



Puma Wrestling Club

STRENGTH & HONOR

Introduction

Wrestling is not an easy sport, and there are few natural winners. Paying your dues with sweat and some disappointments are to be expected. Like any other sport, success requires a commitment from both the athlete, and, in the case of younger wrestlers, plenty of active support from their parents. A wrestler must realize that it will be very difficult to achieve his competitive goals if he isn't willing to make the personal sacrifices required. Wrestlers must ask themselves first if they want wrestling to be one of their best sports (or maybe their primary sport). If their answer is yes, and if they are committed, then they probably have the necessary determination to maximize their potential for success.

What is Freestyle and Greco Roman Wrestling?

There are three major wrestling styles practiced in the United States. Folkstyle/Collegiate is the traditional US style practiced in schools and universities. Of the three styles, Freestyle and Greco-Roman are competed internationally as Olympic sports. Since Freestyle is similar to Folkstyle, its techniques and rules can be easily learned in a short time. In order to be accommodating to other spring sports, Freestyle activities are often very flexible. Work-outs are not oriented towards conditioning or weight loss, but towards mat work and live wrestling. This format allows the wrestler to get plenty of work into the 1 ½ to 2 hour sessions a practice usually lasts. For Freestyle and Greco-Roman competitions, wrestlers compete in age groups and weight classes.

What Can a Wrestler Gain From The Puma Wrestling Club?

Puma Wrestling Club participation allows a wrestler the chance to greatly accelerate the training program without the normal pressures and hassles of the winter folkstyle environment. A small sacrifice on the wrestler's part will pay major dividends during the seasons ahead. If your goal is to be a state champion or state placer, freestyle increases your chances dramatically. If one wrestler is getting 40 matches a year in the high school or junior high season and 30 matches in the freestyle season whom do you think is going to get better at a faster rate? More matches will improve your technique, skill, and mat strategy. More minutes on the mat = more wins. The best wrestlers in the state are going to these tournaments. Are you going?

Freestyle wrestling will increase your opportunity to earn a college wrestling scholarship. Because most of the NCAA Division I college coaches recruit at The Junior Nationals, a freestyle and Greco-Roman event in Fargo, ND, the need to learn and excel in freestyle wrestling, is even more important. Unless you are a multiple high school state champion from Ohio, California, Minnesota, Iowa, or New York (to name a few) you will need to wrestle freestyle to gain the exposure so college coaches will believe you can compete at a national level. Beat a state champion from one of those states in a freestyle tournament

and you will receive strong consideration for a college wrestling scholarship. In other words, if you are an Arizona State champion your chances of getting a wrestling scholarship is minimal to none; since we have 6 champs in each weight class every year. Wrestle freestyle and increase your chances of earning a scholarship dramatically. If you want to earn a scholarship, learn to wrestle freestyle.

The Old Folkstyle vs Freestyle Controversy

Surprisingly, there are still a number of old time high school wrestling coaches who promote the philosophy that somehow Freestyle wrestling will effect the performance of a Folkstyle wrestler. This opinion is usually offered by coaches who either don't understand Freestyle, or who don't want their wrestlers to be exposed to more progressive wrestling programs and techniques. Rest assured virtually no modern NCAA champions, or for that matter local high school state champions, restrict themselves by only competing in Folkstyle. In fact, there are very few recent high school state champions that don't belong to a spring Freestyle/Greco club. Freestyle is close enough to Folkstyle that it can be learned sufficiently to participate in a couple of practices. Also, since the emphasis in Freestyle is on action rather than control, many Folkstyle wrestlers find they prefer the faster pace of Freestyle once they get used to it. Freestyle helps develop footwork, aggressiveness, balance, takedowns, and low attack techniques. It also incorporates a number of moves which are easily modified for Folkstyle use. In addition, if the wrestler also learns the Greco-Roman style, his throws and hip motion will drastically improve as well. Any coach who doesn't recognize these benefits and won't endorse off-season Freestyle participation is holding his wrestlers back.

Conclusion

The time is now to learn freestyle wrestling. Whether you just want to improve your wrestling technique and skill, want to become a state placer or champion, or even want to become a World and Olympic Champion, freestyle wrestling is mandatory to become successful. If you have high wrestling goals, freestyle wrestling must be a part of your yearly wrestling plan. We are committed to helping you learn freestyle and you, we're sure, will find it exciting. We look forward to seeing you at the freestyle tournaments!

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