

Mat Sports Youth Wrestling

Mat Sports Services All Age Groups And Athletes From Around The Bay Area, High School Coaches and Athletes Are Reminded That Recruiting Is Never Allowed!

If Caught Recruiting, You Will Not Be Able To Continue To Participate And Will Be Reported To The Appropriate League Commissioner.

Mat Sports Youth Wrestling is dedicated to providing a wrestling experience for the greater bay area. New wrestlers and experienced wrestlers age 4 through 18 are welcomed to join. For information concerning affiliated programs contact us.



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**High School
Summer Wrestling Program
June 9, 2010 - until the NCS published
first official day of practice in the fall.**

WWW.MATSPORT.ORG



**HIGH SCHOOL SUMMER WRESTLING
LEAGUE 2010**

Summer program may commence after the end of the last CIF competition in the spring, typically the CIF Golf Championships.

Participation in any summer program conducted by a school must first be approved by the school principal and/or school district!

Your High School Can Participate With Approval!

My Source is: 2009 – 10 NCS Sports & General Rulings Handbook
"Any questions must be directed to your school's principal, athletic director, league commissioner or NCS staff"

Coaches, we at Mat Sports want to make sure that no athlete under our care is negatively impacted because of a misinterpretation of CIF or NCS rules. I have taken steps to assure we abide by all governing bodies rules and regulations. Please take the time to review the 2009 – 10 NCS Sports & General Rulings Handbook that can be found on the NCS website Sports General Rulings link - (http://cifncs.org/sports_general_rulings/files/sptbk.pdf). Schools not a part of the NCS please talk with your league commissioner to verify they agree with this Summer Time definition.

Why Wrestle In Summer?

Our purpose will be to conduct high school tournaments, competitions and clinics for wrestlers and coaches. Growing up in the central valley (Fresno), it was wrestling that kept me out of trouble and "Always in Shape" for my other sports football, soccer and track. Summer wrestling adds touches to young athletes allowing them to need less time during the academic season on learning basics skills and helps them maintain muscle memory from the skills learned during the season. My personal opinion, I was a much better student and my coach was less worried that I missed a practice here and there to maintain my academics.

The purposes of Mat Sports Wrestling are to:

- Establish and conduct a wrestling League for young people regardless of their socio-economic status.
- We conduct tournaments, competitions and clinics for wrestlers and coaches.
- See Website for Others...

One or Two Touches per Week & Occasional week night or Saturday

- ✓ Each Participating School will open there Gym/Wresting room on a schedule.
- ✓ When we are scheduled to be in your room, your athletes are there!
- ✓ It's not mandatory for all your kids; it's for **wrestlers** who may even play other sports. Wrestling shape and conditioning is in shape for all other sports.

Where Do You Start?

1. Are your athletes interested?
2. Review the rule for summer!
3. Talk with your principle/district about summer facility policy.
4. Request written permission to participate.
5. Make sure your athletes have family support of the idea.
6. Send Mat Sports an email requesting an entry form to participate in the High School Summer Program.

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Cost: \$300 per School