

MAT SPORTS NEWS

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Summer Wrestling

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Three Wrestling Cards Why?

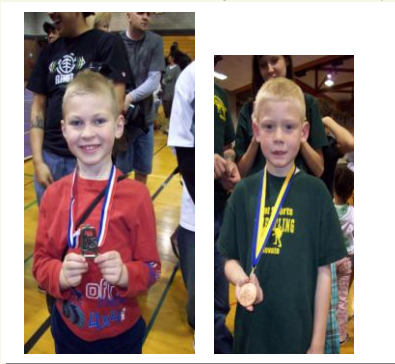
With the addition of SCWAY, California now has three wrestling bodies vying for your wrestling dollars. Each has its strengths and weaknesses. Elite Wrestlers Buy all three, everyone else one maybe two of the three.

USA Wrestling is the governing body for the U.S. Olympic Wrestling – Its strength is in Freestyle and Greco Roman styles of wrestling. They have a lot of foundation support and basic information. For the past few years they have been improving their support of Folk Style. Their program is a “Tournament” based system. Their weakness is that they have no support for local leagues, which has become important with the dropping of many elementary and middle school programs. Lastly, they’ve increased their fees well above their rival AAU and now SCWAY.

AAU wrestling has almost been run out of California. The Amateur Athletics Union offers the best value for your dollar. Their single card allows an athlete to participate in any AAU sanctioned sport. They offer Folk Style, Freestyle, and Greco style tournaments. Their strength is they are more than just tournament support, they sanction matches and leagues. Their insurance is a little more robust.
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THE TERM “GRASS ROOTS” AND WHAT DOES THAT MEAN TO YOUTH WRESTLING?

At what age can my child begin wrestling? The answer depends on how deep the grass root system in your area goes. The answer I give is age 4 but I truly believe it starts when your child begins to toddle. If you have a gymnastics center near you, take your son and/or daughter to tumbling classes. The stretching, rolling, flipping, and landing are an early precursor to skills their bodies will need later in their wrestling lives. Gymnastics is a good companion sport for elementary and middle school age wrestlers. Kinetics of gymnastics leads to natural strength and flexibility like no other activity.



I liken wrestling to a chess match where your body is the pieces and there are several choices, but only one correct choice to make or the rest of the match is played under stress. This happens way too often to young wrestlers, one bad experience and their view of wrestling is tainted. We have to be very careful to structure a wrestling experience that is fun and challenges our kids’ age appropriately.

Middle and High school programs require consistency and family at the grass root level. Not every wrestler wants to be an Olympic medalist or NCAA champion, but some do and we should help them achieve their goals. Most wrestlers want to win their next match and do not think beyond this point of reference. This is where we need to put our time and talent into teaching young people that there is a cost to achieve success in life; whether it be wrestling or another challenge life throws at you. I support all three wrestling organizations (AAU, USAW, SCWAY) because I see that each will provide a level of grass root exposure to meet some Childs levels of expectation.

Grass Roots at the elementary level involve designing custom programs that allow young wrestlers to mature into the complex mental and physical load of participating in wrestling; it’s a lot to handle. Winning and losing are life lessons that most adults fail to handle well or teach kids.

7 REASONS

- 1 Your love for wrestling supersedes all others sports
- 2 You Dream of being a State Champion – Summer wrestling is a step in the right direction
- 3 There is that one point match from last season that you have recurring nightmares’ about
- 4 In Wrestling Shape, is in better shape than any upcoming Fall or Winter sport on your list
- 5 Retaining your wrestling camp new moves improves with follow-up matches
- 6 California now has many more opportunities for you to wrestle locally
- 7 There is a local match night/practice and a weekend tournament in your backyard this week – Where are you?

Summer Wrestling for All Age Groups Is Happening In Northern California

SCWAY Sanctioning Local Tournament
Purchase \$15 Club card through Mat Sports

Mat Sports Is Your Bay Area SCWAY Club

June 26th 2010
FREE TOURNAMENT
Pittsburg Armory 4 Mats
Pittsburg
Contact Rudy Dizon
Must Pre register.
rudy@thesewp.com

July 10th 2010
Falcon Wrestling Club
(Freedom High)
Oakley, CA 6 Mats
Contacts: John Parsons
jparsons@ccwater.com

July 17 2010
Castro Valley High School
Castro Valley. 5 Mats
Contact Ron Maes
cvwcron@yahoo.com

July 24 2010
Alvarado Middle School
Union City, CA 5 Mats
Jeffrey Macalooloy
kajudragon@sbcglobal.net

Aug 7 2010
Northgate High School
Walnut Creek. 5 Mats
Carlos Sumulong
northgatewrestling@gmail.com

Aug 14 2010
Heritage High School
Brentwood, CA 8 Mats
Contact Rudy Dizon
rudy@thesewp.com

Coaches and Parents we have an opportunity to start hosting Folk Style tournaments sanctioned through the State of California Wrestling Association for the Youth.

Contact me and let's get this program rolling.

Why Three Association? Cont.

AAU's weakness is the California wrestling community has not taken advantage of their structure and formed a California state AAU wrestling alliance.

The State of California Wrestling Association for the Youth (SCWAY) is the new guy on the block. Strength is the national organization that supports the idea, NUWAY, and its focus on Folk Style only. Weakness it's new in a conservative wrestling state that takes change hard. Time will tell if they offer a viable service to California Youth Wrestling.



Wrestling A Family Affair

Mat Sports High School Summer League



If you want to improve your wrestling then come to a league mat near you!

- *Tamalpais High School Tuesday and Thursday 6:30 – 8:00*
- *San Marin High School Wednesday and Friday 6:30 – 8:00*
- *Soon we will have dates Riordan High School in San Francisco*
- *Soon we will have dates for a site in Santa Rosa*

Check Mat Sports Webpage for Updates

www.matsport.org

We plan a trip to CYC and have been invited to a one day dual meet in Fresno!

It takes 100 GOOD People To Make a GREAT Program!

Mat Sports has grown beyond what one individual can successfully manage. On the website I have put up the Mission and Purposes of our Organization as a guide to build on. I welcome your feedback and interest in moving our wrestling club to greater heights.

Parent Participation is Welcomed

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