



Governor Wrestling Registration



2016-17 Season Registration

Monday, November 21st

5:30 p.m. – 7:00 p.m.

Georgia Morse Middle School

Registration Fee - \$40.00

Governor Wrestling has been one of the most successful programs in South Dakota over the past seven years producing over 60 state qualifiers and 40 state place winners every year. The program orients new and experienced wrestlers (**must turn 5 in 2017**) to the sport, with an emphasis toward developing wrestling techniques, sportsmanship, and athletic agility/coordination for novice and seasoned wrestlers. Registration provides club members with a free t-shirt for those registering on or before November 21th and access to practice sessions (designed for three different skill levels) with experienced youth coaches (see reverse side for additional benefits). For questions please contact Chancey Shrake (280-3939, chanceys@broszengineering.com) or Cody Hostler (280-6674, cwhostler@hotmail.com). For a copy of the registration form or club information sheet prior to registration please go to:

www.pierrewrestling.com

****The Pierre School District neither endorses nor sponsors the organization or activity represented in this document. The distribution of this material is provided as a community service and financial assistance is available upon request.**

Additional Information

Practice Structure

Organized practices are held from mid-December until the end of March. The Governor Wrestling club assigns primary coaches to facilitate each of the scheduled practices, but parents are also encouraged to assist with certain drills to ensure that all members receive the individual attention that is needed. Wrestlers are required to participate in each of the respective groups for two years before advancing to the next level. Wrestlers in their first year should attend beginner or group 1 practices. **Designated group coaches will determine if a wrestler (based on age, maturity, weight), should advance to a higher group level despite the number of years of competition. All decisions of this nature must be discussed and approved by the assigned coach.**

Beginner Group: Monday 6:00-6:45 at the Georgia Morse Middle School (Begins December 12th)

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 the bottom position.

Group 1: Tuesday & Thursday 5:45-6:45 at the Georgia Morse Middle School (Begins December 13th)

Practices designed for introduction to wrestling with an emphasis on providing young wrestlers with continued orientation to the sport, exposure to simple takedowns (single and double legs) and the bottom position.

Group 2: Tuesday & Thursday 7:00-8:00 at the Georgia Morse Middle School (Begins December 13th)

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.

Group 3: Tuesday & Thursday 6:00-7:00 at the Riggs High School (Begins December 13th)

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.

Youth Wrestling Tournaments

One unique feature about the sport of wrestling is that parents and wrestlers can decide to participate in tournaments at their own pace. Some 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 their child's capacity for winning and losing. Individuals have opportunities to compete at several local tournaments (Pierre, Highmore, Miller, Presho, Ft. Pierre, Gettysburg, Onida) or throughout the state. As the season begins, a comprehensive list of tournaments will be posted on the Governor Wrestling Website with weekly updates provided to club members via email. It is not uncommon to find 3 or 4 tournaments hosted on both Saturday and Sunday throughout the season.

AAU Card Purchases

If you decide to compete, most tournaments are sanctioned by AAU and will require that you have a valid AAU card to compete. Because not all club members decide to compete, wrestlers are asked to purchase their own AAU cards which cost \$14.00 and can be purchased online. Information regarding the purchase of these cards will be provided after registration.

Additional 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 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.

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