

Wrestling 101

Interested in wrestling? Here is a brief introduction and a few things to keep in mind before stepping on the mat.

What is wrestling?

Wrestling is widely considered to be the oldest sport in the world. Two individuals engage in grappling techniques with the ultimate goal of pinning your opponent on their back for at least two seconds.

Wrestling is a contact sport which means there is a risk of injury. Safety is a priority at SVWC. We do everything possible to keep our wrestlers safe. This includes maintaining our equipment and keeping our facility sanitized. The SVWC coaches prioritize proper technique and training to minimize wrestler injuries.

What are the benefits of participating in wrestling?

While physical fitness is a huge benefit of wrestling, the sport offers so much more. We believe that wrestling teaches our athletes the importance of self discipline, strong work ethic, self confidence, and the ability to overcome adversity through determination and dedication. Our wrestlers learn lessons that they will carry with them long after they leave the mat.

What should I bring for practice?

For practice, wrestlers can wear shorts, tshirt, and wrestling shoes. If you do not have wrestling shoes, socks or bare feet are allowed on the mat for practice. Feel free to check with an SVWC coach to see if the club might have a loaner pair of shoes in your size to borrow. There is a water fountain in the training facility, but bringing a water bottle is recommended.

Do parents need to stay at practice?

Parents/guardians are welcome to watch from the bleachers in the SVWC training facility. They are also welcome to just drop off and pick up for practice. Please be sure we have a current emergency contact form on file with the club.

If you choose to stay, please follow these simple guidelines to avoid distracting our wrestlers and coaches.

1. Keep all non-wrestling children off the mats and equipment.
2. Please do not coach your child from the bleachers. If you are interested in helping coach, we welcome you to talk to Coach West.
3. Bring headphones or turn the volume down on any technological devices.
4. Do not come onto the mats. Even in an emergency, please allow the coaches to assess the situation and determine the next step.

Basic Wrestling Dos and Don'ts to Know

- **Do** wear street shoes into the facility before changing into wrestling shoes. Wrestling shoes should not be worn outside.
- **Do not** wear street shoes on the mats for any reason. Only wrestling shoes should be worn on the mats.
- **Do** wear appropriate wrestling attire. Shorts, t-shirts, and wrestling shoes should be worn for practices. Headgear is optional during practices. Many school districts require mouthguards for wrestlers with braces.
- **Do** remove jewelry and piercings for wrestling.
- **Do** keep your nails trimmed short and long hair pulled back.
- **Do** pay attention to the coaches. This will help you learn and also prevent injury to yourself and your partners. Please ask the coaches if you have a question.
- **Do** practice good hygiene. Showers should be taken as soon as you get home from wrestling. This helps protect wrestlers from infections like ringworm and impetigo. Keep any open wounds properly covered during practices.
- **Do** be a good partner. Stay focused. Do not fall down easily or run around. Allow your partner to execute the technique you are practicing.
- **Do not** hit, punch, kick, claw, slap, stomp, or bite. Please make sure wrestlers know these rules before their first practice.
- **Do** stay hydrated. Drink water before, during, and after wrestling.
- **Do not** chew gum or eat while on the mats.
- **Do** have fun, work hard, and keep a good attitude!