

**USA WRESTLING
NEW JERSEY**

**INTERNATIONAL
WRESTLING/OFFICIATING
PROGRAM
SPRING 2011**

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I. UNITED STATES WRESTLING OFFICIALS ASSOCIATION

Dedicated to the International Style of Wrestling Officiating

The United States Wrestling Officials Association (USWOA) is the largest amateur wrestling officials' organization in the world. With nearly 2500 members USWOA officials participate in more than 50 national and regional tournaments each year in conjunction with USAW. USWOA mat officials have officiated internationally around the world in addition to the local level. USWOA officials are respected and well received at every venue. The United States strives to have the best wrestlers in the world and the best officials.

If you are interested in wrestling and officiating, join the USWOA and be a part of the largest and best officiating organization in the world.

Information on joining the USWOA is listed below.

New and renewal USWOA 2011 and 2012 memberships can be obtained at: usawmembership.com

All members 18 and over must have a background check. You will be mailed your stamp and control card.

II. Why Wrestle Freestyle?



By Zeke Jones Team USA
03/06/2009

WHAT WILL FREESTYLE WRESTLING DO FOR YOU?

1. Freestyle wrestling is fun. It's exciting, creative, and dynamic because you can score points from almost anywhere. You will receive more points for a spectacular throw, five points, than you do a normal takedown, one point. Freestyle rewards wrestlers for taking risk which creates more excitement and as a result takes less control of your opponent to score. Take the risk to flip him to his back, without even controlling him and get two points. The great thing about freestyle wrestling is you can even throw a guy over your head, which is legal, and if you do it with proper technique, style, and flair and the referee will reward you with a five point move. Many wrestlers that we have spoken to love freestyle because it's fast, exciting, and it was easier to score points. Most freestyle matches also are mostly on your feet in the neutral position. Everyone loves to go takedowns. That's 80% of freestyle wrestling.
2. If your goal is to be a city champion, league champion, state champion or state placer, (or a great referee or coach) and a lofty goal I might add, freestyle increases your chances dramatically. If one wrestler is getting 40 matches a year in the high school or junior high season and another wrestler is getting those same 40 matches plus 30 matches in the freestyle season whom do you think is going to get better at a faster rate? The wrestler with more matches. More competition will give you more opportunities to improve your technique, skill, and mat strategy. More minutes on the mat = more wins. Are your high school, junior high or elementary opponents going to freestyle tournaments? If they are and you're not, then your competitors are getting ahead of you. Don't let them. The best wrestlers in the state are going to these tournaments. You should too.
3. Freestyle wrestling is for everyone. Whether you're a beginner or an advanced wrestler, boy or girl, big or small, five years old or seventy five years old there's a freestyle tournament that is right for you. There are many novice freestyle wrestling tournaments all over the nation that will give you an opportunity to try freestyle for the first time. Are you really good and looking for a challenge? Go to the biggest and the best tournaments in the world in your age group. Tournaments like the Cadet or Junior Nationals attract the best wrestlers in the United States.
4. If you're a good high school wrestler, freestyle wrestling will increase your opportunity to earn a college wrestling scholarship. Many of the NCAA Division I college coaches travel to USA Wrestling's Junior and Cadet Nationals to watch the best wrestlers in the nation with the goal of attracting the best high school wrestlers to come to their university. Unless you are a multiple high school state champion from Pennsylvania, Ohio, New York, New Jersey, or California, you will need to wrestle freestyle to receive the exposure so college coaches will believe you can

compete at a national level. Beat a state champion from Pennsylvania, Ohio, or New York in a freestyle tournament and you will receive strong consideration for a college wrestling scholarship. In other words, if you are a state champion in a smaller populated state your chances of getting a wrestling scholarship are minimal to none.

Wrestle freestyle and increase your chances of earning a scholarship dramatically. College coaches need to know that you can compete against the best in the nation before they will feel comfortable offering you scholarship money. College coaches get excited knowing that when a wrestler comes into their program that they might become not only an NCAA Champion but also a World and Olympic Champion. Dream to become a World and Olympic Champion.

The time is now to learn freestyle wrestling. Whether you just want to improve your wrestling technique and skill, become a state placer or champion, or even want to become a World and Olympic Champion, freestyle wrestling is mandatory to become successful. If you have high wrestling goals, freestyle wrestling must be a part of your yearly wrestling plan.

We are committed to helping you learn freestyle and you, we're sure, will find it exciting. We look forward to seeing you at a freestyle tournament!

Sincerely,
Coach Jones

III. Why Wrestle Greco Roman?

"Wrestling is wrestling."

Three of the USA Wrestling's top Greco-Roman talents inspired and educated hundreds of young people of all ages during the day-long Clinic of Champions, held at the Lawrenceville School in Lawrenceville, N.J. on May 7, 2006.

The clinic was free for USA Wrestling members, and numerous kids, coaches and parents from around the region came to learn more wrestling. It was an opportunity to learn high-level technique, meet wrestling heroes and find out how to be better wrestlers in every wrestling style. USA Wrestling New Jersey organized and supported the clinic and opened it to everybody.

The first two hours were taught by National Greco-Roman Developmental Coach Ike Anderson, a 1988 Olympian and World Team member. Anderson gave a short rules clinic of Greco-Roman, warmed up the athletes, and taught a variety of takedown positions and tactics, including arm drags, arm throws, headlocks, slidebys and other moves. He showed the moves on Jay Antonelli, a U.S. World Team coach who was the former coach of the U.S. Marines team.

Anderson explained how learning Greco-Roman can make a wrestler better in all areas of the wrestling.

"What we can teach you can be used in every style of wrestling, freestyle, folkstyle and Greco-Roman," said Anderson. "It will help you build a tool box. Does a carpenter just come with a hammer to build a house? Of course not. He has lots of tools in his box. If he has something to fix, he finds the right tool. That is why you should learn all styles of wrestling."

"Come with an open mind," said Anderson. "We will show you a lot of moves. You can pick the ones you like and work for you. Then, you must practice them over and over again. That is what wrestling is about."

Anderson, who was a strong folkstyle and freestyle wrestler as a youth and in college, and chose to concentrate on Greco-Roman as an adult, challenged the wrestlers to continually try new things.

"You don't need to be a specialist. You need to learn to wrestle first. I want to be a great wrestler. I do folkstyle, freestyle, Greco-Roman, everything. I do what it takes to get better. Remember, summer wrestlers make winter champions," he said.

2002 World Champion Dremiel Byers, currently ranked No. 1 in the nation at 264.5 pounds, was the next clinician, and explained to the wrestlers about the importance of proper technique. He told the story of Turkish Greco-Roman star Hamza Yerlikaya, who as a youth was taught by a number of retired members of the national team who lived in his city. Yerlikaya learned outstanding technique, won a World title at the age of 17 and went on to capture two Olympic titles.

Byers focused on defensive skills in the bottom position, helping the athletes feel comfortable in stopping the opponent from turning him. He talked about being tough, and using the right skills to avoid being turned. He chose one of the nation's best young wrestlers to demonstrate with, New Jersey high school state champion Zack Rey, who was second at the 2005 Cadet National Championships in Greco-Roman.

"For two and a half years, I have not been turned by a gutwrench," said Byers. "There is going to be a fight there. You aren't getting a gutwrench on me."

Byers and Anderson also showed the proper technique from the bottom on how to stop the new reverse lift in Greco-Roman under the new rules. Anderson, who competed at 136.5 pounds as an athlete, asked Rey, who is well over 200 pounds, to try to lift him off the mat. He actually offered Rey \$20 if he could lift him. Using good technique, Anderson was easily able to avoid being lifted by the talented and powerful Rey.

Byers ended his session with his patented move, the side lift, which he used to win his World title in 2002, where he scored a throw in every match. Byers taught the wrestlers how to lift the opponents off the mat, load them up and take them for a throw.

National Greco-Roman Coach Steve Fraser, a 1984 Olympic champion, was the final teacher at the clinic.

"Greco-Roman is a great sport in itself," said Fraser. "You can win a gold in the Olympic Games and win a national title in this style. And it helps you in your freestyle and folkstyle wrestling. Anything we show you here you can use in all kinds of wrestling."

Fraser started his session with some live wrestling, having the participants wrestle in some mini-bouts and try some of the techniques and lessons they had learned from the other clinicians.

"Coaches and parents, we have some Greco-Roman wrestlers in this group," said Fraser after the matches. "I now want to talk about the fight of wrestling. There are techniques, and then there is fight. You can use this in any style of wrestling. The one technique you need to know to fight in wrestling is the pummel."

Fraser taught the wrestlers how to pummel and move and get their opponents off balanced and how to keep the pressure on them. He called it "his dance," and encouraged the wrestlers to practice this until they developed their own style on their feet. He also showed them how a very effective "dance" where you keep coming at the opponent will cause the opponent to quit and break them mentally. "You will tire them out, so you can score easily," explained Fraser.

Fraser taught front headlock position, which is included in every style of wrestling. There was a variety of ways to use the move, which Fraser taught every angle and had the athletes practice. He then taught some basics from the reverse lock position which is prominent in Greco-Roman.

At the end of the clinic, Fraser brought all of the kids in, and told them some personal stories of his career, and encouraged them to set high goals.

"Everybody in here can be a great Greco-Roman wrestler," said Fraser. "This will help you in your freestyle and your folkstyle. If you want to be good in this sport, you can do it. If you are willing to work hard and overcome adversity, you can be good as you can be."

Many parents and athletes were very pleased and impressed with the clinic, and felt that participating in USA Wrestling programs in freestyle and Greco-Roman helped them to improve.

"The USA Wrestling program made my son a varsity wrestler," said parent Scott Oliverio. "What he learned in Greco-Roman and freestyle he brought into his scholastic wrestling. It has made a difference."

IV. HEAD OFFICIAL

Chris Curtis (NJ)

2009 Mort Geller Award

Given to an individual who has demonstrated outstanding officiating skills on the International level and who is recognized as an outstanding clinician on the national level. The recipient will have contributed to the development of the USWOA's FILA mat officials. This individual will be considered a "mentor to the mentors"

2006 Junior Person of the Year

Chris Curtis of Toms River, N.J., has been named the Junior Person of the Year by USA Wrestling, the national governing body for amateur wrestling in the United States. This award goes to a nationally respected leader who works with athletes and programs on the Junior level (grades 9-12).

Curtis has been involved with wrestling for 40 years, and has been active with USA Wrestling for 30 years. He has taken leadership roles in the sport as a referee and a coach on all levels, with exceptional service on the Junior level.

He is considered one of the nation's most talented and experienced wrestling officials. Curtis has held a FILA International licence for 20 years, and has been ranked as a Category 1 for the last 10 years. He has held a USWOA national category M1 ranking for 22 years. He has served as the Officials Director for USA Wrestling New Jersey for the last 15 years.

Curtis has worked 47 Junior Regional competitions, not only in the Northeast but all across the nation. He has officiated at the Junior Nationals 26 times. Six times, he has been the head official for the Northeast Junior Regionals, and three times served as the clinician at the event. Curtis has also served as either the head official or the clinician at the National Junior Duals three times. Curtis serves as the officials representative on New Jersey's Junior Council.

On the national level, Curtis has served on the USWOA Executive Board for the last six years. He was chairman of the USWOA Evaluation Committee and the Scholarship Committee. Curtis also served as the head of timers and scorers at the 1996 Olympic Games in Atlanta, Ga. and the 2003 World Championships in New York City.

Curtis coached high school wrestling in New Jersey for 29 years. As a coach, he sponsored several international Junior dual meets and has been a Junior team leader for the state three times. Curtis has taken New Jersey wrestlers to compete at the Northeast Junior Regionals.

Chris Curtis is willing to help USA Wrestling and the sport, no matter what has to be done. At tournaments in his state and region, Curtis volunteers to assist with registration, membership sales or whatever is needed. He helps set up events, and does not leave until the tournament is completed and all of the work is finished. He has done this for decades, and continues to make a major impact on the lives of young athletes and on the sport. For this, he has been named Junior Person of the Year.

V. CONTACT INFORMATION

Patrick Pollard
United States Wrestling Official
37 Peachtree Road
Oakhurst, NJ 07755
732 996-5367
jppollard@verizon.net