



Freestyle Wrestling – The Value!

Freestyle is a fast, exciting style of wrestling and a valuable means to further develop fundamental and advanced skills as a wrestler. Integrating upper and lower body attacks, Freestyle is fast paced and points can be scored quickly. A takedown can be scored at anywhere from 1 point to 3 points or a great throw can earn as many as 5 points. Although overall positioning is essential, Freestyle requires less control over an opponent to score points. Back points are scored simply by exposing your opponents back to the mat, with or without having a takedown; and you don't have to hold your opponent on his back, but if you do you'll get an additional point.

Will wrestling freestyle hurt your folkstyle wrestling?

Absolutely not; in fact, it will do just the opposite. Learning to wrestle freestyle will only help a wrestler become more in tune with positioning and mat awareness. As a result of its dynamic style and fast pace, freestyle will ultimately help develop and advance a wrestlers decision making in matches.

How will freestyle wrestling improve my offense in the neutral position (feet)?

Freestyle wrestling teaches a wrestler to shoot and finish properly. In the process of scoring a takedown, a wrestler must always be alert and in good position not to expose his back throughout the attack. Remember, back points may be scored without having to secure the top position.

How will freestyle wrestling improve my defense in the neutral position (feet)?

Freestyle wrestling teaches a wrestler to learn and implement solid, basic fundamental defense. In the process of defending an opponent's attack a wrestler must always be aware not to expose his back. Again, remember back points may be scored without having to secure the top position.

What is a good age to start learning freestyle?

Any age is a good age to begin learning the art and science of freestyle wrestling; the earlier the better. Since we began the Overtime School of Wrestling in March 2001, many of our wrestlers that have performed well at the Cadet/Junior Nationals had anywhere from 3-5 years of freestyle wrestling training and experience with us prior to their freshmen year of high school.

Ever dream about competing against a foreign opponent?

This will most likely never happen in a folkstyle wrestling match. Historically, and currently, the United States is the only country in the world that wrestles folkstyle at any age level. The rest of the world only focuses on Freestyle and Greco-Roman wrestling – the two Olympic styles.

Do you aspire to compete at the NCAA Level – and potentially earn a college scholarship?

There are more college coaches scouting at the USA Wrestling's Cadet and Junior Freestyle Nationals every July than any other tournament in the country. These coaches want to see how each wrestler performs against the other top wrestlers within each weight class across the nation.

The Road to Gold – Freestyle Participation Facts

- **Freestyle Olympians 1996-2008:** 100%, or 30 of 30*, Freestyle Olympic Team Members over the last four Olympiads participated in USA Wrestling's Cadet or Junior Freestyle Nationals during their high school career.
- **NCAA Champions 2004-2008:** 90%, or 38 of 42*, of the NCAA Division I Champions over the last 5 years participated in USA Wrestling's Cadet or Junior Freestyle Nationals during their high school career.
- **IHSA AA Champions 2004-2008:** 77%, or 39 of 51*, of the IHSA AA State Champions from the last 5 years participated in USA Wrestling's Cadet or Junior Freestyle Nationals during their high school career.

**Repeat Olympic team members, NCAA champions, and State champions were only counted once in tabulation.*

Statistics tell the tale - Wrestlers competing year round increase their opportunities for success. The more you compete and challenge yourself, the quicker your technique, mat awareness, and match strategies improve. Simply put, extra mat time provides experience that leads to a higher percentage of wins. In addition to the overall experience freestyle wrestling provides, the opportunity to compete and measure your self against some of the most competitive individuals and many of the best wrestlers at the state, regional, and national level throughout the spring and summer contributes to creating champions.

Whether you want to improve your technical skills, become a state and/or national place winner or champion, increase your chance of a college wrestling scholarship or have future aspirations to win a World or Olympic Gold Medal - freestyle wrestling is the most effective and rewarding way to accomplish one or all of these aspirations.