



2015-16 Governor Wrestling



Members of the Governor Wrestling program are looking forward to another successful year of competition and welcome all new and returning wrestlers and families to the program. Information related to practices, tournaments and the various benefits available to each wrestler are provided, and if at any time you have questions or concerns please feel free to contact the appropriate officers/coach as specified below. Good luck as the wrestling season unfolds.

Contact Information

Position	Member	Phone	Email:
President	Trevor Wiebe	295-1360	wiebetrevor@yahoo.com
Vice President	Cody Hostler	280-6674	cwhostler@hotmail.com
Treasurer	Tiffany Stoesser	280-8180	Tiffany.stoesser@state.sd.us
Secretary	Alexis Terwilliger		
Beginners Group	Trevor Wiebe	295-1360	wiebetrevor@yahoo.com
Group 1 Coach	Ben Murphy/Travis Heasley		
Group 2 Coach	Boomer Kuiper/Tyler Stoesser		
Group 3 Coach	Paul Turman	224-8817	pault@sdbor.edu

Practices

Beginners Group:

Monday 6:00 pm – Georgia Morris Middle School
Start Date: Monday December 14th

Group 1:

Tuesday & Thursday 5:45-6:45 Georgia Morse Middle School
Start Date: Tuesday December 8th

Group 2:

Tuesday & Thursday 7:00-8:00 Georgia Morse Middle School
Start Date: Tuesday December 8th

Group 3:

Tuesday & Thursday 6:00-7:00 Riggs High School Wrestling Room
Start Date: Tuesday December 8th

Important Dates

Pictures: In December – Times to be Announced

Pierre Invitational: Sunday, January 24th (AAU Sanctioned)

District Tournament: Saturday March 5th - Fort Pierre

Regional Tournament: Saturday, March 12th

State Tournament: March 26th & 27th – Aberdeen

Practice Structure

While Governor Wrestling assigns primary coaches to facilitate each of the scheduled practices, parents are strongly encouraged to assist during practice sessions to ensure that all members receive individual attention that is needed. Please note that if you have a child under 6, you are not required to assist, but you are required to attend practices with your child. If you choose to be on the mat, then we ask that you specify your willingness to assist. The descriptions below should provide a distinction between the three groups and if you begin having questions about the group your son is in, please feel free to talk with your assigned coach.

Beginners: - For young wrestlers new to wrestling. Practices designed for an introduction to wrestling with an emphasis on providing young wrestlers with a general orientation to the sport, exposure to simple takedowns (single and double legs) and basics for success in the bottom position. Roughly half of the practice time will be devoted to skills development, while the other half will emphasize games/activities that develop mat coordination and fundamentals

Group 1: - For wrestlers with at least 1 year experience. Practices designed for an introduction to wrestling with an emphasis on providing young wrestlers with a general orientation to the sport, exposure to simple takedowns (single and double legs) and basics for success in the bottom position. Roughly half of the practice time will be devoted to skills development, while the other half will emphasize games/activities that develop mat coordination and fundamentals

Group 2/Intermediate: - Practices designed for wrestlers with 1 to 2 years of experience with an emphasis on developing technique and beginning to expand a wrestler's range of takedowns, riding skills, bottom work, and pinning combinations. Sixty percent of practice time will be devoted to enhanced skills development with live wrestling, with an emphasis on activities that foster continued enjoyment for the sport and enhancing wrestler conditioning.

Group 3/Advanced: - Practices designed for wrestlers with 3/4 or more years of experience with an emphasis on providing a complete range of takedowns, riding skills, bottom work, and pinning combinations. This is a fast paced practice emphasizing skill development, extensive live wrestling, and wrestler conditioning.

Youth Wrestling Tournaments

Tournament Participation: One unique feature about the sport of wrestling is that parents and wrestlers can decide to participate in tournaments at their own pace. Some families will begin competing the first week of January, while others may wait until the end of the season or decide not to compete at all. While it is beneficial to give young wrestlers a taste of competition early, we agree that parents are the best judge of a younger wrestler's capacity for winning and losing. If this is your first season we ask that you please gauge your son's interest in competing as the season progresses, and proceed accordingly.

Tournament Information: With this in mind, each week coaches will update club members regarding tournaments held throughout the state. Those who prefer to wrestle locally will normally have one or two tournaments to choose from within 30 – 60 miles (e.g., Highmore, Miller, Presho, Ft. Pierre, Gettysburg, Onida each host good tournaments). Tournament information is posted on the Governor Wrestling website. It is not uncommon to find 3 or 4 tournaments hosted on both Saturday and Sunday throughout the season. You may want to bookmark this site if you are interested in competing. Please note that because families may choose to attend a wide range of tournaments any given weekend, the club does not submit pre-registration information for individual wrestlers.

<http://www.pierrewrestling.com/>

Matside Coaching: During the past few years most tournaments have implemented matside coaching. This has been a great benefit to the sport, and the coaches for the various groups traditionally will work together to ensure that all Pierre wrestlers have at least one coach matside during most tournaments. If you feel that you would like to assist with matside coaching you are encouraged to purchase an AAU Coach Card along with your son's AAU card. Most tournaments are now requiring that coaches have an AAU card before they are allowed down on the floor to coach. Please note that coaches are responsible for good sportsmanship and asked to coach the wrestler only. Arguing with officials or tournament organizers does not represent Governor Wrestling well, and increases the potential for losing this important reward.

Tournament Reporting: Each week the club president will send out a reminder asking parents to submit tournament results to the portal available on the Governor Wrestling website. We ask that you take the time to report your son(s) performance which is then submitted to the Capital Journal and KCCR for public consumption.

Pierre Invitational & Region Tournaments

The Governor Wrestling program hosts an Invitational Tournament this year which serves as the primary source of revenue to cover costs (e.g., practice space, summer camps, equipment, etc.). These tournaments are a tremendous amount of work and the more people we have, the easier it is on everyone and the smoother things run. Even if your child chooses not to wrestle in the tournaments, the profits from these tournaments still benefit all wrestlers so we still need your help. As a result, we ask that parents assist with setting-up and running the tournament held in January each year. When you register your son in the program you are asked to indicate an area (along with your spouse if applicable) you wish to assist. We use this information to develop a master list to assign parents to the various tasks, which is then generated and distributed prior to the tournament. If you are new to wrestling and have questions about any of the areas listed below please feel free to ask one of the club representatives.

Club Benefits

Singlets: Club singlets are available for all members for a \$50 deposit that will be refunded at the end of the season once the singlet is returned. The club simply retains the deposit and then returns the check at the end of the season. Checks are only cashed if the singlet is not returned. An equipment exchange is also held the night of registration.

Governor Wrestling T-shirt: Each wrestler who registers will receive a club t-shirt. T-shirts will also be available for family members to purchase.

Freestyle/Greco Roman & Organized Open Wrestling: After the folkstyle wrestling season concludes, the State USA Wrestling Tournament provides opportunities for interested wrestlers to compete in both freestyle and Greco roman wrestling. Additional practice sessions for these two styles are provided for club members in addition to numerous open wrestling sessions held through the summer and fall each year.

Pierre Youth Wrestling Mini-camps: Each summer the club hosts between three or four mini-camps. Technicians from throughout the state/country are invited in to provide educational opportunities for our wrestlers at all age groups. Dates and times for the camps will be posted and all members are eligible to attend. No fees or registration required to attend.