

Why Wrestle Greco

By Steve Fraser, US Olympic Team

The way I see it is wrestling is wrestling! Upper body or lower body. To be the best wrestler you need to be good at all wrestling attacks and counters. Wrestling Greco Roman helped me tremendously in many areas of my wrestling. It allowed me to develop skills that I used in Freestyle and folkstyle.

Learning how to pummel was probably one of the biggest benefits I learned from wrestling Greco. Pummeling enables you to set your opponent up for upper or lower body attacks. Pummeling enables you to get your opponent tired. Pummeling enables you to destroy your opponents offensive attack. Pummeling enables you to control your opponent. Pummeling enables you to burn seconds off the clock while still looking aggressive. Pummeling enables you to break your opponents mental and physical conditioning. Pummeling enables you to get in great position and keep your opponent in poor position. Pummeling enables you to set the pace of the match. It allows you to get momentum going in your favor or stop his momentum. All in all Pummeling is the actual wrestling of wrestling! It is the fight of wrestling!

I use pummeling to get my National Team in great wrestling shape. Pummel matches are a great exercise for wrestling conditioning.

The year I won the Olympic Gold Medal in Greco (1984) was the same year I won the US National Freestyle Championship. Like I stated earlier... wrestling is wrestling. Learn techniques, tactics and strategies in both upper and lower body attacks and you will be unstoppable!

"Expect to Win with Relentless Intensity"



USA wrestling

Winner's Circle and Olympic Development FAQ:

Q-Do you have to wrestle Freestyle/Greco to be in the Winner's Circle? A-No, although we strongly encourage it. We feel FR/GR allows us to continue to develop our wrestling skills while keeping things fresh and preventing burn-out.

Q-Does the Winner's Circle or Olympic Development Program cost anything? A-No, although wrestlers will need to pay the cost associated w/ tournament entry fees, camps, USA Card, etc.

Q-Do I have to take part in all of the listed activities to be a part of the Winner's Circle? A-No. The program is set up to allow each individual to tailor their off-season program to fit their schedule and needs. To meet the "Gold" level represents a significant commitment to getting better.

Q-How do I start? A-Jump right in. We begin FR/GR practices two weeks after the OSAA State Tournament. You can download schedules at www.rhswrestling.com or call or Email Coach Stanley at 541-325-2042/Nathan.stanley@redmond.k12.or.us.



WINNER'S CIRCLE 2010 And OLYMPIC DEVELOPMENT PROGRAM

REDMOND
WRESTLING

www.rhswrestling.com

The Winner's Circle—If you're in it now, you'll be in it later.

Program Outline

The Winner's Circle is Redmond Wrestling's incentive program for our Off-Season Wrestling. As the saying goes, "Summer Wrestling makes Winter Champions." By completing our Off-Season program we can guarantee that a wrestler will make tremendous strides toward his goals the next season.

The program is open to any wrestler that will feed into Redmond High School. Wrestlers will receive credit for participation in our club's Olympic Development program, camps, clinics, approved weight lifting programs and off-season competitions. Wrestlers will receive 1 point for



National Championships in Fargo, ND

each practice, match wrestled, Crossfit workout, camp, clinic, etc (for more information please see the

Winner's Circle Tracking Sheet). There are three levels of achievement: Gold, Silver and Bronze. For each one of the levels, we will provide an incentive which will represent the wrestler's commitment and dedication to getting better. Of course, it's not something you get, it's something you become.

Winner's Circle Levels:

GOLD—50 points—Singlet (RHS—Varsity Singlet w/ name on the back; Middle School and Elementary Wrestlers—Freestyle Singlet)

SILVER—35 points—Bag/Warm-up (Olympic Development participants will receive a jacket, those who go strictly w/ a Folkstyle path will get a bag)

BRONZE—25 points—T-Shirt

Spring/Summer Wrestling Opportunities

March 15-April 21 Freestyle/Greco Practice—
Mon/Wed/Thu 6:00-7:30pm

March 26-28 NW Regionals, Battleground, WA

April 10 High Desert Freestyle Duals, Redmond, OR

April 17 Cadet Greco, Oregon City HS

April 18 Junior Greco, Oregon City HS

April 24 Cadet Freestyle, Oregon State

April 25 Junior Freestyle, Oregon State University

April 26-May 26 Freestyle/Greco Practice for those going to Western Regionals and Concord Cup—Mon/Wed 6:00-7:30pm

Spring/Summer Wrestling Opportunities (cont.)

May 6, 7, 8 Western Junior Regionals, TBA

May 29, 30 Concord Cup, Concord, CA

June 2-16 Freestyle/Greco Practice for those going to the Western Duals or Western Regionals in Pocatello, ID

June 18-19 Western Duals, Pocatello, ID

June 20-26 Western Kid and Cadet Regionals, Pocatello, ID

June 23-July 25 Wrestling Camp, Redmond HS, 10am-2pm

June 27-29 Seaside Duals, TBA

July 1 Wrestling BBQ in Sam Johnson Park, 5pm

July TBA-Clovis Wrestling Tournament and Six Flags or Colorado, Olympic Training Center and Elich's Garden

