



# Governor Wrestling 2019-2020

Members of Governor Wrestling are looking forward to another successful year of competition and welcome all new and returning wrestlers and families to the program. Below you will find information related to practices, tournaments, and the many benefits available to each wrestler. If you have questions or concerns at any time during the season, please feel free to contact members of the board or any of the coaches. Good luck to everyone as the wrestling season unfolds.

## **Coach/Practice Information/Structure**

Organized practices are held from Monday, December 9, 2019 until the end of March 2020. The Governor Wrestling club assigns primary coaches to facilitate each of the scheduled practices, but parents are also encouraged to assist with drilling to ensure that all members receive the individual attention that is needed. Placement in any group will be based on board guidelines. These guidelines include reviewing age, maturity, weight, experience, and other factors. If you should have any questions or concerns regarding the placement of your wrestler, we ask that you contact the board president or the coach of that group.

### **Beginner Group**

Date/Time: Monday 5:30-6:15

Location: Georgia Morse Middle School

Start Date: December 9

Coach: Kyle Sarringer

These practices are designed for an introduction to wrestling with an emphasis on providing young wrestlers with a general orientation to instill the love of wrestling, exposure to simple takedowns (single and double legs) and the bottom position. This practice group will learn through games and fun activities.

### **Group 1**

Date/Time: Tuesday/Thursday 5:30-6:15

Location: Georgia Morse Middle School

Start Date: December 10

Coach: Mike Stroup

These practices are designed for wrestlers that have participated in the Beginner group 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. This practice group will incorporate wrestling technique with some fun activities. There may be occasions due to age/skill level of the wrestler, where a wrestler may be placed into this group without participating in the Beginner group.

### **Group 2**

Date/Time: Tuesday/Thursday 6:30-7:30

Location: Georgia Morse Middle School

Start Date: December 10

Coaches: Brandon Haag and John Kalda

These practices are designed for wrestlers with some experience, with an emphasis on developing technique and beginning to expand a wrestler's range of takedowns, riding skills, bottom work, and pinning combinations. Typically, to advance to Group 2, wrestlers must participate in Group 1.

### **Group 3**

Date/Time: Tuesday/Thursday 6:00-7:00

Location: Riggs High School

Start Date: December 10

Coaches: Steve Havranek and Justin Tostenson

These practices are designed for wrestlers with a minimum of 3 years of experience with an emphasis on providing a complete range of takedowns, riding skills, bottom work, and pinning combinations. More advanced technique will be provided in this group for preparation to move to Group 4.

### **Group 4**

Date/Time: Tuesday/Thursday 7:00-8:15

Location: Riggs High School

Start Date: December 10

Coaches: Trevor Lightfield, Tyler Stoeser and Chad Uhrig

These practices are designed for wrestlers with a minimum of 4 years of experience with an emphasis on providing a complete range of advanced takedowns, riding skills, bottom work, and pinning combinations. This group is for the advanced wrestler.

## **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 and preference. 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 competition, and for winning and losing. Individuals have opportunities to compete at several local tournaments (Pierre, Highmore, Miller, Presho, Ft. Pierre, Gettysburg, Onida, etc.) or throughout the state. A comprehensive list of tournaments will continue to be posted on the Governor Wrestling website. It is not uncommon to find three or four 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 Governor 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 wrestler'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 are 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.

## **Important Dates**

Pictures: TBD. These dates will be posted on the Governor Wrestling website as soon as they are scheduled.

Pierre Invitational: Sunday, January 26<sup>th</sup> (AAU sanctioned)

District Tournament: Saturday March 7 – Ft. Pierre (AAU sanctioned)

Regional Tournament: Saturday, March 15 – Aberdeen (AAU sanctioned)

State Tournament: March 27 – Rapid City (AAU sanctioned)

## **Pierre Invitational & Region Tournaments**

The Governor Wrestling program hosts the Brooks Monfore Invitational Tournament each year, which serves as the primary source of revenue for the program and covers a range of costs each year (e.g.: practice space, summer camps, equipment, wrestler t-shirts). These tournaments are a tremendous amount of work, and the more hands we have assisting, the easier it is on everyone and the smoother things run. Even if your child chooses not to wrestle in the tournament, the profits from this tournament benefit all wrestlers. In other words, we ask that every parent assists with setting up, running, and tearing down the tournament. This year the tournament will be held Sunday, January 26<sup>th</sup>. When you register your wrestler in the program, you are asked to indicate an area (along with your spouse, if applicable) in which you wish to assist. We use this information to develop a master list of designated workers to the variety of essential tasks. You will be notified of your assigned task and time prior to the tournament. Once more, we count on our parent volunteers to assist in order to make this annual tournament a huge success. We appreciate each minute you put into the program every year. We couldn't do it without you.