**CovCath Wrestling**

2020-2021

**Mission Statement:** To teach athletes self-confidence through wrestling skills and techniques.

**Vision statement:** To have all wrestlers attain the most success as potentially possible.

**Coaches:**

Head Coach: Alex Smith, [af.smith145@gmail.com](mailto:af.smith145@gmail.com)

Dan Ryan | Assistant Varsity & Strength Coach

Joe Hunt | Assistant Varsity

Josh Hardtke | Assistant Varsity

Jim Hummeldorf | Assistant Varsity & Saints Wrestling Coordinator

**Weight classes:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 106 | 113 | 120 | 126 | 132 | 138 | 145 |
| 152 | 160 | 170 | 182 | 195 | 220 | 285 |

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**Team schedule:**

Matches and tournaments are still being finalized, and a full schedule will be sent out as soon as it is completed. Generally, expect all-day tournaments on many Saturdays beginning in December, as well as several weeknight matches each month. State tournaments take place in mid-February.

**FAQ:**

**What season does wrestling fall under?**

Wrestling is a winter sport under the KHSAA. Our first Practice will be Thursday, October 15th and the season will conclude with the state tournament on February 19th-20th.

**What off season/summer programs does wrestling participate in?**

Wrestlers (if not in another sport) are able to participate in our off season weight lifting program, workouts are put together by our wrestling head strength Dan Ryan. We usually lift Monday, Tuesday, Thursday, Friday. Once facilities are opened up we will conduct workouts at CovCath, until then workouts can be done at home and sent through email. Coach Ryan posts workouts and other inspirational material on his Facebook page **Coach Dan Ryan**. You should have to request to be in the group (so you know you are looking in the right spot.)

**Are there tryouts for wrestling?**

No, wrestling is a no-cut sport. Spots on Varsity/JV are determined by wrestle-offs, which is a simulated match during practice for a weight class. The winner will be the varsity wrestler until they are beaten in a wrestle off. Our goal as coaches is to have everyone wrestle as much as possible throughout the year, so just because they are 3rd or 4th in their weight class on the team does not mean they won’t see mat time.

**What is the required uniform?**

The wrestling team traditionally wears singlets (think old timey bathing suits) for matches and we have a team warmup. These are purchased by the wrestler and they get to keep for future seasons. We order a different set every year and the team package costs around $115 per wrestler.

**What if my son has no previous experience in wrestling?**

That is %100 ok. The majority of our wrestlers had 0-2 years experience coming into their freshman year. Our team usually sees a 1 year learning curve, meaning most wrestlers don’t see tremendous success their first year but their second year’s win total goes up usually % 200 or more.

**My son plays football and doesn’t want to lose weight. What can he do?**

Our focus is to have our athletes gain confidence and be multi-sport athletes. If a wrestler wants to put on weight for football or just to be bigger that is ok. Learning technique is what will make them better and the majority of our team's state qualifiers **did not** have to restrict food intake throughout the season. Last season's state qualifier was encouraged to eat more calories (his state weigh-in was around 191lbs and he was able to weigh 197lbs.)

Football players are able to make good wrestlers, and a lot have seen success in the upper weights (195, 220, and 285.) Some notable football players who have wrestled are:

Ray Lewis LB NFL HOF 2x FL State Champ

Warren Sapp DT NFL HOF FL State Champ

Ricky Williams RB

Tristan Wirfs OL 13th Overall Pick 2020 Tampa Bay IA State Champ

Nick Coe DE undrafted free agent signed by New England FLOWrestling National Champ

Luke Fickell UC Head Football Coach 3x Ohio State Champ

**I’ve heard crazy stories about things wrestlers have done to make weight, is it true?**

To some extent some wrestlers have gone to extreme measures to make weight. This, however, is not the philosophy we believe in, here at CovCath. We want all wrestlers to compete to their fullest potential and achieve success. In some cases wrestlers have lost weight to wrestle in a lower weight class, but if they are unable to perform to their potential due to cutting weight we highly recommend to not lose weight. Wrestlers can get better by learning the techniques, and some have seen more success when not trying to lose any weight.

**I have a younger son who may be interested in wrestling, does he have options?**

Yes, Saints wrestling is a youth wrestling club that practices at CovCath. Jim Hummeldorf is the club director. For further information you can email him at james.hummeldorf@gmail.com or check their website <https://www.nkysaintswrestling.com/>

**If you have any questions that were not answered with this or are interested in wrestling, please feel free to contact Head Coach Alex Smith with any questions at af.smith145@gmail.com**