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| **COUNTRY KIDS WRESTLING**  **FREESTYLE & GRECO ROMAN**  **CAMP** | | | |  |
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| Saturday March 22, 2014 9am- 12pm  37 Pinckney St, Greenville 29601 | | | |  |
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**Wrestlers will learn**

* **basic scoring difference between the Olympic styles and Folkstyle**
* **how to use their defense to score points; counter offence**
* **the basic skills used to hit throws correctly for Greco, Freestyle**
* **top (par terre) and bottom position**

**$15 each – includes free tee shirt**

**SCYWA or USAW card is required for camp. Send above information to cgborneman@gmail.com**

The article below is taken from: <http://www.darylweber.com/wrestle-freestyle-greco-roman/>

*Daryl Weber is the head coach at Christiansburg High School in VA, 12x team state champs*

I am a firm believer that if you want a chance at becoming a State Champion and truly want to be prepared to wrestle in college you must wrestle Freestyle and Greco-Roman in the off-season.

**Two Reasons for Writing This Article:**

1. I hope it convinces you how important it is to wrestle Freestyle and Greco-Roman.
2. A Video Series that covers the basics for both styles and gives everyone the confidence to attend FS & GR competitions.

**Should I wrestle Freestyle and Greco-Roman during the off-season?** **Yes!!**

I have been either competing or coaching in wrestling for the past 30 years and the path to being a state champion has always been off-season training in Freestyle and/or Greco-Roman wrestling.  I grew up in Iowa following this path and when I moved to Virginia thirteen years ago, nothing was different.

I have been head coach for seven years now and we have had roughly 40 State Champions.  EVERY one of those State Champions wrestled Freestyle or Greco-Roman during the spring season at a minimum, and many trained all summer to compete in Fargo, N.D. at the largest Freestyle/Greco-Roman tournament of the year.

**Top 3 Reasons to Wrestle Freestyle and Greco-Roman**

**1.**  **Find the Best Competition**

The information in this article is nothing new.  Like I mentioned earlier, this is the path the best wrestlers have been on for decades.  The best wrestlers and teams will be at off-season FS and GR tournaments and that is who you want to compete against if you desire a State Championship.  This makes my point relevant everywhere.  No matter what level your state is at if you are training to beat the best you are preparing to be a State Champion.  If you are on the state, regional and national FS and GR circuit you will probably be separating yourself from the pack.

**2.  Sharpen Folksytle Techniques**

Most of the Folkstyle fundamentals it takes to be a State Champion are very important in FS & GR.  Striving to be successful in FS & GR will solidify the techniques and strategies that are essential in Folkstyle.

*Top 5 Folkstyle Techniques and Strategies Sharpened in FS & GR*

1. Finish shots quick and preferably on the feet.
2. Control opponent and learn to use edge of the mat.
3. Clearing out of Front Headlocks
4. How to use a Tight Waist effectively
5. Managing close matches

And many more…