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THE ROLE OF WRESTLING

IN HIGH SCHOOL ATHLETICS

(TITLE)

BY

Robert G. Fulk

PLAN B PAPER

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1964

YEAR

I HEREBY RECOMMEND THIS PLAN B PAPER BE ACCEPTED AS
FULFILLING THIS PART OF THE DEGREE, M.S. IN ED.

3 August 1964
DATE

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DATE


DEPARTMENT HEAD

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CHAPTER I

INTRODUCTION

Wrestling is one of the fastest growing sports in the country at the present time. It gives every boy who is in good health and can pass a physical examination a chance to compete in a contact sport no matter how tall, short, fat, skinny, strong, or weak he may be.¹

Wrestling during the last two years increased from approximately 40,000 participants to nearly 100,000 participants on an interscholastic level.²

There are many high schools that do not have wrestling on an interscholastic basis of competition. The writer has heard controversy among administrators about why their schools do not have wrestling in their school's athletic program. Some of these reasons are: Not enough money; the sport is too dangerous; and we have no one on our staff to coach or teach wrestling.

Wrestling is an excellent sport for developing objectives such as educational achievements, mental activity, self-control, competitiveness, morality, sociality, citizen-

¹Interview with Dr. Harold E. Kenney, University of Illinois, July 9, 1963.

²Values in Sports. Report Prepared by Joint National Conference of the Division of Girls and Women's Sports and the Division of Men's Athletics. (Washington: National Education Association, 1962.) p. 12.

ship, physical appearance, and neuro-muscular control.¹

If an individual can develop all of the above objectives through wrestling, it seems that wrestling should be included in the high schools of today.

This study was undertaken to review the role of wrestling in the high school athletic program of today.

The writer was able to reach some conclusions after reviewing available material concerning this problem.

¹David C. Bartelma, "A Questionnaire and Philosophical Study of the Objectives to be Attained Through Wrestling in Iowa High Schools", Unpublished Thesis, State University of Iowa, (August, 1935), p. 10.

CHAPTER II

A BRIEF HISTORY OF WRESTLING

Wrestling is one of the oldest forms of combat of which there is any record. It is reasonably sure that the Stone Age man developed a form of wrestling which bordered on the scientific. Stone Age man had to provide for himself by means of strength and cunning; consequently, physical combat was essential. Wrestling at that time was not only the primary type of warfare between men, but also extended to the conflicts between men and beasts. In this age, wrestling was of a significantly brutal form.

At the dawn of civilization, wrestling was an art of war. Though still of a savage nature it was yet a manly art. The scenes sculptured upon the walls of the temple-tombs of the Nile show a multitude of wrestling matches depicting practically all the holds and fall combinations known at the present time. It is known for certain that wrestling was a highly developed combative sport even at that early date.¹

American Indians held wrestling matches long before the arrival of Christopher Columbus. Wrestling was a

¹Clifford P. Keen, Wrestling, The Naval Aviation Physical Training Manuals, (United States Naval Institute, January, 1957), pp. 3 and 6.

popular sport among the English, Dutch, French, and Spanish settlers, and was frequently the main attraction at social gatherings and fairs.¹

Until after the Civil War period, wrestling in the United States was strictly on an amateur basis. Following the war between the states, some wrestlers became such spectacular performers that there was a demand for matches outside the local area. When this first started, wrestlers were paid only for traveling expenses, but as interest increased, a larger cut of the gate was demanded. This was the beginning of the modern professional wrestling of today.²

This sport, in a systematic and scientific form was probably introduced into Greece from Egypt or Asia, though Greek tradition ascribed its invention and original rules to the legendary hero, Theseus.³ Wrestling was a very important branch of athletics in the Greek games and it was the heart of Greek sports since it formed the chief event of the Pentathlon, or Quintruple games.

However, wrestling as a major sport was not introduced into the Olympics until 704 B. C., at which time the eighteenth Olympics were held.⁴ Another proof of the popularity of the sport in Greece is the fact that the

¹Arnold W. Umbach and Warren R. Johnson, Successful Wrestling, (Dubuque, Iowa: William C. Brown Company Publishers, 1960), p. 15.

²Ibid.

³Keen, pp. 4-5.

⁴Ibid.

favorite subjects for Grecian vases are struggles between various idols and a pose from a wrestling bout was used on a coin of that era.¹

The first organized intercollegiate wrestling meet was held between the University of Pennsylvania and Yale University in 1900. The popularity of the sport immediately spread and in 1904 a group of Eastern Universities formed the Eastern Intercollegiate Wrestling Conference, for the purpose of drawing up a uniform set of rules to govern competition in wrestling.²

The first intercollegiate tournament was held by them in the spring of 1905. They have continued to hold annual tournaments since and to be a very active and important organization in the development of the sport throughout the entire nation.³

In addition to the progress made toward establishing uniform rules the National Collegiate Athletic Association and the National Amateur Athletic Union have done much to improve wrestling rules. Many changes have been made to help prevent injury and make wrestling a better sport, both from a contestant and a spectator point of view.⁴

Today, wrestling is an international sport. All countries wrestle under like rules in the Olympic games,

¹Keen, pp. 4-5.

²Umbach and Johnson, p. 16.

³Ibid.

⁴E. C. Gallagher and Rex Peery, Wrestling, (New York: The Ronald Press Company, 1951), p. 13.

but aside from the style used in these games, almost every country has its own native style. There are two types of wrestling sponsored in the Olympic games; Graeco-Roman and Catch-As-Catch-Can. Separate competition is held in each of these two styles with different rules being followed for each style. Graeco-Roman is used extensively in Europe. In this style of wrestling, all tripping and application of holds on the legs is prohibited. In the Catch-As-Catch-Can contest, sometimes called "Free-Style", wrestlers are permitted to take holds below the waist; tripping and tackling being common maneuvers. When both shoulders touch the mat simultaneously, a man is also considered defeated. It is significant that under Catch-As-Catch-Can rules in the Olympics up to and including the year 1957, the United States of America has proved superior by winning twenty-one out of a possible fifty-two championships in the various weight classes. Next in championships won is Finland with eight; Sweden, six; and England, three. Several nations have never won a championship in any type of Olympic wrestling competition.¹ The United States has not proven superior in the Graeco-Roman style because the Catch-As-Catch-Can style is used extensively throughout the country.

¹Keen, p. 6.

In concluding this brief historical sketch of the sport of wrestling, attention must be called to the fact that wrestling had developed as a sport in every civilized country in the world.¹

¹Ibid.

CHAPTER III

THE VALUES OF WRESTLING IN THE HIGH SCHOOL ATHLETIC PROGRAM

Before wrestling can be properly viewed in the athletic program of the schools, there must be a realization in the role of wrestling in education. The writer will attempt to discuss the values which an individual will gain through wrestling which will, in turn, coincide with education.

Wrestling is recognized as one of the best of athletic sports in terms of ability to promote total physical fitness.¹ Wrestling is not only excellent exercise but it is also a fascinating game. A new situation arises with every move the wrestler makes; at one moment he is on the offense and the next moment he is on the defense. Through wrestling a boy develops determination, self-confidence, the desire to win, and faith in himself.²

In a number of our sports today a boy may have difficulty in taking part because of his height, weight, or build. No matter what physical type a boy may be, he can participate in wrestling with good results. In most sports a boy with a physical handicap such as impaired eyesight or total blindness would have little chance to participate.

¹Umbach and Johnson, p. 19.

²Ibid.

Even men who are blind or with impaired eyesight can participate in wrestling with a great deal of success. Many of them have achieved distinction in national championships.¹

The following are the coincidental values of wrestling and education:

Body Development

Every growing boy takes pride in his physical prowess. He has a sincere desire to be superior physically and he is anxious to do everything possible to construct a perfectly molded body. The American youth has much to gain from wrestling. Wrestling has been praised by educators, coaches, and sports writers as being unsurpassed by any other form of athletics since it achieves symmetrical body development.²

Otopalik states, "There is no better body builder than wrestling."³

No single group of muscles are over developed nor are any excluded, thus, every muscle of the body is put into good use.

Many boys with poorly developed bodies have built powerful and graceful bodies equipped with strong organic systems.⁴

¹Ibid.

²Ibid.

³H. Otopalik, "Introduce Wrestling In Our Schools," Journal of Health, Physical Education and Recreation, I, (February, 1930), p. 33.

⁴Umbach and Johnson, p. 20.

It is interesting to review some of the physiological changes that result from participation in a properly conducted conditioning program such as that accompanying a wrestling season.

1. Muscles of the body become larger and tougher. The growth and toughening of muscles depends upon the amount of work they do.¹ Size alone is not an index of the strength of a muscle. A boy can show an increase in muscular strength of three times or more without a proportional increase in muscle bulk.² Through the sport of wrestling a boy can develop a symmetrical body as well as a strong body.³

2. Bodily coordinations are improved. Just as fingers become better coordinated with systematic practice on the piano, the entire body becomes better controlled and more capable of skillful, highly coordinated movement with wrestling practice. Grace and efficiency of motion increase as awkward, inefficient movements are eliminated through practice.⁴

3. The connective tissues and bones become tougher, stronger, and more resilient. A most practical implication of this type of change is, of course, that the conditioned person is less likely to injure bones or to sprain joints.⁵

4. The heart becomes more efficient.⁶

¹Ibid.

²Carl E. Klafs and Daniel D. Arnheim, Modern Principles Of Athletic Training, (St. Louis: The C. V. Mosby Company, 1963), p. 65.

³Umbach and Johnson, p. 20.

⁴Ibid.

⁵Ibid.

⁶Ibid.

The heart size will increase as the result of a strenuous training program. Precluding organic or functional anomaly, there is no evidence that strenuous or severe exercise can injure the heart of a young adult.¹ It is known that the heart rests after every beat while it is becoming refilled with blood. In the wrestler the heart beats slowly. This means that the heart is powerful in its action, pumps the blood with little effort, and has plenty of resting time.²

5. Circulation of the blood improves. When systematic exercise such as wrestling conditioning is required of the bodily muscles, they need a greater fuel supply carried to them by the blood so that they can do the extra work. Circulation in the muscles increases, permitting them to work longer and more vigorously without fatigue.³

It should be noted that these physiological changes may take place in the body without competing in wrestling, but through a conditioning program such as wrestling, they can be attained more quickly.

The following eight points were brought out by Otopalik as being beneficial towards body development.

1. Aids in correcting curvature of spine and kindred ailments.
2. Develops flat chest and corrects drooping of rounded shoulders.
3. Reduces and strengthens abdominal region.
4. Tones up muscles that otherwise are little used, by continual stretching and massaging.

¹Klafs and Arnheim, p. 69-70.

²Umbach and Johnson, p. 20.

³Ibid.

5. Keeps joints free from stiffness and rheumatic defects by continual bending and use.
6. Develops weak lungs by causing deeper breathing.
7. Relieves constipation by continual abdominal exercise.
8. Wards off disease by more bodily perspiration and excretion of poisons.¹

Self-Reliance

Many of our leading educators of today recognize wrestling as one of our best competitive sports.² In wrestling they see the opportunity to develop such traits as self-reliance, the desire to excel, and the spirit of conquest, which is the normal heritage of youth. Nearly all young men want to place themselves in situations where failure or success depends on their intelligence, speed, skill, and strength. Wrestling is a sport in which the individual has the opportunity to develop self-expression and self-reliance which may be denied him in team games. Once he enters the contest he is on his own, no substitute will appear when his power begins to wane. He cannot take time out to discuss matters with his coach, he must make his own decisions.

¹Otopalik, p. 33.

²Umbach and Johnson, p. 20.

It is an ideal situation to develop initiative, self-reliance, and the ability to decide which course of action to take. Even though the boy may be pressed for time and often in a condition of severe physical discomfort, these qualities will carry him through. The boy develops confidence and self respect that he may relate to other situations later in life.¹

Developing Courage

In some individuals an inferiority complex is the result of some unfortunate occurrence in early life which has destroyed the boy's self-confidence or courage. These individuals may go on in life to be followers rather than leaders.²

Webster defines courage as that quality of mind which enables one to meet difficulty with firmness.³ Wrestling is a sport in which an individual must meet his opponent face to face in hand to hand combat. Thus, the wrestler develops courage by facing his opponent alone. This same situation can also happen with the physically handicapped, such as the blind.⁴ It is amazing to watch blind boys regain their confidence after a successful season of participation in wrestling. Many boys who are

¹Ibid.

²Ibid, p. 21-22.

³A. Merriam Webster, Webster's New Collegiate Dictionary, (Springfield, Massachusetts: G. & C. Merriam Company, 1960), p. 191.

⁴Umbach and Johnson, p. 21-22.

blind and boys who had feelings of inferiority have become outstanding wrestlers.¹

Some blind boys, usually excluded from all sports, compete successfully on the wrestling mat.²

It is certain that these boys have developed initiative, courage, self-reliance, and determination which will carry over into other phases of life.³

Social Values

Many people seem to be under the impression that the chief benefits of wrestling are physical development and endurance. They fail to realize that one of the greatest rewards of athletics is the development of a high regard for personality.⁴

Wrestling should make great strides because it seems to meet every demand for physical fitness. Already, football, basketball, and baseball have reached a high degree of popularity. It is probable a sport such as wrestling might become as popular as the "big three" if it were as well understood. The average high school coach is not familiar with wrestling fundamentals.⁵

If wrestling is to become popular, competent instructors and coaches must be able to teach correct

¹Ibid, p. 22.

²Fendley Collins, "Competitive Wrestling", Athletic Journal, XXVI, 5:12, (January, 1946).

³Umbach and Johnson, p. 22.

⁴Ibid.

⁵Collins, p. 12.

wrestling to offset the inaccurate picture presented to the public by the "grunt-and-groan" type of professional.¹

The writer feels that it has been unfortunate for wrestling that the public gains the wrong opinion of wrestling from the movies and sport page accounts of the modern professional combats, in which huge men called performers employ the tactics of muscling, cuffing, grunting, groaning, and making grimaces at their opponents. There is another type of wrestling found in our schools that measures up to the standards of any of our popular sports. The writer hopes that the word "wrestler" will bring to the mind of the person hearing it, a picture of a clean-cut boy, the typical representative of the amateur wrestlers found on the wrestling teams in the various schools throughout America.²

A boy who participates in wrestling must develop sound habits and good mental health. Weak, unfair, untrained individuals cannot support a healthy society. If a team is to be strong the members of that organization must be strong.

Wrestling helps to develop the social qualities an individual needs to work with society. He must learn to think quickly and act decisively to work out problems for

¹Ibid.

²F. B. Eriksen, "Modern Conceptions of Amateur Wrestling", Journal of Health and Physical Education, V, No. 1, (January, 1934).

himself and to apply his energy intelligently.¹

Sportsmanship

Since wrestling is an individual sport, the eyes of the spectators, officials, and coaches are focused upon two athletes engaged in a contest. Being the center of attraction, they must conduct themselves in a sportsmanlike manner. In amateur wrestling the individual is to beat his opponent without punishing him and do it with all the skill at his command. If people everywhere would observe the rules of the game and would treat their associates with the same courteous consideration that is demonstrated by athletes participating in wrestling, this world would be a different place in which to live.²

Another value not previously discussed is that pertaining to the boy whose size prevents him from participating in sports.

Wrestling provides a sport for boys too small for other teams. Small boys have the same opportunity in wrestling as heavyweights, since wrestlers are matched according to weight. The small athlete who, because of his size, has taken a mental and physical "beating" in sport and play all of his life will find great consolation in wrestling. He will receive a self-sustaining morale

¹Umbach and Johnson, p. 22.

²Ibid., p. 23.

build-up, difficult to obtain from other sports.¹

H. Otopalik states that wrestling is probably the most beneficial of our personal combat sports and should be included in every school.²

Many boys who are not physically built for other sports get good results from this competition.³

M. B. Hunt conducted a survey of educational aspects of high school wrestling. There were twenty-eight questions involved in his questionnaire which covered almost all phases in a wrestling program. The purpose of his study was to determine the status and educational values of wrestling. Hunt sent out two hundred questionnaires and one hundred thirty of them were returned.

Some of the items that were discovered were that wrestling tends to develop such positive aspects of personality as will to win, loyalty, self-confidence, sportsmanship, and other positive personality attributes. It was also found that wrestling provides one of the best opportunities for a "good little man" to receive recognition on a par with a "good big man". It was also found that democratic principles were followed in classifying wrestling contestants according to size and weight, and wrestling does not have as its prime objective,

¹Collins, p. 12.

²Otopolik, p. 33.

³Ibid.

the injury of an opponent.¹

In conclusion of this chapter, the writer wishes to acquaint the reader with statements that have been made by coaches and athletic directors and athletes from various universities during the development of the sport of wrestling.

There is no sport which requires such close coordination of mind and body as wrestling. Every muscle of the body is used to achieve the end which only an alert mind can conceive. A fine body with a slow brain never attains success. Wrestling is a sport in which only the intelligent ever rise very high.

As a "ground school" for football there is nothing to be compared to it. The work done standing up is a wonderful developer of the leg muscles used to secure drive on the gridiron. The agility in avoiding the attempts of an opponent to get a man to the mat are best designed to increase use of hands and shiftiness. Wrestling demands a continual boring in, great aggressiveness, and the ability to keep on fighting under physical punishment. Wrestling is a man's game. Basketball players can be built up in stamina and strength without loss of speed on their feet. Swimmers and water basketball men will gain in strength and fighting ability, and all other sports can have their men developed by a course in wrestling. - W. S. Von Bernuth, Wrestling Coach, Purdue University.

Wrestling as a college sport has made rapid strides in popularity during the past few years. I feel that this interest is well deserved as wrestling is splendid exercise and has its proper place in any athletic curriculum. - George Huff, Director of Athletics, University of Illinois.

¹M. B. Hunt, "Survey of Educational Aspects of High School Wrestling", Scholastic Coach, XXVI, (December, 1956), p. 16.

In my estimation wrestling calls for physical and mental cooperation in the highest degree. I have had boys come out for wrestling who were very awkward at first and in due time overcame this awkwardness and displayed a remarkable sense of muscular coordination almost to the point of being graceful. Any athletic activity which develops coordination in a boy must of necessity be a great aid to him as a football player or any other sport that calls for personal encounter involving judgment of distance, speed, skill and strength. Wise football coaches today are putting their men in the hands of wrestling experts during the winter season. Many great runners have also used wrestling as an auxiliary exercise. - Charles W. Mayser, Director of Athletics, Iowa State University, Ames, Iowa.

Wrestling is one of the great personal contact games because it is intricate enough to make an appeal to the imagination. The young men who indulge in this sport cannot help but develop qualities which will be of direct value to them in other sports.

I encourage my football candidates to wrestle because experience has taught me that I can expect the results from that practice which makes the man quicker and more resourceful. It develops the great requisite for the successful athlete, muscular coordination and balance.

Wrestling develops that which is a wonderful asset to superiority in athletics, namely; the ability to think clearly and act deliberately while under pain. - Robert Zuppke, Head Coach of Football, University of Illinois.

Wrestling, to my mind, is the greatest of the personal contact games, not only from the standpoint of sport, but also as a developer of athletes. Coaches of other sports in our colleges and high schools are beginning to realize this and in many of the universities are urging the formation of wrestling teams as an aid to helping their football players. Wrestling develops the muscles most needed for football players, especially linemen - and what is even more

important, gradually irons the awkwardness out of big men, so that they can handle themselves efficiently without loss of strength or time. - Sec Taylor, Sporting Editor, The Des Moines Register.

For my football players, especially the linemen, I can recommend no better exercise, no better developer of correlation of mind and body, than wrestling. Bert Ingwerson, Head Coach of Football, University of Iowa.

Wrestling taught me to beat the other fellow to it, and helped me in my last years as a guard on the University of Illinois football team. - Jim McMillan, Captain University of Illinois Football Team, 1923.

I believe that wrestling is the best developer of the body and mind for quick action and coordination that anyone may participate in. It is a fundamental training for a football player. - Jack Crangle, Football Coach, University of Missouri.¹

¹Paul Prehn, Scientific Methods of Wrestling, (Champaign, Illinois: Bailey and Himes, Publishers, 1925), p. 9-11.

CHAPTER IV

TRAINING AND CONDITIONING

In any athletic endeavor, the writer feels there should be a training and conditioning program to enable the athlete to approach peak performance. In this chapter the writer will discuss briefly, the training and conditioning program of a boy participating in wrestling.

Preseason Training

Considering that the boy is not out for another sport, and can pass a physical examination, training for a wrestling season should cover a period of four months.¹ Brown and Ober state that the conditioning routine should be prescribed for the wrestler at least one month in advance of the wrestling season.²

During the first few days of training the wrestler should execute distance running and supplement the work out with calisthenics. The calisthenics should consist of exercises to develop the lateral trunk, abdomen, front neck, back neck, biceps, and triceps. Practice chinning for arm and shoulder development and follow it through with rope skipping.³

¹Gallagher and Peery, p. 16.

²Robert L. Brown and D. Kenneth Ober, Complete Book of High School Wrestling, (Englewood Cliffs, New Jersey: Prentice-Hall, Inc., March, 1964), p. 22.

³Gallagher and Peery, p. 17.

Through past experience the writer feels that wrestlers should be issued hand grips to increase lower arm and hand strength.

The following exercises could be used to develop the above mentioned areas of the body.

1. Push-ups - starting position - assume a front leaning rest position, hands the width of shoulders apart, feet together, back straight.
 - (a) Bend elbows until chest touches mat.
 - (b) Return to starting position.
2. Cross-over - starting position, feet apart, hands on hips.
 - (a) Bring the right hand across and touch the left ankle.
 - (b) Return to starting position.
 - (c) Bring the left hand across and touch right ankle.
 - (d) Return to starting position.
3. Combining knee bends with back bends - starting position, feet together, arms to a thrust.
 - (a) Come to a full squat and thrust arms forward.
 - (b) Return to a starting position.
 - (c) Bend forward and touch toes, legs straight.
 - (d) Return to starting position.
4. Stretching - starting position - feet apart, hooks thumbs together, legs straight.
 - (a) Thrust head between legs as far back as possible, keeping legs straight.
 - (b) Return to starting position, dragging back of hands on mat.¹

¹Umbach and Johnson, p. 205.

5. Bridging (front and back) - supine lying.
 - (a) Arch back so feet and head are supporting points. Work neck back and forward and then from side to side. Then rotate neck keeping arms folded across chest. Then turn to a front position and do the same except place hands just above the knees.
6. Sit-ups - starting position - lying flat on back, arms over head, feet together.
 - (a) Sit up, throwing arms forward touching toes with hands.
 - (b) Return to starting position.
7. Leg Cross-over - starting position - lying on back, arms sideward, feet together.
 - (a) Bring right foot across and touch left hand keeping back flat on mat.
 - (b) Return to starting position.
 - (c) Bring left foot across and touch right hand to mat.
 - (d) Return to starting position.¹

This preseason training period should be executed daily until the actual start of wrestling season.

The well informed coach should furnish his wrestlers guidance in food selection as in other phases of the conditioning program. When coaching high school athletes wise coaches will not simply lay down the law as to what foods are to be eaten and what foods are not to be eaten. Instead of recommending a strict diet the coach may suggest a well-balanced diet which could form the basis of any normal

¹Ibid, p. 206.

diet - athlete or otherwise.¹

These foods could be lean meat, eggs and other proteins, variety of green vegetables, variety of fruit and fruit juices, cereals, milk, salads, and toast.²

During Season

All candidates for the team should be assembled and a general outline of the program submitted to them. Emphasis should be placed on acquiring the best physical condition possible. A carefully prepared training schedule should be worked out and all members of the squad be made to understand what is expected of them. All regulations and rules of conduct that are to be maintained during the course of the season should be announced.³

At this time all the men should be informed that wrestling is a strenuous sport but one which can be engaged in safely if they follow a proper training routine.⁴

A weight chart should be posted at the scales which shows the weight of each boy before and after work out. This information can determine the weight class in which the boy may wrestle.⁵

¹Ibid, p. 29.

²Ibid.

³Keen, p. 17.

⁴Ibid.

⁵Umbach and Johnson, p. 210.

As the first match of the season approaches the wrestler's weight should be in close range of the weight classification in which he intends to wrestle throughout the year. He must eat and drink enough fluids to keep his weight under control.¹

Calisthenics and conditioning exercises should start the first day and continue throughout the entire season.² The writer feels that the amount of calisthenics and conditioning exercises done during the season depends largely upon the amount of time spent in preseason conditioning.

Endurance is one of the most important factors in wrestling.³ It is usually defined as the ability of the body to undergo prolonged activity or to resist stresses set up as a result of prolonged activity.⁴ Endurance refers to how long a boy can wrestle hard without becoming tired.⁵

With progressively increased exercise in addition to lengthy periods of wrestling, excellent endurance will result.⁶

¹Ibid.

²Keen, p. 18-19.

³Umbach and Johnson, p. 34.

⁴Klafs and Arnheim, p. 68.

⁵Umbach and Johnson, p. 34.

⁶Ibid.

After approximately two weeks the men should start on a more strenuous routine. The amount of rigorous exercises and general procedure of practice would be up to the discretion of the coach.

From personal experience, the writer has heard considerable discussion on "staleness" of wrestlers.

Keen states the following about staleness:

It is quite unusual for anyone to become "stale" in wrestling, but infrequently this does happen. Staleness is a physical condition existing which prevents recuperation from fatigue. A combination of factors usually contributes to this condition. Worry, lack of sleep, improper diet, faulty elimination, etc., may all be at the root of this state of lethargy. The symptoms of this ailment are listlessness and a rundown, perpetually tired feeling. Very often, however, what is believed to be "staleness" is nothing more than the result of excessive work done before good physical condition is acquired. If this condition does occur, a day or two layoff from work, accompanied with plenty of sleep and proper food, will correct it.¹

¹Keen, p. 21.

CHAPTER V

GENERAL CONSIDERATIONS

In this chapter the writer would like to point out factors that would be pertinent in any wrestling program. No athletic program would be complete without such factors as physical qualifications, facilities, equipment, safety features, conduct of meets, and carry-over value.

Physical Qualifications

The physical qualifications for a boy to wrestle would be to pass a medical examination by a physician. Providing the boy is in good health, he can participate in wrestling. As was stated in the introduction, no matter what the physical makeup of the boy, he can find himself a spot on a wrestling team because of the grouping of weight classes. This way no boy will be competing against someone who is larger or smaller than himself.

In high school wrestling, under National Federation rules, there are twelve individual weight classes, which are:

- | | | |
|------------|-------------|------------------|
| 1. 95 lbs. | 5. 127 lbs. | 9. 154 lbs. |
| 2. 103 " | 6. 133 " | 10. 165 " |
| 3. 112 " | 7. 138 " | 11. 180 " |
| 4. 120 " | 8. 145 " | 12. Heavy-weight |

The Illinois High School Association has a controlled weight program which will keep boys from losing too much

weight and it also allows extra pounds as the season progresses to allow for growing of the boy.¹ The reader may refer to the Illinois High School Association Wrestling Weight Certification Blank in the Appendix, page 40.

Example: In December of 1963 a boy must certify his weight with the Illinois State High School Association. Let us say he weighs 127 pounds on the above date. He would be certified in the state office at 127 pounds. This boy cannot go below this weight for the remainder of the wrestling season. He can recertify at a higher weight, such as 133 pounds, but he cannot recertify at a lower weight.

After January 1, 1964, the 127 pound boy can wrestle at 129 pounds and after February 1, 1964, he can wrestle at 130 pounds. This is allowing for growing and weight gaining of the boy.

There has been much controversy on wrestlers losing too much weight, but as long as this weight program of certification is in effect, this should stop boys from losing too much weight.²

Facilities

The wrestling room should be a large well ventilated room that can be kept clean and in a sanitary condition.

¹Illinois High School Association, Chicago, Illinois, Wrestling Weight Certification Blank.

²Ibid.

A space of approximately fifty square feet for each individual wrestler should be provided. Thus, an area of sixty feet by sixty feet would be adequate for most high school wrestling rooms. It is better to have adequate space to decrease the possibility of injuries by boys falling onto each other. If the wrestling area is too small for all participants to work at one time it is better to divide the team into sections than to load the mat too heavily.¹

Wrestling is inexpensive for a school to sponsor. The main cost in wrestling is the mats and mat covers. The initial costs of mats are fairly high, but if they are properly taken care of, they will last almost as long as the gymnasium itself. When plastic mat covers are used, laundry expense is negligible, and with reasonable care the covers are practically indestructible.

Plastic mat covers are probably the best covers available. The plastic cover is easy to keep clean by washing them with mild soap and water and adding to the water, some type of a mild antiseptic solution.²

Most of the mats used today are the resilite, polvinate, or insulite mats. These mats are more expensive than the hair or felt mats but if proper care is given to them, they will last indefinitely. These three types of

¹Keen, p. 10.

²Ibid, p. 11.

mats are also more popular since they are easier to keep clean, they are much easier to move from one place to another, and they will provide more shock resistance for the wrestler.

The Official Collegiate-Scholastic Wrestling Guide states the following regulations regarding wrestling mats:

The wrestling area of the mat shall not be less than a square 24 feet by 24 feet. There shall be a mat area at least five feet in width which extends entirely around the wrestling area. The entire mat area shall be the same thickness which shall not be more than four inches nor less than the thickness of a mat which has the shock absorbing qualities of a two inch thick hair felt mat.

It is recommended that a moleskin, canton flannel, rubber, or plastic mat cover be provided sufficiently large to cover the mat proper and all supplementary mats. This cover should be stretched tightly and be held in place by ropes, or tape fastening the mat cover to the under side of the supplementary mats, or by lacing the cover underneath the mats. The wrestling area should be marked on the mat cover by painted lines two inches in width. At the center of the mat proper, there shall be similarly painted a circle ten feet in diameter.¹

Equipment

A regular gym outfit provides adequate personal equipment. Soft rubber-soled shoes and a pair of wrestling trunks or gym pants are all that is essential. It is very desirable to have each boy outfitted with a warm sweat suit. They should be worn when not actually

¹Charles Parker, (ed.), The Official National Collegiate Athletic Association Wrestling Guide, (New York: The National Collegiate Athletic Bureau, 1963), p. 62.

engaged in wrestling, to prevent cooling off too rapidly. A wrestling headgear should be worn when wrestling to prevent cauliflowered ears.¹

The Official Collegiate-Scholastic Wrestling Guide states the following regarding the meet uniform:

Full length tights and close fitting outside short trunks. Trunks may be worn without the tights if they are fitted so as to prevent unseemly exposure, however, full length tights and close covering sleeveless shirts are recommended. When trunks are worn without tights, shirts shall be required. The one piece uniform is illegal for interscholastic, intercollegiate and National Collegiate Athletic Association competition.²

Safety

Athletics can be a great contributing factor to the health of the participants if carried on under the guidance of well-trained individuals. On the other hand athletics cannot be justified as an aid to health if its devotees are confronted by impaired health or disability when safety precautions are not followed. Many of the injuries that occur during a wrestling season can be avoided if the coaches will provide for a proper warming up period and make sure the conditioning program has been gradual.

Neither wrestling nor any other sport should be

¹Keen, p. 11.

²Parker, p. 62.

placed on a school's athletic program unless it can meet these qualifications: A well trained coach, adequate equipment, proper training facilities, equitable competition, and good officiating for the sport. If a school can meet these qualifications it can carry on the sport both safely and sanitarily.¹

Warming Up Before A Match

A wrestler should make some attempt to warm up his body at the pace at which he will have to go after the match starts.² He should never engage in wrestling matches unless he is thoroughly warmed up.³

Kenney and Law found it advisable for a wrestler to warm up until he "breaks a sweat". This warm up time varies from fifteen minutes to one-half hour depending on the individual.⁴

Gallagher and Peery state that more strained muscles and strained joints result from wrestling when not properly conditioned or when not properly warmed up than from any other causes. A wrestler should never engage in matches or practice against full resistance until he is thoroughly warmed up.⁵

¹Umbach and Johnson, p. 216.

²Harold E. "Hek" Kenney and Glenn C. "Newt" Law, Wrestling, (New York: McGraw-Hill Book Company, Inc., 1952), p. 11.

³Gallagher and Peery, p. 17.

⁴Kenney and Law, p. 11.

⁵Gallagher and Peery, p. 82.

Practice Area

The practice area should be carefully safeguarded against all possible hazards. All projections in proximity to the wrestling area should be padded or recessed. The walls in the wrestling room should be padded with mats at least five feet high. These wall mats will prevent injury which may be caused by bumping into such hard surfaces. Supplementary mats five feet in width should be placed around the outside of the mat proper if it is not butted up against a wall.

If there are mat covers on the mats, it is very important that these covers are kept tight. It is easy to twist an ankle or break a leg by getting a foot caught in a loose cover. If small mats are placed together, there should be some way of fastening them together to keep them from slipping apart.

A very important factor to consider is the cleaning of the practice area and mats. The mats should be mopped daily with a mild disinfectant to cut down on germs. If impetigo or boils should break out in a squad, sometimes they will spread through the entire squad. The best way to prevent this is to never let them get started.¹

Umbach and Johnson suggest the following list for

¹Keen, p. 11-12.

safety and sanitation.

1. Keep the mats smooth and cover tight.
2. See that mats and covers are kept clean and sanitary.
3. Be sure the walls are well padded around the mats or mats kept far enough away from walls.
4. Have a first aid kit on hand and someone trained to use it.
5. Give immediate attention to all injuries and infections.
6. Assure proper warm up periods for all wrestlers.
7. Be sure all wrestlers are properly conditioned.
8. All wrestlers should have access to a wrestling helmet.
9. Have practice sessions well supervised and not too long.
10. Allow no one who is injured to participate unless he has a physician's permit.
11. The wrestler must have proper personal equipment.
12. Give proper attention to diet.
13. Study weight charts carefully.
14. Do not let anyone participate unless he has had a thorough physical examination.
15. Do not let any wrestler go to the extreme on weight making.
16. Keep all personal equipment sterilized.
17. Be sure all participants are cooled off and thoroughly dried before leaving locker room.

18. Insist on clean, dry towels every day.
19. Provide proper facilities for spitting.
20. Insist on a warm shower followed by a cool one for each participant.
21. Keep dressing room, lockers, and showers scientifically clean.
22. Provide sanitary drinking facilities.
23. Don't allow them to lie on mats and cool off quickly.
24. Provide a warm mat room for squads to work out in.¹

Conduct of a Wrestling Meet

Collins feels that spectators at wrestling meets are interested in well conducted meets, but that the main interest is in the intangible quality known as "color". He states,

A better-than-average wrestler, with a distinctive style, and a variety of wrestling may furnish a dash of color. This is especially true if he is a clean-cut appearing person, confident but not cocky, capable, aggressive and a sportsman who can take it, win, lose, or draw. These qualities may be summed up in the term "athletic poise".²

Erikson believes that if wrestling is to reach a high popularity in the high school athletic program, due consideration must be given to the following points:

¹Umbach and Johnson, p. 216-217.

²Charles Cooke Kent, "Factors which Contribute to the Popularity of Wrestling in the Schools and Communities of Illinois", Unpublished Thesis, University of Illinois, (1952), p. 12.

1. Student body should be encouraged to watch tryouts. This should make them interested in the meets to follow.
2. All the details for a home meet must be arranged in advance.
3. Programs with bracket sheets and names of competitors should be prepared and distributed to the spectators.
4. Tables and chairs for the timers and scorers should be set up in advance.
5. There should be ample seating facilities for the wrestlers, coaches, and spectators.
6. Reliable persons should be assigned to take care of the scoreboard so that the spectators might follow the running score.¹

Carry-Over Value

The good use of leisure time has long been an important educational goal but little progress has been made toward that end. Recreational wrestling is play and nearly everyone can enjoy it.² Kenney and Law feel wrestling is a young man's game but there are thousands of men in America today who are still young at thirty-five years of age because they have continued wrestling. Somewhere between forty and forty-five wrestlers begin to reduce the vigorousness of their wrestling workouts. It is of doubtful physical value for a man past forty to go "all out" in any strenuous sport. Wrestling is a health-

¹Ibid, p. 12.

²Umbach and Johnson, p. 23.

giving activity for men between the ages of fifteen and forty and can be participated in at any age if the emphasis, among the very young and those past forty years of age, is on recreation rather than competition.¹

Kenney and Law believe that wrestling has so much carry-over value because of these points:

1. It takes only two men to compete.
2. No equipment is used except a mat or pad.
3. It takes little time for a vigorous workout.
4. A wrestler can get a good workout while the golf player is waiting for the preceding foursome to get out of range.²

¹Kenney and Law, p. 2.

²Ibid.

CHAPTER VI

SUMMARY

In this paper, the writer has furnished points on why some authorities feel that wrestling should be included in the high school athletic programs of today.

Wrestling is an ideal sport to include in any athletic program. The writer feels that wrestling in itself, is one of the most successful sports for overall physical development. As a method of acquiring physical efficiency, coordination, poise, and effective use of the body, it surpasses many sports.

The authorities reviewed agreed that the sport of wrestling will give the small athlete a better opportunity to participate upon the same level with the larger athlete.

Too few of our sports encourage participation by boys under one hundred fifty pounds. If more schools of today would encourage wrestling on the interscholastic level, it would give more of the small athletes a chance to excel in a sport, whereas, in many high schools of today the small athlete does not have a chance to participate.

Facilities and equipment have been considered to acquaint the reader with necessities for starting a wrestling program.

It is the hope of the writer that all administrators of physical education and athletics will realize the

importance of good facilities for carrying on the sport of wrestling. The seeming low interest in this sport in certain quarters is caused either by unenthusiastic leadership or unsatisfactory and unstimulating conditions.

A well dressed and well equipped team appeals more to the public and at the same time suffers fewer injuries.

Safety was also included in the paper because wrestling can sometimes be a dangerous sport if not properly supervised, but with proper supervision, there is little danger of accidents. However, it was found that accidents rank rather low in wrestling compared to football and basketball.

APPENDIX

ILLINOIS HIGH SCHOOL ASSOCIATION

11 South LaSalle Street, Chicago 3, Illinois

(Please send this copy to the State Office at the above address not later than the day following certification.)

WRESTLING WEIGHT CERTIFICATION BLANK

1. In the District tournament of the state championship series, a boy may not wrestle in a weight classification lower than the one for which he was most recently CERTIFIED; nor may he wrestle in a class which is more than two weight classes above his CERTIFIED weight. Furthermore, a boy whose weight has not been CERTIFIED may not be entered in the District tournament.
2. If a boy wrestles in an interscholastic match before December 16, he may have his weight CERTIFIED or he may wrestle UN-CERTIFIED.
3. If he has not been CERTIFIED prior to December 16, he must have his weight CERTIFIED at the time he wrestles his first interscholastic match on or after December 16.
4. A wrestler must make his CERTIFIED weight in each interscholastic match in which he wrestles after his certification. Failure to do so will mean that he must be RE-CERTIFIED at a higher weight (See Questions and Answers).
5. A school should certify all of its wrestlers who will participate in interscholastic wrestling, including those on freshman, sophomore and junior varsity squads.
6. Please fill in all blanks and include all signatures required below. Cross out any unused spaces in the list below. Send the white and green sheets to the State Office after each meet in which you have wrestlers to be CERTIFIED.

(Before writing on this blank you must place a sheet of heavy cardboard over the white sheet in the next set.)

_____ High School, _____, Illinois

_____, 19_____
(Date of Certification)

Weight Classification	Name of Wrestler	Actual Wt. of Wrestler on Above Date	Check Below if this is a Re-Certification
95 lbs.			
103 lbs.			
112 lbs.			
120 lbs.			
127 lbs.			
133 lbs.			
138 lbs.			
145 lbs.			
154 lbs.			
165 lbs.			
180 lbs.			
Heavyweight			

We, the undersigned wrestling coaches, certify (1) that the weights recorded on this blank are true and correct as they apply to each of the wrestlers on the list; (2) that the scales used in weighing the wrestlers were in balance at the time of weighing in; (3) that no listed wrestler weighed whole or fractional weights in excess of the weight recorded for him; (4) that we personally observed the weighing in; (5) and that each of the boys on the above list actually wrestled on the above date in a weight class not lower than the one indicated for his actual weight.

Signed _____
(Wrestling Coach of School Listed Above)

Signed _____
(Wrestling Coach of Opponents)

_____ High School

_____, Illinois

I, the undersigned Principal of the school whose competitors are listed above, certify that, to the best of my knowledge, the information given on this blank is true and correct.

_____, Principal _____ High School _____, Illinois

ILLINOIS HIGH SCHOOL ASSOCIATION

11 South LaSalle Street, Chicago 3, Illinois

(Retain this copy for your files.)

WRESTLING WEIGHT CERTIFICATION BLANK

1. In the District tournament of the state championship series, a boy may not wrestle in a weight classification lower than the one for which he was most recently CERTIFIED; nor may he wrestle in a class which is more than two weight classes above his CERTIFIED weight. Furthermore, a boy whose weight has not been CERTIFIED may not be entered in the District tournament.
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Signed _____
(Wrestling Coach of School Listed Above)

Signed _____
(Wrestling Coach of Opponents)

_____ High School

_____, Illinois

I, the undersigned Principal of the school whose competitors are listed above, certify that, to the best of my knowledge, the information given on this blank is true and correct.

_____, Principal _____ High School _____, Illinois

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