



**2009-2010**



**COACHING  
MANUAL**

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Manitoba Amateur Wrestling Association (MAWA)  
2009-2010 Board of Directors

[www.mawawrestling.ca](http://www.mawawrestling.ca)

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## MAWA Club Directory

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 <p><b>Hapnot Wrestling</b> Flin Flon, MB R8A 0P7 <a href="mailto:mskeavington@hotmail.com">mskeavington@hotmail.com</a></p>	<p><b>University of Manitoba Bison Wrestling</b> 17 Dafoe Road Winnipeg, MB</p>

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<p>If you would like to be put on the club directory please email us at <a href="mailto:mawawrestling@mts.net">mawawrestling@mts.net</a> so we can put contact information on site. If you have a Web site for your club or you wish to inquire about getting a Web site created for your wrestling, please feel free to contact us at MAWA. We would be more than happy to create a link to your site or help you create your own Web site. Just send a note at <a href="mailto:mawawrestling@mts.net">mawawrestling@mts.net</a>.</p>	

**Manitoba Amateur Wrestling Association**  
**Proposed Event Calendar**  
**2009-10 Season**

\*\*HS = high school/ JHS = Jr High / E = Elementary/ Sr = University & Open

November 2, 2009 – Deadline for Provincial Championship Tournament Tenders

November 6<sup>th</sup> – 8<sup>th</sup> – Niverville Wrestling Camp (HS, JHS, E, Sr).

November 27<sup>th</sup> - 28<sup>th</sup> – Hound Classic, Saskatoon, SK (HS)

December 5<sup>th</sup> – Elmwood Tournament (JHS, HS)

December 12<sup>th</sup> – Windsor Park Tournament (JHS, HS)

December 28<sup>th</sup> – December 31<sup>st</sup> – Winnipeg Wrestling Club's Christmas Camp

January 8<sup>th</sup> & 9<sup>th</sup> – Kelvin Tournament (E, JHS, HS, Sr)

January 16<sup>th</sup> – Flin Flon Tournament (E, JHS, HS)

February 5<sup>th</sup> & 6<sup>th</sup> – Bedford Road Tournament, Saskatoon, SK (E, JHS, HS)

February 12<sup>th</sup> & 13<sup>th</sup> – St. Paul's Tournament (E, JHS, HS)

February 19<sup>th</sup> & 20<sup>th</sup> – Grant Park Tournament (E, JHS, HS)

February 27<sup>th</sup> – Central Greco Tournament (HS)

March 5<sup>th</sup> & 6<sup>th</sup> – West Kildonan Tournament (E, KHS, HS)

March 12<sup>th</sup> & 13<sup>th</sup> – Proposed Provincial Championship Tournament – Location TBA (E, JHS, HS)

# **2010 MANITOBA PROVINCIALS**

**Competition:** Saturday March 12 & 13, 2010  
LOCATION: TBA

**Weighin:** TBA.

**Weight Classes:**

High School: Male	High School: Female	Jr. High: Male	Jr. High: Female
43-46 kg	<b>40 kg</b>	39-42 kg	36-40 kg
50 kg	44 kg	45 kg	43 kg
54 kg	48 kg	48 kg	46 kg
58 kg	52 kg	52 kg	49 kg
63 kg	56 kg	57 kg	52 kg
68 kg	60 kg	63 kg	56 kg
74 kg	65 kg	69 kg	60 kg
81 kg	70 kg	76 kg	65 kg
90 kg	75 kg	83 kg	70 kg
105 kg	90 kg	95 kg	75 kg
105-130 kg		95-110 kg	75-90 kg

**\*please note that athletes under the minimum weight will not be allowed to compete**  
Elementary School will be grouped based on exact weight, in order to ensure matches.

**Coaches Meeting:** TBA

**Fees:** TBA

**Rules:** - as per CAWA rules - Juvenile for High School/ Cadet for Jr. High and Elementary

**Awards:** TBA

For further information, please contact  
MAWA at [www.mawawrestling.ca](http://www.mawawrestling.ca)



Please visit our website for complete registration and insurance forms

[www.mawawrestling.ca](http://www.mawawrestling.ca)

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**Advantages of owning a M.A.W.A. membership:**

- Access to M.A.W.A. resources
- Receive M.A.W.A. Updates
- Insured under M.A.W.A. Plan
- Tournament participation (sanctioning) in/out of Province.
- Eligible for training as coach official, draw master
- Voting privileges at Annual Meeting
- Opportunity for representation M.A.W.A. Executive
- Eligible to wrestle in annual Provincial Championships

### **Illegal Holds:**

1. It is prohibited to fight, kick, butt with the head, strangle, apply holds that might endanger the opponent's life or cause fracture or dislocation of joints, to tread on the feet and to touch his face between the eyebrows and the line of the mouth
2. It is strictly prohibited to thrust the elbow into the opponent's stomach or back, to grasp opponent by his uniform, for wrestlers to talk to each other during the match, to seize the sole of the opponent's foot
3. The following holds are illegal: throat hold (choke), twisting of arms more than 90', chicken wing below the elbow, peeling opponent's fingers, head lock without the arm

### **Promotion and Fundraising**

#### Promotion

There are several ways to promote the interest and understanding of amateur wrestling:

1. Create a team identity and have a team logo contest
2. wear team uniforms
3. Make school announcements
4. Display articles, photos, results on a bulletin board
5. Keep good public relations with local media, inform them of current events

#### Fundraising

Fundraising is a very important part of any program, which cannot be neglected if you want your club to grow. Solicit volunteers, parents, or school staff members to help run a meet. Include a concession stand.

Direct a fundraising committee who will organize 50/50 draws and car washes. Sponsorship from local businesses can also be solicited to help the club or individuals.

Once your team is developed, travel becomes an important part of the program, which means more money to be raised.

## Tournament Checklist

### Weigh-ins:

- Scales – 1 for every 40 athletes and a large room
- Signs indicating weight classes on each scale
- Weigh-in sheets and pencils at each table
- Desk or table at each scale
- Directions to scales

### Head Table:

- extra pens/pencils (red and blue)
- bout sheets
- draw sheets (2 sets for each weight class)
- large table
- extra paper for draw-master
- microphone and sound system
- first aid kit
- computer with printer and a photo copier

### The Mats:

- head table with 3 chairs
- judge's table and chair opposite the mat head table
- chair for each coach in opposite corners
- score clock and a stop watch
- flip score charts
- pencils (2/table)
- blue and red anklets
- horn and or throw in towel to signal end of round/match
- spit bucket beside each coach's chair
- garbage cans at each mat
- security to keep spectators away from mats
- 1 mat for every 50 athletes expected

A wrestling tournament will be successful if the following points are kept in mind:

- make sure you have enough volunteers and that they are trained in what they are to do
- provide wrestlers and coaches with clear instructions regarding on site procedures
- keep all the wall charts up to date
- ensure the officials and personnel have needed rest periods
- set up gym night before
- make sure you have enough mats – to determine the number of total matches, multiply the number of expected athletes by 1.8

## **Athlete Preparation**

You should develop these six components in your athletes for well- rounded training:

1. Balance
2. Endurance – muscular and cardiovascular
3. Flexibility – range of motion, static, ballistic, resistive
4. Power
5. Speed
6. Strength

The key elements to training are:

- Intensity – how hard the body works
- Duration – length of time the body is working at an overload capacity
- Volume – total time of overload work
- Rest Periods – length of recovery time between work periods
- Repetitions – number of times and exercise is repeated during a workout session

As a guideline, training should occur at a frequency of at least 3 times per week and should be specific to the body parts used. Be aware of over-training that occurs when the athlete is pushed too hard, too soon and doesn't have enough recovery time.

## **Technical Preparation:**

The coach must be able to properly analyze a wrestling skill in order to provide the athlete with constructive feedback. There are six basic principles to look for when analyzing a skill:

1. use of appropriate joints
2. ensure the smoothness and correct order of joints
3. keep straight and strong limbs at the hit, release
4. ensure proper direction of movements during performance
5. use maximum length of limb with control and firm grip
6. check base of support and center of gravity for stability or instability

The three elements of technical development are technique, strategy and tactics.

## **Hygiene and Common Injuries:**

1. head injuries – clash in heat of match
2. fractures and dislocations
3. cuts
4. mat burns
5. nosebleeds
6. sprains and strains
7. Cauliflower ear
8. Ringworm and impetigo

### **It's A Fact that.....**

1. The longest match on record lasted 11 hours 40 minutes. The match was between Martin Klein (Russia) and Armas Asikainen (Finland) in the Greco roman middleweight "A" event in the 1912 Olympic Games in Stockholm, Sweden.
2. In French caves, drawings and carvings 15,000 to 20,000 years old show more than 500 wrestlers in various holds and leverage positions.
3. According to the Old Testament, Jacob wrestled God
4. Presidents George Washington and Abraham Lincoln were skilful wrestlers
5. In 1530, King Henry the Eighth of England and King Francis the First of France wrestled each other at the meeting of the "Cloth of Gold". Accounts of the match differ widely but it was without a doubt the highest honour that could be given wrestling in the sixteenth century
6. The best wrestling record is held by Osamu Watanabe (Japan). Winning the gold medal in the freestyle featherweight event in the 1964 Olympics made it his 186<sup>th</sup> successive win. He has never been defeated.
7. Greco Roman style wrestling is of French origin and arose about 1860
8. In some states in ancient Greece, women were allowed to compete in wrestling, even against men
9. On the Egyptian tomb of Ptahetap (2360 B.C.) are depicted practically all of the wrestling holds and falls known today.

\* From Scholastic Wrestling News, February 1, 1978

## Wrestling is Easy to Understand and Enjoy

- Amateur wrestling is a contact sport whose objective is to take your opponent down and hold his/her shoulders down for a specific period of time.
- If the fall/pin is not possible, points gained determine the final outcome.
- Points are awarded for the successful execution of specified manoeuvres
- Amateur wrestling is the safest of all contact sports. It is prohibited to pull hair, ears, pinch the skin, to bite, to twist fingers/toes, or to execute any action, gesture or hold with the intention of causing pain, torturing the opponent, or making him suffer to oblige him to give up.
- **Fall/Pin** is anytime a wrestler's shoulder blades simultaneously touch the mat due to the action of the opponent, instant, no 3 count

**Takedown** is anytime a wrestler can take his opponent from his feet down to the mat in control.

- **Tilt** happens when the wrestlers are both down on the mat and one wrestler can turn the other exposing his back beyond a 90° plane or rolls him through
- **Reversal** is anytime a wrestler who is on the bottom down on the mat and reverses body position by being on top of his opponent
- **Passivity** – anytime the official determines that a wrestler is being too defensive and passive, the aggressive wrestler gets to put him down

**Take Down, Reversal** – 1 point except where back exposure occurs

**Take Down with exposure** – feet to back – 3 points

**Tilt** – 2 points

**Passivity** – if in contact and stays on the mat – opponent gets choice of position  
- if breaking contact and fleeing the mat – 1 point.

**Mat Circle** – 9 meters with a 1 meter safety zone



Please visit our website for complete  
description of bylaws and policies  
[www.mawawrestling.ca](http://www.mawawrestling.ca)