

Mill Creek Mustang Wrestling

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Welcome to MCMS Wrestling

We are planning to start on Monday October 17th. Wrestlers can be any 7th or 8th grade student, male or female.

Please make sure you have all physicals and paperwork to the MCMS office along with paying fees before our first practice on October 17th. Participants will not be allowed to practice without all paperwork and fees submitted.

5 Pillars of Mill Creek Mustang Wrestling

1. Academics
2. Accountability
3. Attitude / Mental Approach
4. Positioning
5. Technique

Equipment Needed:

Participants will need wrestling shoes and clean clothes for practice daily. Each wrestler needs to bring their own towel to shower after practice and before school. If a participant has braces, they will be required to wear a mouth guard that covers the top and bottom braces. All other equipment such as headgear, singlet and warm-ups will be provided.

Wrestler Expectations

1. Each practice: try to improve yourself by giving your best effort
2. Be properly prepared in order to compete
3. Be respectful, responsible and show good sportsmanship on and off the mat
4. Represent Mill Creek Middle School in a positive way
5. Maintain good grades

Academic Policy

If a student has any F's or more than 2 D's for grades the student will be placed on probation for a week. If the student does not improve the grade(s) to an eligible status, they are placed on ineligibility.

Practice Routine:

- 6:00 am - 7:20 am
- 5:50 - Help with the Mat
- 6:00 - Warm-up Run
- 6:05 - Warm-Up Routine
- 6:10 - Wrestling Technique / Drills
- 7:10 - Close Practice
- 7:15 - Mat Clean and Put Away
- 7:20 - Wrestlers Shower, Breakfast and get ready for school

Equipment Needed for Practice:

- Clothing
 - Shorts and t-shirt for practice, wrestling shoes, headgear (school will provide), mouthguard for those with braces
- Do not wear clothing with zippers or pockets

Equipment Needed for Competition

- Clothing
 - Competition Uniform provided by Mill Creek
 - Wrestling shoes (laces tucked in or taped)
 - Headgear
 - Mouthguard for Braces

Cleanliness

The team is responsible for cleaning the mat, wrestlers are responsible for themselves. Nails trimmed, hair cut above the eyes or use a cover to hold the hair in.

Skin infections are something wrestlers need to be aware of. Prevention is simple. After every practice they must take a shower. Be sure to disinfect headgear and shoes on occasion.

If a rash or skin infection occurs please notify the coaching staff immediately.

Wrestling Meets and Tournaments

The schedule is located on the athletics page of Mill Creeks website. All wrestlers will compete against other middle schools. They will be separated by weight. 7th graders could wrestle 8th graders that are of similar weight.

For every competition it is our intention for each wrestler to have multiple matches. This depends on if there is another middle school with a wrestler in that weight class. Sometimes 0 matches and sometimes 3 matches.

Time: Wrestling competitions are long and unpredictable. End times depend on how many matches will take place.

Away Meets: As soon as the wrestler has finished their last match, the wrestler may leave with a parent or guardian. The wrestler's parent or guardian must sign the student out before leaving the meet.

Home Meets: The wrestler must stay until the final match to help pick up the mats.

How to score a wrestling match!

Match: A match consists of three periods. Each period is 1:00 minutes in length.

Fall: Also called a **PIN** occurs when any part of both shoulders of either wrestler is held in contact with the mat for a period of at least 2 seconds. A fall is declared by the referee. Whenever a fall occurs, the bout is ended.

Near Fall: When a contestant has control of his opponent and a fall is imminent. One of the following conditions must take place:

*Both shoulders or both scapulae (shoulder blades) of the defensive wrestler have touched the mat for less than two seconds,

*When the defensive wrestler is held in a high bridge or on both elbows, *One shoulder is touching the mat and the other is held at a 45 degree angle or less.

If any of these positions is held for 2-4 seconds, two points are awarded. Three points are awarded if held for five seconds or more.

Takedown: A contestant is awarded two points for each takedown he/she secures. A takedown occurs when a wrestler takes the other down to the mat with control. This maneuver is done from the standing or neutral position.

Escape: One point is awarded to the wrestler who comes out from a down position (disadvantage) and gains a neutral position.

Technical Fall: When a wrestler gains an advantage of 15 or more points than his opponent, the match is stopped and he is awarded a technical fall.






















Individual Match Scoring

Takedown	2 points
Reversal	2 points
Escape	1 point
Near Fall	2 or 3 points
Rule Infraction	1 or 2 points



OFFICIAL WRESTLING SIGNALS HIGH SCHOOL AND COLLEGE



 <p>Stopping the Match</p>	 <p>Time Out</p>	 <p>Start the Injury Clock</p>	 <p>Stop the Injury Clock</p>	 <p>Neutral Position</p>
 <p>Indicating No Control</p>	 <p>Out-of-Bounds</p>	 <p>Indicating Wrestler in Control Left or Right Hand</p>	 <p>Defer Choice</p>	
 <p>Potentially Dangerous Left or Right Hand</p>	 <p>Stalemate</p>	 <p>Caution for False Start and Incorrect Starting Procedure</p>	 <p>Stalling Left or Right Hand</p>	
 <p>Interlocking Hands or Grasping Clothing</p>	 <p>Reversal</p>	 <p>Technical Violation</p>	 <p>Illegal Hold or Unnecessary Roughness</p>	
 <p>Near-Fall</p>	 <p>Awarding Points Left or Right Hand</p>	 <p>Green Right Red Left Unsportsmanlike Conduct</p>	 <p>Flagrant Misconduct Left or Right Hand</p>	

Why Wrestle?

By Dan Gable

The sport of wrestling is a very natural thing for kids to do at a young age. Kids are always wrestling around in the yard or on the carpet in the house. Organized wrestling can bring in an element of safety and has a lot of other benefits as well.

Wrestling is a great sport because anybody can do it. Because you wrestle people of your same weight, size is not an issue as it may be in a sport like football or basketball. There are now a lot of opportunities to get involved. All but maybe a couple of states have sanctioned high school state wrestling championships. California, Texas and Hawaii have both a boys and girls high school state wrestling championships. Over the past ten years, the number of girls involved in the sport of wrestling in this country has gone from 300 to 3,700 so it is a sport that is on the rise for young females.

One reason wrestling is beneficial to people at a young age is from a self-defense point of view. Kids need to protect themselves from bullies or someone who may jump them on the street. You may be asking, "What are the odds?" Well, pick up a newspaper. You see kids getting kidnapped far too often. First and foremost kids need to be taught about who you can and cannot talk to and where they can be with who, but it's also nice to have a little bit of a fight attitude from the point of view of protection. I have daughters and a lot of people ask me if my daughters wrestle. I tell them I teach them just enough for protection purposes.

The sport of wrestling also helps young people develop important qualities such as self-esteem, sportsmanship, work ethic and leadership skills. It also helps by instilling a competitive edge. A competitive edge is a real key. You really learn how to compete in wrestling because it is a unique one on one sport. Team sports are great, don't get me wrong, but there are some unique aspects of wrestling that make it stand out. For one, in wrestling you compete at all times. You are playing the game the whole time you are out there. Matches may last 6, 7, and up to 9 minutes, but for that short amount of time you are competing. You do not have to wait for a ball to come to you. There are very few breaks and it takes focus and concentration every second you are out there.

There are feelings that take place when you compete. There can be the feeling of not being successful, which can teach you how to overcome adversity and there is the feeling of winning. It only takes winning once to know the feeling and you'll want to strive for it again and again. It doesn't even have to be the feeling of winning an actual match. Sometimes you get a feeling of winning after completing a good hard practice because you pushed yourself and got through it.