

Burnsville Middle School Wrestling 2022-2023



Handbook and Schedule

Welcome to Burnsville Middle School Wrestling!

Our season will run from November 21, 2022 through January 21, 2023.

Practice time is 2:45-4:15 daily, Monday through Thursday. Friday practices are optional at BHS. Competition is listed on our calendar with a season-ending tournament on January 21, 2023.

Goals:

#1 To develop wrestling skills and learn the sport of wrestling.

#2 To develop physical conditioning and improve each individual's all-around athleticism.

#3 To attempt to win each match.

#4 To have fun pursuing #1, #2, and #3

Wrestler Expectations:

#1 Attend all practices and competitions.

If unable to make practice let your coach know beforehand if at all possible.

You know the schedule and have made a commitment, keep it.

#2 Be on time to all practices and competitions. If unable to be on time, let your coach know beforehand if at all possible. You know the schedule and have made a commitment, keep it.

#3 Give your best effort in all practices and competitions.

#4 Be a team player, cheer on your team mates, **stay at each match until all Burnsville wrestling is done.**

#5 Shower daily after practice either at NMS or right after you arrive home after practice.

Equipment:

Wrestlers are expected to have wrestling shoes. We have a limited number of pairs to loan out. If buying your own, do not spend a great deal of money. Basic wrestling shoes work just fine.

Protective headgear and a singlet or two piece uniform are provided by the school.

Contact Information

Head Coach: Dan Boos

612-518-5188

SEVEN BASIC WRESTLING SKILLS

These skills were developed by USA wrestling. They are skills that should be mastered by all wrestlers.

These skills can be seen here:

<https://www.youtube.com/watch?v=hpWDNQkVOUA>

1 Posture-Position: Having good body position in stances and during moves and counterattacks.

2 Motion: Keeping proper position and balance when defending and attacking.

3 Changing Levels: Raising and lowering the body to attack and defend.

4 Penetration: Moving forward to penetrate an opponent's defenses and to gain a takedown.

5 Lifting: Lifting an opponent off the mat.

The last two (#6 and #7) are not as crucial as the first five for our purposes.

6 Back-Step: The action (footwork, level changes, etc.) taken to begin back-step throws (headlocks, hip throws, etc.)

7 Back-Arch: Throwing an opponent from his feet to his back.

OTHER SKILLS TO BE MASTERED

Hip Heist: Great skill to learn for movement and changing directions from the bottom position.

Technique: Each wrestler will need to demonstrate the proper technique in each wrestling position. Takedowns, breakdowns, pinning, escapes, and reversals.

