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## Rules for success!

### 1. Show up to practice every day.

The Great wrestlers Don't miss! It seems like such a small request. Honor it!

### 2. Work hard every day.

Don't show up if you just plan to go through the motions.

Every minute of every practice session is a chance to improve.

Set a good example every time you step on the mat.

"When we wrestle to our potential, we feel like we can beat anyone."

### 3. Help and support a teammate today.

We all improve faster by helping each other improve. Everyone counts!

### 4. Talk to & listen to the coaches.

Ask for help. Wrestlers don't like to let problems fester, so tackle them head on.

### 5. Clean yourself & your gear daily!

Don't let germs take you out of the game!

# WHEN 2 WILL NOT DO!

“Why would you execute a move that would allow you to just lose by a closer score?

Just a moral victory? NO MORAL VICTORIES!” Coach Art Simoni, New Mexico Hall of Fame, 2x All-American

Opponents Score	Takedowns Needed for Win
1-0	1
2-0	1 ties- 2 wins
3-0	2 ties- 3 wins
4-0	3 ties- 4 wins, 1- TD & 1-NF2 ties, NF3 wins
5-0	4 ties- 5 wins, 1- TD & 1-NF3 ties
6-0	5 ties -6 wins, in college 2TD and 4NF ties-

Why do we see wrestlers losing by 4 or more points, shooting for a takedown with 20-30 seconds left in the match? You must have a knockout punch or a sting move that will put a man on his back from their feet, or on the mat, in a hurry! If you get very good at this move, you don't have to wait until you are behind 6-0 to use it!

## High Scoring Upper Body Techniques-

1. Head Attacks: Sagging Headlock-Back Step Headlock, Cruncher-both ways
  2. Snake- cement job- chancery -with leg, high & low flyer (Bo)- Paul Herrera
  3. Twister- cement mixer
  4. Arm Spin & Arm Throw
  5. Lat Drop-Cow catcher (cat turns)
  6. Cross ankle pick-
  7. Monkey Grab- Dresser Dump
  8. Fireman's Carry- inside, outside, head outside, with head
  9. Spladles- Schalles, Kelly, Douglas-
  10. Double overs, step around
- others: Body Lock, Foot Prop, Anderson Duck, Chertow step behind, Reyes inside trip, Slide by to Cobra