**Wrestling Program**

Conway Wrestling is here to give tools and opportunities to young men and women through our sport. We are here to develop character, confidence, and a sense of accomplishment for all of our student athletes. Our program is here to prepare student athletes with the life skills needed to become community givers and leaders. We are here to promote the team above me. Our program will lift each other up and hold each other to a **higher standard both on and off the mat. We will be leaders in the classroom, in the hallways, at home, and in the community before we are leaders in tournaments and duals.** We want each and every athlete to walk away from our program with the tools and resources to be a better son, daughter, student, athlete, and person than they were before coming to our program. At all times, all members of the Conway Wrestling Program, student athletes and coaches alike, will conduct themselves in appropriate manners. Respect will be shown towards other students, student athletes, coaches, officials, and fans. We are to conduct ourselves in the same manner that we would expect from those we come in contact with. We will lose with dignity and win with grace in all aspects of our sport. **We are to hold ourselves to a high standard and strive every day to reach that level.**

**Varsity/Jr. Varsity**

Varsity is based on attitude, production, and effectiveness. That will be determined in practice, wrestle off, and matches. The most effective wrestlers will wrestle the majority of varsity matches. This obviously will be determined by the coaching staff.

**Wrestling Progression (Year 1)**

**Take Downs**

* Single Leg
* Double Leg
* Head and Arm Throw
* Sweeps (Inside/Outside)
* Brands

**Down Position**

* Stand Up
* Knee Side Stand Up
* Switch
* Standing Switch
* Chase the Leg
* Clamp and Hip

**Top Position**

* Ankle Pick
* Arm Chop
* Tackle the Hips

**Turns**

* Half
* Armbars
* Wings
* Far Post Barbwire
* Crossface Barbwire
* Bulldozer
* Cradles
	+ Near
	+ Far
	+ Bow and arrow
* See Saw

**Defense**

* Sprawl
* Half Defense
* Wing Defense
* Cardle Defense
* Head and Arm Defense

**Head Locks/Body Lock**

* **Top**
	+ Elbow Pass
	+ Crossface Spin
	+ Counter Windmill
* **Bottom**
	+ Baseball bat
	+ Elbow Drag Out
	+ Peak Out

**Wrestling Progression (Year 2)**

**Take Downs**

* Groundhog
* Lat Drop
* Step Stab Lean
* Ankle Pick
* Fireman

**Down Position**

* Granby
* Kartwheel
* Cowboy

**Top Position**

* Spiral Ride
* Claw Ride

**Turns**

* 3/4
* Assassin

**Defense**

* 1/4 Turn

**One Leg In**

* Mule Kick Knee Slide
* Sit on it/pull under

**Two Legs In**

* Buck Up/Head Hunt
* Tick hurt from base
* Jumpside Curl from belly