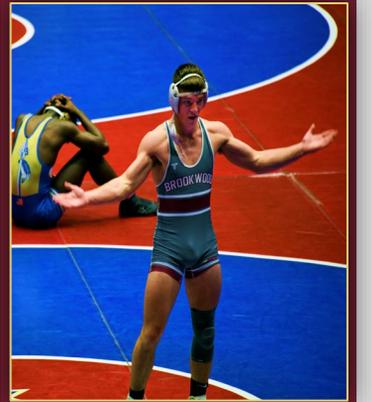
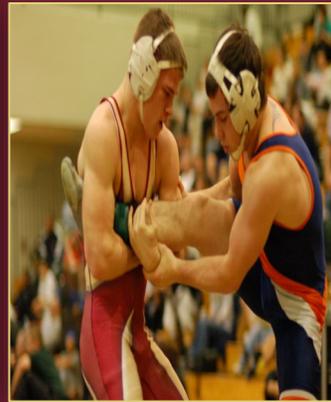
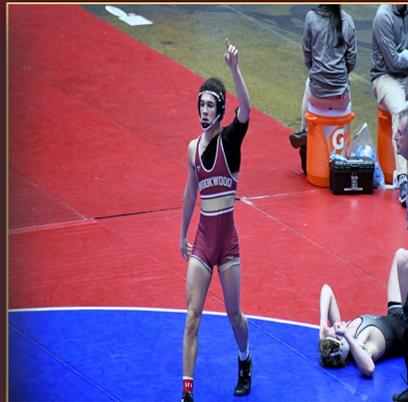
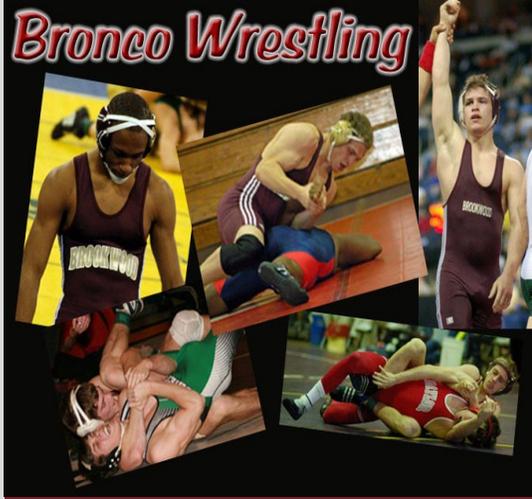
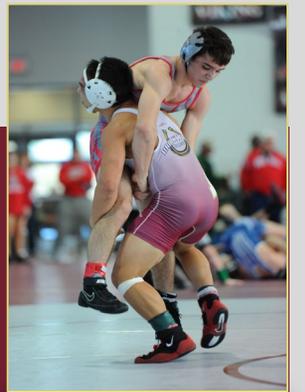
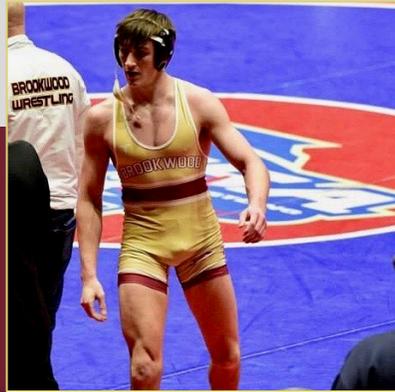
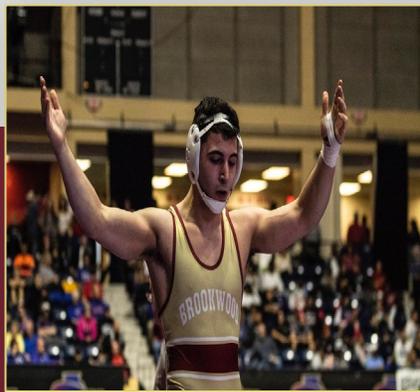




# BROOKWOOD

WRESTLING





# BROOKWOOD

WRESTLING

## TAKEDOWN CLUB

- The Brookwood Wrestling Takedown Club is a 501-c non-profit organization. Primary function is to support operations of wrestling program.
- **Executive Board Members** are elected and are dedicated to executing annual goals of the organization and to ensure operations & procedures are handled in the best interest of players, coaches and parents.
- **Takedown Club Members** are dedicated to supporting the Brookwood wrestling program as committee members, volunteers, and/or sponsors in an effort to help ensure an optimal environment for our stakeholders.



# **BROOKWOOD**

WRESTLING

## **BOARD MEMBERS**

**President – Virgil Heath**

**Vice-President – Jeff Chan**

**Secretary/ – Brandy Rogers**

**Treasurer - Thomas Cash**

**Youth Liaison – Chad Garcia**

	<b>2025-2026 OPERATIONAL EXPENSES</b>
2850	Officials, Facility Fees, Custodians, Trainers
750	Banquet, Awards, Deserts
3500	Coaches
6755	Gear Packages
120	AAU Club Charter Insurance Renewal
150	GCPS/ Tournamnt Insurance
14125	Expenses
15,240.00	Registration
1115	Reserve

# BUDGET

BREAKDOWN



AAU

Wrestling

## Brookwood Bronco Wrestling Club is Sanctioned by AAU

- AAU serves as our governing body
- Provides support services for parent, athlete, and coach(s)
- Oversees district, state, regional, and national competitions.
- AAU Wrestling Membership is required to practice or compete
- Associate Membership to BBWC (Club Code UVRHYJD28)

# THE PROGRAM

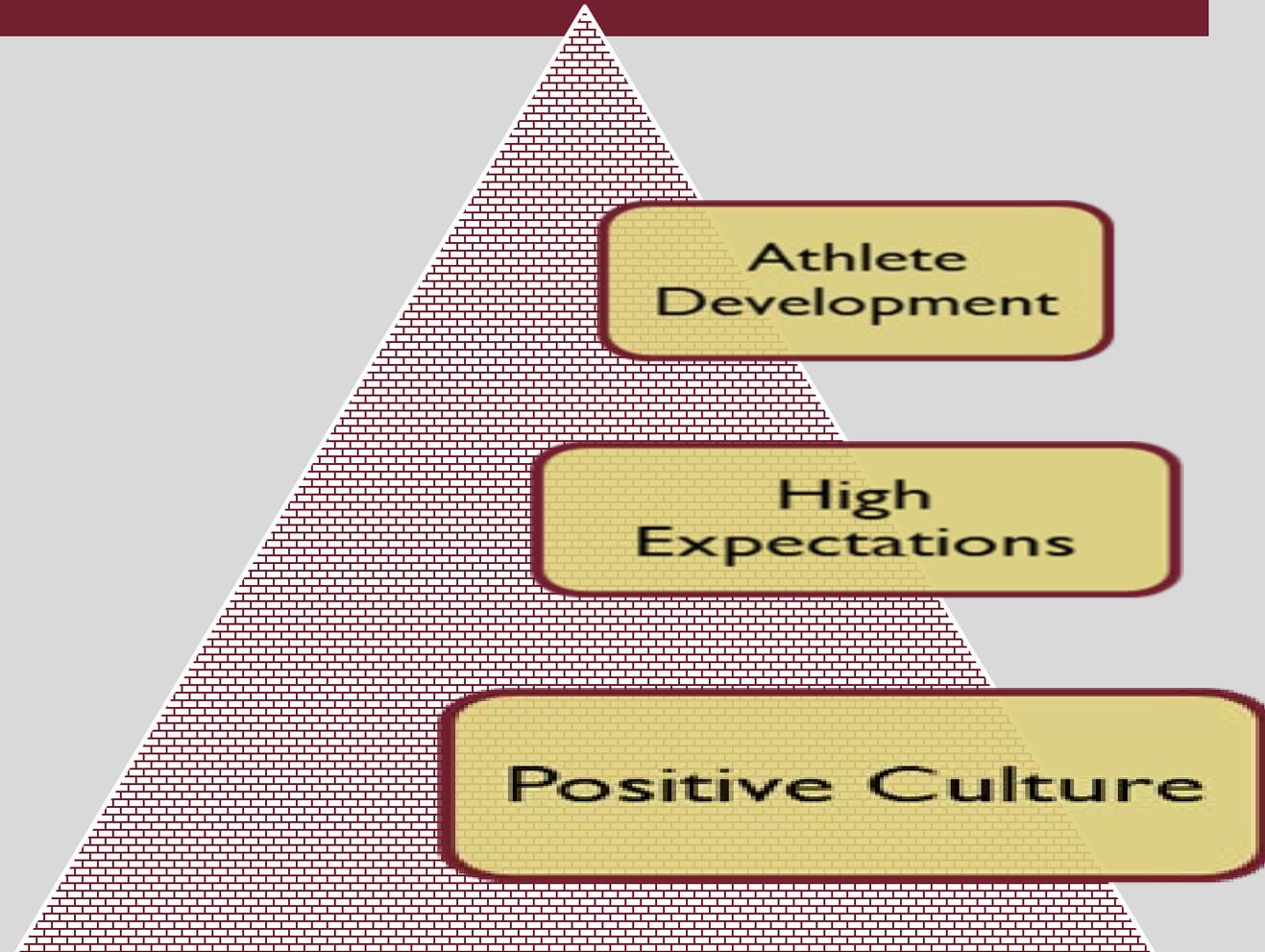
## The Process...

It is our mission to provide all student athletes with a positive experience that develops the physical and mental capacity to successfully compete in the world outside of athletics through the pursuit of optimal personal performance & wrestling excellence.

## We Value...

Faith, Family, & Wrestling  
The Student Athlete

Honor, Accountability, Teamwork, Leadership



# COACHING STAFF

## *Chris Cicora - Head Coach Men's & Women's Program, Youth Wrestling Director (2005-Present)*

- Career Record: 362-121 varsity dual record
- 7x Region Traditional & Dual Champions; 8x Region Traditional & Dual Runner-up
- Coached 1 NCAA All American, 3 HS All Americans, 8 Individual State Champions, and 53 state medalist
- Team State Placement: Top Ten 12x, Top five 6x
- Best Finish: State Runner-up 2019-2020
- Wrestled at Carson-Newman College 1998-2001

## *Gabriel Lee - Assistant BHS Coach, Youth Lead Instructor (2020-Present)*

- Brookwood 2x State Finalist, State Champion
- 4x State Placer, NHSCA All American
- Wrestled at DII Campbellsville University

## *Jody McAlister - Assistant BHS Coach, Lead Youth Instructor (2025 -Present)*

- 2x GHSA State Champion for Morgan County HS. where he became a
- 3x National Qualifier and Academic All American for Reinhardt U

# COACHING STAFF

## *Chad Garcia*

- Bronco Wrestling Club Volunteer Coach
- Assistant Instructor
- Tournament Communication
- High School Liaison

## *James Ammons*

- Bronco Wrestling Club Volunteer Coach
- Assistant Instructor

## *Thomas Cash*

- Bronco Wrestling Club Volunteer Coach
- Assistant Instructor
- High School Liaison

## *Allen Burton*

- Bronco Wrestling Club Volunteer Coach
- Assistant Instructor

## *Dru Ulloa*

- Bronco Wrestling Club Volunteer Coach
- Attendance

## *Troy Long*

- Former BHS Wrestler
- Bronco Wrestling Club Volunteer Coach



# BWC MEMBERSHIP

## PACKAGES

- Shorts
- T-shirt
- Sweatshirt
- Singlet

## PRACTICES

- \* 20 Practices
- \* 9 Competitions
- \* Banquet

## GOAL

- \* Positive Experience
- \* Physical Development
- \* Goals Setting
- \* Mental Toughness
- \* Preparation for Youth STATE, HS & Beyond

# EQUIPMENT

## SHOES



The following equipment is required for practice and competition and does not come in the player package.

- Headgear
- Wrestling shoes
- Mouthpiece (only if wrestler has braces)
- \*Weight Scale

## HEADGEAR



Cliff Keen E58 Signature Wre...

**\*HIGHLY RECCOMENDED TO HAVE A SCALE AT HOME**

# TEAM COMMUNICATION

JOIN OUR  
COMMUNICATIONS  
APP  
**BAND**



Download the Band App

iPhone



Google Play



## Benefits:

- Stay on top of schedule changes.
- Communicate directly with coaches and board using @ to tag people.
- Sign up for volunteer needs.
- All team communications in one place!

For More Information  
[www.BrookwoodWrestling.com](http://www.BrookwoodWrestling.com)



## YOUTH WRESTLING



### Brookwood Youth Wrestling

Welcome! Please join us to stay connected!

**Scan this QR code and join!**

# SEASON SCHEDULE

[www.Brookwoodwrestling.com](http://www.Brookwoodwrestling.com)

# PRACTICE EXPECTATIONS

## **WRESTLERS**

- Bring water bottle/H<sub>2</sub>O
- Clip Nails
- Bring Head Gear, Wrestling Shoes, Mouthpiece
- Clean clothes and a ventilated gear bag
- Long Sleeve Shirts encouraged
- No shoes on Mats
- No horse play
- Use restroom before practice

## **PARENTS**

- Be on time to pick up your wrestlers
- Support your Coaches & Program
- Communicate with coaches and Support team
- Not allowed on mats unless have USA Leadership Coaches Card and have received approval from head Coach Cicora

# PRACTICE ALIGNMENT

- **Age**
- **Weight**
- **Experience**
- **Executes Foundations Wrestling Skills**
- **Demonstrates Motor Abilities**
- **Keep Pace & Intensity**
- **Stay on Task**
- **Follows Directions**

# COMPETITIONS: OPEN VS WARZONE

**Open Tournaments** = A match between 2 competitors in the same weight usually placed in tournament bracket.

**AAU Warzone:** Round Robin Matchups

**Dual Meet** = 2 Teams competing head-to-head. Individual match results from each weight class earn team points

**Ind. Match Points:** A wrestler wins a match by scoring more points or pinning opponent. A match is three 2-minute periods.

Here are some moves that earn points... Takedown – 3 points Escape – 1 point Reversal – 2 points Near fall – 2,3,4 points

**Dual Meet Team Points-**Team points are awarded based on match results.

Decision (wrestler wins by fewer than 8 points) - 3 points

Major Decision (wrestler wins by 8-14 points) - 4 points

Technical Fall - 5 points

Fall (pin) - 6 points

FOR MORE INFORMATION about How wrestling works, Rules, Scoring criteria, Tournament(s), Officiating  
Visit [www.brookwoodwrestling.com](http://www.brookwoodwrestling.com)

# WARZONE COMPETITIONS

Join (Brookwood Bronco Wrestling Club) on [WrestlingTournaments.com](https://WrestlingTournaments.com)

1. Go to [WrestlingTournaments.com](https://WrestlingTournaments.com) and create an account with your email.
2. Create a profile for your athlete.
3. Once that is done, click this link and join our team: [WrestlingTournaments.com/teamProfile/1685](https://WrestlingTournaments.com/teamProfile/1685)

## **Additional Membership Fee:**

WrestlingTournaments.com

Full Season(\$20) or the 4wk week (\$10) if you plan on attending multiple tournaments this season.

## **Tournament Registration Fee:**

\$15-\$30

# ATHLETE HEALTH & SAFETY

## SKIN INFECTION PREVENTION

- Practice good hygiene
- Anti Bacterial Soap
- Shower immediately after practice
- Anti bacterial wipes for headgear
- Trim nails before practice
- Treatment plan Anti Fungal Creams
- Weigh ins skin checks
- Skin issues reported to coach

# ATHLETE HEALTH & SAFETY

## NUTRITION

- Optimal performance
- Training and resources provided
- Meal plans provided
- Unhealthy weight practices

## INJURY PROTOCOLS

- I. Notify Coach Immediately
- II. Trainer Evaluation
- III. Form Treatment Plan and/  
or Further Recommendation

## SKIN CONDITIONS

- Mats Disinfected
- Education
- Skin Checks
- Shoe Cleaner
- Skin issues reported to coach
- Preventions....

# PARENT EXPECTATIONS

## SUPPORT

- Your Wrestler
- Your Team
- Your Coaches
- \*Communication
- Sportsmanship

Your participation ensures that we have the necessary resources to have enjoyable, successful season for all.

## VOLUNTEER

- Coaches Must be AAU certified
- Tournaments

# BECOME A SPONSOR TODAY!

The Brookwood Wrestling Takedown Club would like to thank all of our sponsors for your continued support. Your generosity helped our program achieve great success in 2023!

We earned top eight honors at State Duals by securing a Region Runner-up finish and capturing a Sectional Duals Title. We qualified 7 wrestlers for the Traditional State Championships, finishing with 4 state placers. This season we return all 7 State qualifiers and are looking forward to continuing success on and off the mats.

Community Sponsorships are allocated for program initiatives beyond our annual operational expenses such as our adopt a wrestler program, wrestling camp scholarships, & capital improvements.

Donations received this season will help our team purchase a equipment and supplies to update our wrestling room, weight room and locker room. Additionally, the adopt a wrestler program supports wrestlers who may be experiencing financial hardship.

Past support has provided our team with the tools and opportunities we have thrived upon. This season we are looking forward to continuing success on and off the mats. Our wrestling program continues to provide a place for our young men and women to come together through common goals in the pursuit of excellence. We ask for your support in our journey and thank you in advance for helping BHS Wrestling sustain a healthy environment that is positive and safe for our student athletes. Thank you for believing in what we do.

Coach Chris Cicora

SCAN QR CODE TO LEARN  
MORE ABOUT SPONSORSHIPS



# A TRADITION OF EXCELLENCE

## BROOKWOOD WRESTLING STATE PLACERS

Name	Place	Weight	Year
Mike Dagenhart	4th		1986
Brian Emerson	4th		1986
David Dodd	State Champ	UNL	1987
Mike Fox	4th	152	1988
Justin Hornsby	Runner-Up	103	1994
Justin Rannick	3rd	160	1994
Justin Hornsby	State Champ	125	1995
Justin Rannick	3rd	160	1995
Ashley Seat	6th	125	1996
Lacy Edwards	4th	160	1996
Justin Hornsby	3rd	145	1996
Ricky Watkins	6th	135	1998
Chad Leedekerkin	5th	112	1998
Chad Leedekerkin	Runner-Up	112	1999
Aaron Rhodes	5th	171	2001
Nick Thompson	5th	145	2003
Charlie Jackson	6th	215	2003
Nick Thompson	3rd	152	2004
Michael Clark	6th	140	2004
Chris Matyac	4th	189	2005
Michael Clark	6th	140	2005
Nick Thompson	Runner-Up	171	2005
Chris Matyac	5th	189	2006
John Matyac	5th	135	2006
John Matyac	3rd	140	2007
Chris Maclafferty	4th	145	2007
Jabril Hill	Runner-Up	215	2007
Chris Maclafferty	4th	145	2008
Joe Epps	5th	130	2009
Corbin Nilson	4th	215	2009
Wyatt Jozwowski	Runner-Up	113	2012
Blake Cunningham	State Champ	285	2012
Wyatt Jozwowski	5th	132	2013
Jeremy Quarshie	5th	285	2014
Stephen Solomon	3rd	182	2014

### THE WALL

#### STATE CHAMPIONS

David Dodd 1987

Justin Hornsby 1995

Blake Cunningham 2012

David Key 2017, 2019

Gabriel Lee 2018

Chase Hornsby 2020

Landen Moss 2021

KJ Jett 2022

Who's Next...

Name	Place	Weight	Year
Thanh Nguyen	6th	113	2014
Jeremy Quarshie	3rd	285	2015
Stephen Solomon	Runner-Up	195	2015
Thomas Coltrain	6th	120	2016
Shane Defreitas	6th	285	2016
Miles Nolan	Runner-Up	170	2016
David Key	Runner-Up	152	2016
Alex Martin	5th	106	2017
David Key	State Champ	152	2017
Gabriel Lee	Runner-Up	160	2017
Matthew Key	Runner-up	195	2017
Alex Martin	5th	113	2018
Gabriel Lee	State Champ	170	2018
David Key	Runner-Up	182	2018
Matthew Key	4th	195	2018
Justin Oldknow	4th	220	2018
Vaughn Williams	6th	126	2019
Chandler Mullis	6th	145	2019
Camron Starks	6th	152	2019
Chase Hornsby	Runner-Up	160	2019
Gabriel Lee	3rd	170	2019
David Key	State Champ	182	2019
Justin Oldknow	3rd	220	2019
Xavier Bentley	3rd	113	2020
Camron Starks	4th	152	2020
Chandler Mullis	3rd	160	2020
Chase Hornsby	State Champ	170	2020
Landen Moss	6th	182	2020
Jojo Oldknow	3rd	195	2020
Jacob Cox	5th	106	2021
Landen Moss	State Champ	195	2021
Gilbert Balbuena	5th	113	2022
Xavier Bentley	3rd	132	2022
KJ Jett	State Champ	106	2022

# WHY WRESTLE

## 1. Foundation Sport

Wrestling is the perfect foundation for all other sports. Wrestling is balance, agility, hand-eye coordination, flexibility, positioning, strength, speed, explosiveness, footwork, hustle, mental focus, mental toughness, core strength, concentration, competition, and endurance. Wrestling will make our youth better at all other sports.

## 2. Mental Toughness

Wrestling is defined as “struggle” we train to overcome and adapt and continuously work without giving up. Our athletes will learn how to persevere through failure and will develop the mental fortitude to always compete on the mats and in life.

## 3. Self-Confidence

Very little is accomplished without self-confidence. Wrestling teaches self-confidence like nothing else I know outside of religion and knowing that you are a child of God. Insecure people have the most difficult time learning from others and make progress even more difficult than it already is. Wrestling teaches hard work, self-improvement, sense of accomplishment, camaraderie of team, I on I aspect, and self-defense to name a few. These promote self-worth, respect and confidence.

## 4. Humility

Nothing teaches humility better than a I-on-I sport. Winning and losing in a I-on-I setting brings humility. There is nowhere to hide and no one to blame but yourself. All wrestlers will lose at some point and doing so in these conditions teaches humility. Hard work and discipline are

# WHY WRESTLE

## 5. Respect

The challenges of being a wrestler teach you to respect yourself. After you learn to respect yourself, you will learn to respect others. You learn to respect your team mates as well as your opponents.

## 6. Self-discipline

Wrestling is discipline. Repetition of drills, hard work, weight management, and continually doing the best thing instead of the easiest thing is discipline. Wrestling requires postponing instant “wants” to gain something more valuable long term. It takes discipline and focus to reach goals.

## 7. Toughness

Wrestling is a physical, contact sport. You learn that sometimes you just get poked in the eye. Physical and mental toughness go hand in hand. You learn that a little pain or struggle is part of the process of doing great things.

## 8. Roadmap to success

Wrestling is the perfect example of what it takes to be successful in life. Goal setting, hard work, determination, focus, love of challenges, love of competition, confidence, being coachable, mental toughness, discipline, creativity, team work and

# WHAT ARE WE MADE OF

**“HARD WORK” “PAYS OFF”**

The belief that there is no substitute for intentional effort and preparation

**DEDICATION**

**“EMBRACE the GRIND”**

The mental fortitude to adapt, overcome, and persevere.

**DISCIPLINE**

**“ATTITUDE of EXCELLENCE”**

The competitiveness to be the best and give our best in all we do. Not accepting mediocrity

**DETERMINATION**



# TEAM STORE

**Store Will Open**  
\_\_\_\_\_

**Deadline** for Ordering is

\_\_\_\_\_

# PARTICIPATION

I. REGISTRATION

II. AAU MEMBERSHIP

III. PRACTICE I /

