



Coach Ben Ford
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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.

Playing time:

As a whole, Conway Wrestling is a 9-12 sport. How varsity mat time, and ultimately who is going to state, is determined is very simple. Each week, every weight class that has more than one wrestler will have a wrestle-off. During practice, the two students will wrestle each other and the winner will be the varsity bag holder for that week. Whoever holds the bag the most throughout the season will be our state representative.

Examples include, but are not limited to, the following.

Wrestler 1 and Wrestler 2 are in the 150 pound weight class. Starting the first week of competition these two wrestlers will go head to head in a wrestle-off and will do so each week of competition. The coaching staff will keep a log of which wrestler wins and how many weeks they hold the bag. If we get to the week of state seed meetings and one wrestler has held the bag more total weeks than the other wrestler, that wrestler will be our state representative for that weight class. Should they both have held the bag an equal number of weeks, there will be one final wrestle off before the state seed meeting and the winner will be the state representative. JV mat time will be determined by JV matches available and ability to match weight class within those matches.

Coaching Expectations:

Coaches at all levels are expected to remain professional at all times. Wrestling can be very intense and coaches are to be the voice of reason and control.

There will always be opportunities for coaches to grow within the sport. All coaches will seek guidance and understanding at all times. As coaches, we are lifelong learners and will work to gain a better understanding and knowledge so that we can then pass that information on to our student athletes. It is our goal to continue to learn and grow at all times, in and out of season. Though there may be school staff assistants, volunteers, and other coaches that may share information at our practices or matches from time to time, it is ultimately the Head Coach's decision in reference to planning, implementing, and executing actions taken at practice and matches.

Wrestling Specific:

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.