

# *Saint Francis Wrestling*

## 2011-2012

### **General Information:**

Saint Francis Wrestling is a *no cut* program that is an excellent opportunity for any boy who wishes to train at the highest level and participate in a competitive setting. Wrestling is unlike any other sport in that *every* boy participates in *every* phase of practice *every* day. In addition, *every* boy that wants to compete will have *several* opportunities to be “first string” in real competitions.

### **Philosophy:**

The philosophy of the Saint Francis Wrestling program is one that parallels the philosophy of Saint Francis High School. While training to win is a component of the program, training boys to become hardworking, disciplined, and intense men is the ultimate goal of our program. This will certainly be a most challenging undertaking for any boy that accepts this test.

**Hard Work builds Strong Bodies...**  
**Discipline builds Strong Minds...**  
**Intensity builds Strong Souls...**

### **Practices:**

Practices are split into two sessions: an early practice for our more novice wrestlers and a late practice for our more advanced wrestlers. This allows our coaching staff to give more attention to each of our athletes and allow them to grow as a wrestler at their own pace. Everyone will receive expert instruction in strength and conditioning.

### **Competitions:**

We wrestle on three levels (Frosh/JV/Varsity). We wrestle “Dual Meets” during the week (which are against one other team), and tournaments on weekends. Lineups for competitions change as the season progresses giving all athletes a chance to compete on the varsity level. Having multiple levels of competition gives everyone many opportunities to wrestle. ([Our schedule is online](#))

### **Practice Attire & Hygiene:**

Clean shorts, clean t-shirts, and wrestling shoes (we have extras) must be worn at every practice. Headgear is required for all competitions. Wrestlers with braces must wear a mouthpiece. Wrestlers are expected to shower everyday, immediately after practice. Wrestling gear can be purchased through the team.

### **Weight Classifications:**

One thing that makes wrestling unique is that wrestlers compete against opponents that are their same size. Therefore it does not matter how big you are. There is a weight class for you! The weight classes are as follows:

**106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, & 285 (pounds)**

**WE LOOK FORWARD TO HAVING YOU BECOME PART OF OUR PROGRAM!!!**

*Saint Francis Wrestling*  
*Coaching Staff*