical Violations

Technical violations may cause the offending wrestler to be penalized one point. The referee may give cautions (warnings) about some technical violations, but not all. Technical violations include assuming an incorrect starting position, a false start, the grasping of clothing or headgear, interlocking hands, and leaving the wrestling area without first receiving the referee's permission to do so.

Conduct Infractions

When referee witnesses one of the following conduct infractions, he will take the action specified.

Unnecessary Roughness - physical acts that exceed normal aggressiveness. An offending wrestler may be penalized one point.

Unsportsmanlike Conduct - physical and nonphysical acts that can occur before, during, or after match. They include failure to comply with the directions of the referee, shoving, swearing, taunting, baiting an opponent, throwing headgear, and spitting. An offending wrestler is penalized one point.

Flagrant Misconduct - any physical or nonphysical act occurring before, during, or after a match that the referee considers to be serious enough to disqualify a contestant from a match or tournament event. These acts include biting, hitting, head butting, elbowing, and kicking an opponent.

Stalling - Each wrestler is required to make an honest attempt to stay within the 10-foot circle and wrestle aggressively at all times. When a referee recognizes stalling (e.g., the wrestler is playing the edge of the mat, avoiding contact, not trying to improve his position or secure a takedown), he will warn the offender. Further violations are penalized.

PENALTIES and WARNINGS

Penalties and warnings (cautions) are cumulative throughout the match and overtime. Penalty points are awarded to the offender's opponent. He is awarded one point for the first and second offenses, and two points for the third offense. On the fourth offense, the offending wrestler is disqualified.

INJURY TIME-OUTS

Injury time-outs are cumulative throughout the match and overtime. A wrestler is limited to two time-outs totaling a maximum of 1 1/2 minutes. The number of bleeding time-outs is determined by the referee, who, if necessary, will stop the match. If the bleeding is not controlled within five minutes, the match is

terminated and the opponent is awarded the match by default.

WRESTLING GLOSSARY

Bye: When there are not enough wrestlers in a weight class to fill each line of a tournament bracket, one wrestler is given a bye and he advances to the next round without wrestling.

Decision: a win by the wrestler who has scored the most points. It is a regular decision if the winner's score exceeds the loser's score by fewer than eight points.

Dual Meet: a competition between two schools in which there are a series of matches, one in each of the 14 weight classes.

Seed: Because of their success in previous competition, seeded wrestlers are acknowledged as superior wrestlers. Seeds are usually selected according to criteria established by the tournament director and/or by the voting of participating team coaches.

Seven Basic Wrestling Skills: the US Wrestling Federation has divided wrestling skills into the following categories:

- **Posture** - having good body position in stances and during moves and counterattacks.

- **Motion** - keeping proper position and balance when defending and attacking.

- **Changing Levels** - raising and lowering the body to attack and defend.

- **Penetration** - moving forward to penetrate an opponent's defenses and to gain a takedown

- **Lifting** - lifting an opponent off the mat.

- **Back-step** - the action (footwork, level changes, etc.) taken to begin back-step throws (headlock, hiplock, etc.)

- **Back arching** - throwing an opponent from his feet to his back.

Stalemate: two contestants are interlocked in a position other than a pinning situation, and neither wrestler is able to improve his position. The referee starts

the wrestlers again in the center of the circle.

Supporting Points: the parts of the wrestler's body that are supporting most of his weight. These may include the feet, knees, side of thighs, buttocks, and sometimes hands.

Tournament: a competition involves 3 or more schools. There are a number of different ways to organize and conduct a tournament.

TOPICS OF INTEREST

Athletic Eligibility Criteria

The Wyoming High School Athletic Association (WHSAA) requires a wrestler to currently be passing in five (5) solid subjects, and you must have passed in five (5) solid subjects during the immediate preceding semester.

Natrona County High School (NCHS) Eligibility: Eligibility is evaluated every week. Any F for the week is a warning to improve your grade. The athlete must have passing grades (D or above) in all classes. If the grade is not passing on the second week, the athlete will be ineligible until no F's on the weekly report. Once a student receives a failing grade, any F in any class will be progressive until all classes are passing. The student must be enrolled in 5 subjects.

Athletes must pass the eligibility standard for WHSAA and NCHS to participate in athletics.

The Importance of Multisport Athlete

For the success of NC wrestling and NC athletics, the coaches believe in the philosophy of multi-sport athlete. This will not only benefit the athlete, but the whole school. I expect wrestlers to participate in other sports to maintain their competitiveness, aggressiveness, determination, coordination, and strength. This will also keep the athletes focused on what is important and unwanted behavior. Research has indicated that students involved in extracurricular activities have more success in school and later on, in life. Furthermore, athletics provides evaluation tool for monitoring attendance, grades, and behavior. When school is not in succession, athletes should continue to compete or train for the sport. Training means running, weight lifting, competing, camps, or other high heart rate activities.

The goal for the junior highs and high school is to get more wrestlers out for the sport and keep wrestlers competing throughout their high school career. This promotion is not only for wrestling, but also for multi-sport athletes at Natrona. Wrestling might not be the athlete's best sport, or even their top priority. But, wrestling will provide skills and training to make the individual more competitive in other sports.

Nutrition for Wrestling

Wrestling is a strenuous, physically demanding sport. Therefore, proper nutrition for aggressive, offensive wrestling is needed to maintain this style of wrestling. Our philosophy is to build lean muscle and eliminate body fat. The wrestlers must maximize carbohydrate food (bread, pasta, noodles, grains, vegetables, fruits, etc.) and minimize fats (junk food) and proteins (meats). The diet consists of 60% carbohydrates and 30% protein and 10 % fats. Wrestlers must eliminate carbonated products (pop) and drink water, sport drinks, and fruit drinks. A daily vitamin is need for adequate supply of minerals. Three meals a day is recommended with smaller serving sizes. Eat foods in moderation and in it's natural state.

First Aid for Minor Injuries

Injuries are a part of every sport. Wrestlers are most likely to get minor cuts, sprains, bumps, and bruises. Make sure that minor cuts are cleaned well with soap and water, and then apply an antiseptic ointment and a Band-Aid. Try to keep open sores covered. For minor bumps, bruises, and sprains, elevate the area and put an ice pack (not heat) on it as soon as possible. Apply the ice pack for 15-20 minutes, wait 45 minutes, and apply it again. All injuries should be reported to the coach or trainer.

Of course, preventing injuries should be of utmost importance to everyone. Athletes can avoid injury by: 1) being in good condition when the season starts, 2) having the right equipment, 3) stretching properly before all practices and matches, 4) drinking enough water, 5) getting the proper rest and nutrition, and 6) working closely with the trainer. Prepare to succeed or prepare to fail.

Skin Care

As a major precaution against communicable diseases from skin to skin contact, wrestlers must shower after each practice or competition. Each wrestler's competition uniform, practice gear, and headgear must be cleaned after every practice, dual, or tournament.

The most common skin disorder seen among wrestlers are bacterial infections such as impetigo and boils, fungal infections such as athlete's foot, ringworm infections, and cold sores. The coach must be informed off all such disorders, and a doctor or dermatologist for diagnosis and treatment must see the wrestler. A doctor's written verification of treatment and a Physician's Release Form to wrestle will be requested by the hosting event before allowing a wrestler to compete.

To protect wrestlers, wrestling mats are cleaned before each practice and competition with a disinfectant. Also, the wrestlers will use a skin shield protectant to reduce bacterial infections. Furthermore, we wash wrestling gear daily and daily showering.

Wrestling in College

Wrestling in college requires talent and a great deal of dedication. For wrestlers who wish to continue competing after high school, there are several options to wrestling at NCAA, NAIA, or NJCAA college or universities. All colleges and universities are different, but eligibility requirements are based on grade point average in 13 core classes and SAT and ACT test score. The higher the grade point average, the lower the score on the SAT and ACT test. The student-athlete is usually required at least a 2.0 grade point average from 13 academic courses (4 years of English, 3 years of Science, 2 year of Social Science, 2 year of Math, 2 additional year Academic Courses), a high school degree, and score of 86 ACT or score of 1010 on SAT. A sum of scores on the ACT must be equal to or higher than 68 and a score 820 on the SAT.

This is a web address to eligibility to NCAA - www.ncaa.org/eligibility.

How to Best Help Your Athlete

The best way to help your athlete is to provide encouragement and to be positive, both at home and in the stands. If there is a problem at any time during the season, have your son talk to his coach. If the problem is not resolved or if it is of a serious nature, then call the coach you. The coaches know that you are the most important person in your son's life and that your son wants you to be proud of him. Be in the stands, dual meet or tournament, and cheer loudly.

The coaches realize that parenting is your most important responsibility for 18 years of your child's life. Structure and support are the most important factors for your child. Athletics can provide an avenue to maintain discipline, behavior, and academics. As parents, you can help out the athlete by:

- Providing food, shelter, and clothing including rest and healthy living
- Providing a loving, caring, and supporting home environment
- Helping the child in financial expenses
- Understanding the commitment of student-athletes
- Maintaining discipline with behavior, academics, drugs, alcohol, tobacco, and communication with the child (No Late Night without Adult Supervision)
- A trusting relationship with the school, coaches, and team personnel
- Helping the booster club representative in organizing functions for the benefits of the wrestlers
- Understand the role of the parent and the coach. Coaches makes decision based on the reflection of the team, WHSAA and NCSD #1 District policies, and the attributes necessary for the best team on and off the mat.
- Everyone wants the best for your child. But, coaches must reflect on what is best for the team too. The triangle of success will provide this environment: wrestler, parents, and coaches.

State of Philosophy and Goals NCSD #1 Athletic Program - adopted by the

Casper Coaches Association 10/10/2002

In striving for excellence, the goal of NCSD #1 is to provide participants the skills by which they may become future productive contributors in our highly competitive society. In order to achieve this goal, Natrona County School District #1 is committed to the belief and practice that interscholastic athletic programs are essential to the education of all youth and therefore, are an integral part of the total school program. By promoting athletics the District establishes its belief that Natrona County youth gain immeasurable values from these programs and reaffirms its conviction that excellence in education can be achieved through participation in athletics.

The inherent values of athletic participation are both realistic and vivid. These values have a direct impact upon the lives of the participants. Not only do interscholastic athletics benefit and directly influence participants, but they also instill pride and unifying spirit among students, fans, schools, and communities of Natrona County. Contemporary research indicates the value of athletic participation to the facilitation of student learning, academic achievement, sportsmanship, and development of personal/social skills and responsibilities.

The NCSD #1 athletic program is conducted in accordance with existing Natrona County School District Board of Education policy and within the rules and regulations of the Wyoming High School Activities Association.

Statement of Commitment - adopted by the Casper Coaches Association 10/10/2002

NCSD #1 supports interscholastic athletics because the District believes athletics:

- Promotes greater academic success
- Encourages positive behavior and responsibility
- Facilitates future success and leadership
- Promotes life long skills, health, and fitness
- Fosters a cooperative spirit and sportsmanship
- Creates poise and confidence
- Teaches discipline and self-confidence
- Unifies students, parents, school, and community relationships
- Facilitates the 5 learning styles: visual, kinesthetic, auditory, linguistic, reasoning, higher level thinking and multiple intelligences
- Develops creativity, cross brain function, reasoning, and higher level thinking

As a result of these beliefs, the district is committed to providing necessary financial support, professional supervision, coaching education development,

support services and empowerment of coaches and athletic coordinators/directors. The vertical articulation will empower the coaches to develop, supervise, and support programs at the elementary, junior high, and high school. In addition NCSD #1 is committed to offering all students an avenue to participate by the development and administration of quality programs in physical education, intramural, and athletic programs.

Natrona County Philosophy of Wrestling

The coaches believe successful wrestling is based on these attributes towards making the program its best: effort, technique, intelligence, strength, and quickness. We believe in a highly intense style of wrestling, which places wrestlers on the defense. This aggressive style of wrestling focuses on dominating the opponent both physically and mentally. The wrestler does not cease the pressure and remains in the opponent's face for the duration of the match. The wrestler must use all these attributes to maintain this aggressive style of wrestling. A true champion must work harder, have discipline, and remain focused for the entire match and season to fulfill his dreams.

We believe effort is vital to the success of the program. The wrestler must be willing to sacrifice pride, dignity, and heart for the outcome of the match. The wrestler must be willing to give there all without worrying about the outcome. The technique, strength, quickness, and intelligence will come once the desire to win is achieved. Wrestling is a mental game of confidence and belief in one's talents.

Wrestlers need goals for both the team and individual. Goals will provide direction towards ultimate desires the wrestler wants to achieve. The goals are measurable, attainable, and based on their strengths and weaknesses of the individual. Goals will promote team building and relationships for togetherness. Goals will maintain the effort to wrestle at a high intensity and stamina throughout the season and make relationship respectable and desirable.

Relationships are meant to bond people together for a common cause. Strength in numbers provides great workload, more depth, and a bigger voice and image in deeds well done. But relationships can be good or bad for people. Good relationships keep building over time with a common cause with virtues such as trust, commitment, loyalty teamwork, and common purpose. Bad relationships produce conflicts, disagreements, and selfish behavior such as mistrust, disobedient, deceit, jealousy, greed, lying, cheating, stealing, etc. All individuals have the privilege to compete and be part of wrestling team. But the rules, regulations, and policies of the Natrona School District and Wyoming High School Activities Association provide a good working environment to build all relationships. Bully, hazing, sexual harassment, and other intimidating behavior create a hostile environment which lessens relationship building. Foul behavior steals from a healthy environment that tries to build relationships rather than destroy individuals. Wrestling provides a great opportunity to win in all aspects of sports – individually, team, and relational. Relationships are built on respect, togetherness, and equal treatment in a cordial way.

Technique and intelligence are the key towards state champions. Athletes who develop their skills become more creative, self-assured, and successful. Coaches must communicate highly successful skills and strategies, so wrestlers have the confidence to perform them in a competitive situation. It is the quality of skill that matters, not the quantity of the skills. The wrestler must have confidence in the skills before the technique will be used in a match situation.

Strength and quickness lead to a well-rounded wrestler capable of dominating opponents. What is lost in technique and intelligence can be gained in heart and conditioning. Wrestlers must continuously push their bodies to the limits with intensity above their opponents. This intensity will place their opponents on the defense and wear down their stamina. Eventually, it will cause the opponent to quit.

The coaches believe that effort, technique, intelligence, strength, and quickness are vital ingredients for successful wrestling. We believe wrestlers need to maximize their strengths and minimize their weaknesses by setting goals to meet individual, team, and relational needs for improvement. Most importantly, the wrestler must be willing to put it all on the line for a few minutes of glory for self and others.