



RxN Wrestling Philosophy

Cougars Junior Wrestling

Head Coach: Tyler R. Hartom

Vision

The goal of Cougars Junior Wrestling is to equip and develop young wrestlers with the attitudes, skills and knowledge that come with the sport of wrestling and to build a strong wrestling community that prizes itself on love for the young wrestlers, the sport and everyone involved in the process.

Ages

Ages range from five all the way to 14, by the end of middle school and are separated two years apart.

- 6 & Under (Bantam)
- 8 & Under (Intermediate)
- 10 & Under (Novice)
- 12 & Under (Schoolboy)
- 14 & Under (Schoolboy)

Affiliation

Cougars Junior Wrestling is affiliated with New Mexico Athletic Youth Wrestling (NMAW) Albuquerque Public Schools as well as USA Wrestling . This means that kids will be insured through all of these entities if emergency situations or injuries were to ever happen. This also means that Cougars Junior Wrestling participates in tournaments that are all under these various affiliations.

Practices

The junior season typically starts in the middle of October. I will run practices three to four times a week for an hour and a half. The points of emphasis for all practices are:

- 1.) HAVE FUN!!! DEVELOP AN UNDYING LOVE FOR THE SPORT!**
 - 2.) Right Technique
 - 3.) Learning the Nature of the Sport
 - 4.) Short Practices
 - 5.) Competitiveness on a Healthy Level
- These four main points are meant for all our youth and parents to enjoy the sport of wrestling and to have a healthy balance for kids to balance sports, school as well as being a kid!

- Like any coach, I am competitive by nature, but I also believe there is a balance between being competitive, having fun and where competitiveness can draw a line. A lesson that I have grown to learn through the years I have been in wrestling is that it is only “one aspect of your life, not the entire thing”. The point being is we want to build a culture that enjoys, loves and has a passion for the sport along with a balance of competitiveness.

The Process:

GOAL: To build an environment that is FUN!, competitive and gives *Cibola Wrestlers* tools to be successful at the next level.

- **PREDICATED PHILOSOPHY:**

“Head up, feet movin’.

-This is our mantra throughout the season as to our approach on and off the mat. This relates to mechanics on the mat and how we attack through the ups and downs of things that happen during the season and even in the off-season.

DO NOT WORRY ABOUT WINNING, practice on what we learn in practice and trying it in tournaments.

- Head Coach of the Texas Tech Football Team Kliff Kingsbury has predicated his philosophy in the variation of the air raid offense to “Playing without Thinking”

-Translation: **“WE WRESTLE WITHOUT THINKING”**

- “I do not fear the man who knows one thousand different kicks, I fear the man who knows one kick, and has done it a thousand times.” Bruce Lee

-The program is built on repetition to allow the athlete to know and react to any situation that is happening on the mat.

- This requires the majority of drilling and putting our student athletes in live **situational wrestling** in practice when preparing for competition.
- Last philosophy finally Head Coach of the San Francisco 49ers and Former Oregon University Head Coach Chip Kelly has predicated a “fast, hard, finish” philosophy which mirrors the very essence of the sport of wrestling.
- Translation to Wrestling: All it takes is **HARD, FAST** and **SMART WRESTLING**, moving my feet, hand fighting, heavy pressure and building, building and building.