

CONDITIONING

Conditioning is a major factor in being a successful wrestler. Skill will only take you but so far in this sport. You must be well conditioned in order to perform at your peak.

We understand that all athletes conditioning varies. We begin and end each practice with a run in the wrestling room.

Running and Push-ups!

We will start slow the first few practices and begin to ramp up the conditioning as the season progresses.

Weight Training

We feel it is important that athletes in the age range of 4-14 naturally develop their strength and muscle mass. We will **NOT** be doing any weight lifting, however we will be doing standard conditioning drills as well as using the wrestlers body weight to build muscle (again no lifting).

The following items you can do at home before the season to come prepared for the rigors of practice.

*Pre-Season / Off-Day Conditioning Daily Drills:
(Parents be sure to supervise during these drills)

Push-ups 10-100 (Based on Age)

Sit-ups 20-200 (Based On Age)

Jumping Jacks 20-50 (Based On Age)

Jogging (Weather Permitting, Parents please supervise your children)

*If at anytime you cannot complete these activities or as a parent, you feel the conditioning is too vigorous for your child please let a member of the coaching staff know immediately.