



2018-19 Governor Wrestling



Members of the Governor Wrestling 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	Chancey Shrake	280-3939	chancevs@broszengineering.com
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Secretary	Alexis Terwilliger	670-0249	alexisterwilliger@yahoo.com
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Group 1 Coach	John Kalda	216-6758	John.Kalda@k12.sd.us
Group 2 Coach	Trevor Lightfield / Chad Uhrig	222-5223	tlightfield@fischerrounds.com
Group 3 Coach	Tyler Stoeser / Chad Uhrig	280-0192	cruhrig@midco.net

Practices

Beginner Group

Times: Monday 6:00-6:45
Location: Georgia Morse Middle School
Start Date: Monday December 10th

Group 1

Times: Tuesday & Thursday 6:00-7:00
Location: Georgia Morse Middle School
Start Date: Tuesday December 11th

Group 2

Times: Monday 6:00-7:00 & Thursday 7:00-8:00
Location: Riggs High School (Monday) / Georgia Morse Middle School (Thursday)
Start Date: Monday December 10th

Group 3

Times: Tuesday & Thursday 6:00-7:00
Location: Riggs High School Wrestling Room
Start Date: Tuesday December 11th

Important Dates

Pictures: Monday, Dec 17th (Beginner and Group 2); Tues, Jan 9th (Groups 1 and 3)

Pierre Invitational: Sunday, January 20st (AAU Sanctioned)

District Tournament: Saturday March 2 – TBD

Regional Tournament: Saturday, March 9 - Pierre

State Tournament: March 16 & 17 – Brookings

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. **Coaches will determine what group your wrestler will need to attend. This is based on age, maturity, weight, and other factors. AAU cards are encouraged to be purchased prior to the start of practice.**

Beginner Group: Monday 6:00-6:45 at the Georgia Morse Middle School (Begins December 10th)

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 6:00-7:00 at the Georgia Morse Middle School (Begins December 11th)

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: Monday 6-7 at Riggs High School & Thursday 7:00-8:00 at the Georgia Morse Middle School (Begins December 10th)

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 11th)

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. **Parents will not be allowed to stay and watch practice.**

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.

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 which will be held on Sunday, January 20th this year. When you registered 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 is registered will receive a 2018-19 club t-shirt.

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.

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. No fees or registration required to attend.