

# ***Youth Wrestling***

**An information package for parents who are  
considering signing their child up.**

# Basics of Wrestling

**Who: Any kid from Morristown, Morris Twp or Morris Plains 5-14 years old**

**What: 3 different practice teams to teach kids of all levels and competition for ALL (no politics, everyone plays)**

**Where: Frelinghuysen Middle School, Morristown**

**When: 2 day per week for New Wrestlers, 2-3 days per week (weeknights TBD and Saturday mornings) for kids 10 & up. A program for each wrestler's needs, kids advance to next level when they acquire the skills**

**Why:**

- **#1 because its safe and fun (you have to come and see for yourself)**
- **We give you 2 weeks to come and try it out before committing**
- **Learn discipline, hard work, and have a blast!**
- **It's a fun sport for kids who like contact sports (football, lacrosse, soccer)**
- **Kids compete against kids their own size (where else can a small kid be a champion?)**
- **It's also a great way to teach kids how to be an individual athlete and be a part of the team at the same time.**
- **Morristown Wrestling has been building a reputation as one of the top teams in Northern NJ.**

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## Truth about Wrestling

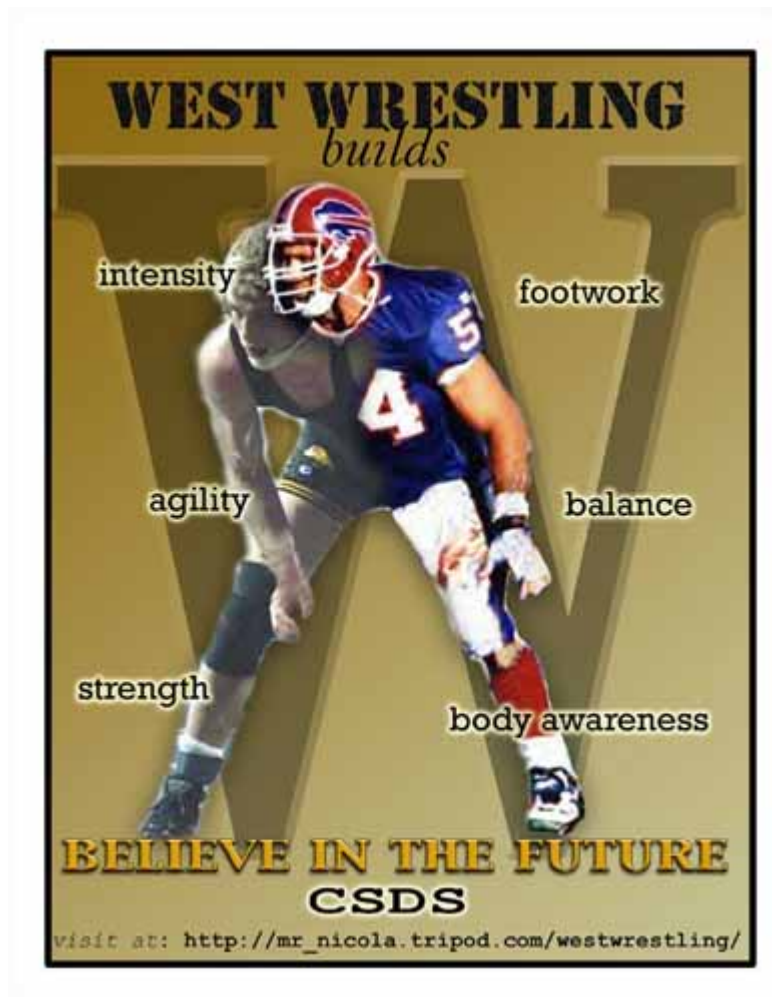
So, your son tells you that he wants to take wrestling and you immediately envision him being lifted into the air by a testosterone filled kid wearing a Superman costume. If the idea of wrestling brings fear to your mind based upon the images portrayed by what you have seen on t.v., then put your mind at ease. Youth wrestling is very different from the professional wrestlers on WWE.

Wrestling is an actual sport (an Olympic sport and collegiate sport); professional wrestling is an entertainment show, designed for shock value and high ratings. There are no rings used in wrestling, only mats designed for the purpose of the sport. Where professional wrestling uses crazy antics, costumes, and inappropriate

attire and provides no safety benefits, youth wrestling is performed in a uniform that is equipped with safety gear such as head protection, knee pads, and regulation shoes. Each match is officiated by a referee. 2 wrestlers for every ref – guaranteed. **Safety is the primary concern when it comes to the sport of wrestling.** Entertainment and theatrics are the main point in professional wrestling.

One of the biggest fears that parents may experience is the thought that their son will be hurled across the room during an event. This couldn't be further from the truth. In fact, **when it comes to the sport of wrestling, violent actions are not tolerated.** The sport of wrestling involves hard work, determination, and a high degree of physical training and commitment. It is also a sport that does not promote violence in any way. Referees follow a strict set of rules to ensure the safety of the participants.

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# Ten Good Reasons for Football Players to Wrestle

By Bill Burlingame, former assistant football and wrestling coach, East Liverpool High School, OH

1. Agility - The ability of one to change the position of his body efficiently and easily.
2. Quickness - The ability to make a series of movements in a very short period of time.
3. Balance - The maintenance of body equilibrium through muscular control.
4. Flexibility - The ability to make a wide range of muscular movements.
5. Coordination - The ability to put together a combination of movements in a flowing rhythm.
6. Endurance - The development of muscular and cardiovascular-respiratory stamina.
7. Muscular Power (explosiveness) - The ability to use strength and speed simultaneously.
8. Aggressiveness - The willingness to keep on trying or pushing your adversary at all times.
9. Discipline - The desire to make the sacrifices necessary to become a better athlete and person.
10. A Winning Attitude - The inner knowledge that you will do your best - win or lose.

## **FOOTBALL WRESTLING “Two sides of the same coin!”**

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**Video highlight clip (Blair vs St Eds)**

<http://www.youtube.com/watch?v=XjHeVpxEpPA&mode=related&search=>