

What does a typical practice entail?

Practice is where a wrestler learns how to get better and CWC has a set program to do just that. A typical practice lasts about an hour and a half for the youth practices and 2 hours for a middle school practice. During this time there are times set aside for warm-ups, stretching, learning new technique and reviewing previously shown technique, live wrestling with practice partners, conditioning, and even mat games for fun! These practices aim to improve the wrestler, but also are structured to keep the fun and focus of the sport intact.

What do wrestlers wear?

1. Headgear
2. Singlets (or shirt and shorts)
3. Wrestling shoes



4. Kneepads (optional)



Ultimately how do I get better and improve to the next level in this sport?

Just like any sport there is a natural progression that occurs in wrestling. The best place to start is in youth wrestling. Here you learn the fundamentals of the sport and develop a foundation of knowledge and experience to build off of. As you continue to build this knowledge and

experience, the next level is middle school wrestling, then high school wrestling, then college wrestling, and finally USA wrestling in an Olympic and world setting. Just like every sport you cannot just practice to get better, you have to compete. This involves going to tournaments and getting matches. These tournaments are held all around the country. Some are optional and some last all day, but the key is getting that match time experience that you can only get when you compete. Our youth and middle school teams have a 6-8 week schedule of dual meets with local teams, through the Central Virginia Wrestling League and has a league championship tournament at the end of the season to get this match time experience. Dual meets last about 2 hours and are usually on Saturdays.

How is wrestling scored?

- 2 points are awarded for a takedown. This is when a wrestler takes his opponent to the mat and is in a top position with control over his opponent.
- 1 point is awarded for an escape. This is when a wrestler who escapes to his feet from the bottom position and his opponent no longer has control of him.
- 2 points are awarded for a reversal. This is when a wrestler who is in the bottom position is able to switch to the top position and gain control of his opponent.
- 2-3 points are awarded for back points. Back points are when a wrestler who has control of his opponent and turns his opponents shoulder blades to be less than 90 degrees from the mat. The ref then starts counting seconds that the wrestler holds his opponent there. After 2 seconds, the wrestler will be awarded 2 back points, but it takes 5 seconds to be awarded 3 back points.

There are two ways to end the match prematurely. The first way is called a pin and is when the wrestler holds his opponents shoulder blades flat to the mat for 2 seconds. The second way is called a technical fall and is when the wrestler is winning the match by 15 points. This is like a “slaughter” rule.

Who are some famous wrestlers you may know?

U.S. PRESIDENTS □ Chester Arthur, Calvin Coolidge, Dwight Eisenhower, Ulysses S Grant, Andrew Jackson, Abraham Lincoln, Teddy Roosevelt, William Howard Taft, Zachary Taylor, John Tyler, George Washington

U.S. SENATE □ The late John Chafee (former senator RI), Lincoln Chafee (former senator RI), Chuck Hagel (Nebraska), John McCain (Arizona), The Late Paul Wellstone (Minnesota)

U.S. HOUSE OF REPRESENTATIVES

Brad Glass □ Greg Ganske (Iowa), Jim Jordon (Ohio), □ Jim Leach (Iowa), □ Jim

Nussle (Iowa), □The Late Carl Albert (Former Speaker of the House), □Dennis Hastert (Illinois) (Former Speaker of the House)

SECRETARY OF DEFENSE □Donald Rumsfeld □Frank Carlucci

WHITE HOUSE STAFF □Ari Fleischer □George Stephanopoulos

ACADEMY AWARD WINNER/AUTHOR □John Irving

ACTORS

Billy Baldwin

Nate Parker

Mario Lopez

Ashton Kutcher

Tom Cruise

Mel Gibson

Stephen Baldwin

Robin Williams

Michael Douglas

ATHLETES

NFL

Stephen Neal - New England Patriots

Antonio Garay - San Diego Chargers

Davin Joseph - Tampa Bay

Ronde Barber - Tampa Bay

Joe Condo - Oakland

Chris Colley - Washington

Ray Lewis - Baltimore

Lorenzo Neal - San Diego

Donnie Edwards

Kelly Gregg - Baltimore

Bryant McKinnie - Minnesota

David Patten - New England

Adam Vinatieri - Indianapolis

Ricky Williams - Miami

Coy Wire - Atlanta

Roddy White - Atlanta

Ronnie Brown - Miami

Matt Roth - Cleveland

Mike Patterson - Philadelphia

Luis Castillo - San Diego

Retired NFL

Jim Nance - New England

Brand Benson - NY Giants

Mike Reid - Bengals

Jeff Richardson - NY Jets

Tiki Barber - NY Giants

Tedy Bruschi - New England

Larry Czonka - Miami

Bob Golic - Cleveland

Mike Golic - Philadelphia
Carlton Haselrig - Pittsburgh
Bo Jackson - Oakland
Matt Millen - Oakland
Warren Sapp - Tampa Bay
Mark Schlereth - Denver
Chuck Noll - Pittsburgh

What is CWC?

The Cavalier Wrestling Club supports all aspects of wrestling at all levels including scholastic, collegiate, and Olympic. The CWC brings in some of the best wrestling staff members in the country to benefit the central Virginia wrestling community. Current coaches include John Kammauff and Brian Lee of the elementary program, Michael Eareckson for the middle school and Jim Harshaw (Club president, All-American from UVA, former head coach of Slippery Rock University), who helps with both. Also, UVA Coaches Steve Garland, Alex Clemens, and new additions to the staff, Manny Rivera (All-American from University of Minnesota), and Brent Jones (ACC Champion from UVA) serve as club coaches in addition to Ross Gitomer (ACC Champion from UVA). Also, the Cavalier Wrestling Club offers off-season practices in which UVA and scholastic wrestlers participate in year round. Furthermore, the CWC funds travel for UVA, post-graduate, and other CWC member wrestlers to non-NCAA National and International competitions and training programs per NCAA Regulations, such as training at the Olympic training center.