



**STALLIONS**  
WRESTLING

## **2023 – 2024 Stallions Wrestling**

**What to expect for  
families new to  
wrestling**



# Stallions Wrestling Club Mission

- To be a non-profit organization offering all participants, whether new or experienced, a **comprehensive and inclusive opportunity to learn the fundamentals and values of wrestling in a fun and supportive environment**
- To ensure **all wrestlers have the opportunity to compete and grow**, in practice and through scheduled events, **under the guidance of qualified coaches**
- To provide financial support to the Chaska and Chanhassen high school wrestling program.

# What is Wrestling?

- Wrestling is:
  - the oldest sport on earth! Cave drawings of wrestling date back to 3,000 B.C.
  - one of the original sports in the ancient Olympic Games in Greece
  - a sport that builds determination, diligence and perseverance.
- But what you really need to know:
  - Wrestling is both an **individual** AND **team** sport
  - The schedule is flexible, and the level of commitment and activity is up to you and your child.
  - Most importantly . . . WRESTLING IS FUN!

# Season Overview

- Camps
  - November 7<sup>th</sup> and 9<sup>th</sup> Winter Camp (Free)
- Regular Season
  - Mid November through mid February
  - Cost: \$225, max family fee \$350 with scholarships available
  - Practices every Tuesday and Thursday night at Chanhassen High School.
- Extended Season
  - Mid February through the first weekend in April
  - Extended season is geared for more advanced wrestlers that are preparing for state tournaments.
- State Tournaments in Late March and Early April

# Meet the Coaches



## Cabe Miller

Cabe Miller is returning to the Stallions Youth Wrestling program for his second year as the head coach in 2023. Prior to coming back to the Stallions, Cabe spent 13 years as an assistant to the StormHawks high school wrestling team. Cabe is a Stormhawk Alumni, graduating in 2007. He was a state qualifier and is in the top 10 on the All-Time Wins list with 125 career wins.



## Josh Berg

Josh returns this year as the assistant coach for the Stallions program. Josh is a 2012 Graduate of Pewaukee, WI High School where he was a four-time state qualifier and a one-time state place winner. In his high school career, Josh amassed 156 career wins. As a 2017 Graduate of St Cloud State, he was a five-year member of the wrestling team where he was team captain and member of two national championship teams.

# Meet the Board

Lucas Tollefson – President

Jason Callin – Immediate Past President

Fred Rodgers – Coaching & Competition Lead

Mike Hickey – Co-Competition Lead

Jon Miltimore – Co-Competition Lead

Kelly Miltimore – Volunteer Coordinator

Bob Biesterfeld – Communications

Clint Bitting – Fundraising

Amy Muhs – Apparel Coordinator

Vicki Tollefson – Treasurer

Kristen Bartley – Secretary

Ross Kennedy

Erik Rogness – Stormhawks Head Wrestling Coach

Kelly Loosbrock – Facilities Coordinator

Board Members are all great  
resources to help you get to  
know the sport and to answer  
any questions!!!

# What to expect in practice

## Fundamentals for Wrestling Success:

1. Takedowns (single leg, double leg)
2. Breakdowns (chop bus, far arm near lace)
3. Pinning Combinations (half nelson, cradle)
4. Escapes (wrestling from bottom, sit-out, stand-up)
5. Defense (defending a takedown, sprawling, pinning combo)

## Areas of focus:

- Teach tried and true techniques
- Compete via Gameplay, Relays, etc.
- Drill extensively
- Live wrestling
- Post competitions, ID challenge areas and work to improve upon those as a group.

## Most Important of All:

- Learn to compete, individually and as a team.
- Learn to win and lose
- Have FUN!

# What is a wrestling match?

## Typical Folkstyle Match

- **Three, 1-minute periods**
  - Period 1: Both kids start on their feet
  - Period 2: Flip coin for choice (up, down , both up or defer)
  - Period 3: Other child gets choice
- **Scoring**
  - 2 points for a takedown (top control)
  - 2 points for “reversal”
  - 1 point for “escape”
  - 2-3 points awarded for exposing back to mat (near-fall)
  - Match ends early with pin (shoulders on mat), technical fall (15-point lead), or time expiration.

*Ask Questions! It's much more fun when you know what is going on! We promise, you'll get it!*



# What is the opportunity to wrestle beyond practices?

## **We strongly encourage:**

- 1) Show up to practice as often as possible
- 2) Compete at Open Events

## **Yet...involvement is an individual choice.**

Some kids only practice, others wrestle 50+ matches/year

We believe, with the right mindset, competing will enhance your experience and love for the sport over time.

All open tournaments in MN and surrounding area listed on The Guillotine website [here](#).

# Additional Training Opportunities



**JARO**  
WRESTLING ACADEMY



# The Guillotine Open Tournament Calendar

Mark your calendar today!

2023-2024



**ALL-TROPHY TOURNAMENT + Girls Division**  
**Chaska-Chanhassen Stallions Open Tournament**  
**Sunday, December 10, 2023**  
**Chanhassen High School**  
(2200 Lyman Blvd, Chanhassen, MN 55317)  
**Folk Style Tournament with Skill based Pairings**

Eligibility: Pre-K through 6<sup>th</sup> grade, featuring a Girls division

Weigh-ins & Start Times: Girls Division (All grades): 8:30-9:00 weigh-in/ 9:30-10:30 wrestling  
Pre-K and K: 9:30-10:00 weigh-in/ 10:30-11:30 wrestling  
1<sup>st</sup> and 2<sup>nd</sup> grade: 10:30-11:00 weigh-in/ 11:30-12:30 wrestling  
3<sup>rd</sup> and 4<sup>th</sup> grade: 11:30-12:30 weigh-in/ 12:30 – 1:30 wrestling  
5<sup>th</sup> and 6<sup>th</sup> grade: 12:30 – 1:00 weigh-in/ 1:30-2:30 wrestling

The Girls Division will wrestle first, allowing those girls wanting to wrestle in both divisions the opportunity. Girls will be paired by age and weight, as best as possible.

Registration Fee: \$15 per wrestler or \$20 for girls wanting to compete in both divisions.

Dec 10 Sun	Andover MN/USA State Qualifier
	<a href="#">REGISTER</a> Andover HS • 6U through 14U divisions • Folkstyle • Weigh-ins: Honor system with random weight audits • \$17 • Event Director: Jim Johnson
Dec 10 Sun	Chaska-Chanhassen Stallions Open Tournament featuring an All Girls Division
	Chanhassen HS • PreK-6th • Folkstyle • Weigh-ins: see flyer • ALL TROPHY • Four Person Round Robin • \$15 • email <a href="#">Bob Biesterfeld</a>
Dec 10 Sun	Chatfield Youth Individual Wrestling Tournament
	Chatfield HS • PreK-6th • Folkstyle • Weigh-ins: 11:00 am-12:30 pm, Wrestling at 1:00 pm • 5-man round-robin • \$15 • Chris Priebe 651-707-5298 • <a href="#">email</a>
Dec 10 Sun	Flat Earth MN/USA State Qualifier
	<a href="#">REGISTER</a> Jackson County Central HS • 6U through 14U divisions • Folkstyle • Weigh-ins: Honor system with random weight audits • \$17 • Event Director: Cassie Eller



# Open Tournaments – How they work

On any given weekend during the season, there are many “open tournaments” around the metro area and outstate that wrestlers can attend.

- Register/pay @ entry (nominal fee - around \$10 - \$15 per wrestler)
- Go to weigh-ins (there is no “making weight”)
- Go to the stands, eat, kids warm up together.
- Announcer will call kids to “staging area” by grade.
  - Kids are grouped by age, grade, experience and ability (you can document all at registration ie. ability/experience)
  - **NOTE:** Parents can be @ both staging AND mat side wrestling.
- Kids are then taken in groups of 3-4 to a mat to wrestle
  - Pre-K and K, then 1<sup>st</sup> grade, 2<sup>nd</sup> and so on.
  - A coach or experienced parent will be there as well.
  - If your child is K-2, you will be in and out in a couple of hours
  - Tournaments usually last 4-6 hours start – finish
  - Typically each wrestler will receive a medal or a medallion for finishing first through third or fourth.

# Team Tournaments – How they work

## Wrestling for team is about the TEAM.

- Each position is earned by the best Stallion wrestler at that weight, regardless of age.
- We wrestle to win but are thoughtful of our make-up.
  - Team events are PK-6<sup>th</sup> but not organized by grade. (ie. a 70lb K could face a 70lb 6th)
  - Coach may move wrestlers up a weight class based on match-up. 100% coach's discretion.
  - May coach kids to "not get pinned" vs win.
  - This year we are adding a K-3 competition team to complement the K-6 competition team.

## Wrestle-offs

- Any kids interested in competing can "wrestle off" for the spot
- During practice, the week prior as necessary (usually Thursday).
- Typically, three, one minute period match. Coaches discretion.

## Team Tournament Structure:

- All-day events. Typically 4-6 matches per tournament.
- Entry fees paid by Stallions Club
- Weigh-in as team, will regularly carry alternates for team competitions.
- Committed wrestlers MUST attend and make weight.
  - All do their best to get alternates matches. Usually works out.
- Team Scoring
  - 6pts pin, 5pts TF, 4pts Major, 3pts Win. 6pts Forfeit.

# Wrestling - Cost vs. Value

- Paid coaches
- Long season, lots of practice and opportunities to wrestle
- Home matches during practice hours vs other teams
- FREE Stallions T-shirt and fight shorts with registration
- FREE Stallions Open tournament wrestler admission
- FREE home HS wrestling admission
- FREE Stallions Night @ HS Wrestling meet
- FREE Team Opportunities

# There are many Benefits of Wrestling

PHYSICAL	MENTAL/EMOTIONAL
<ul style="list-style-type: none"><li>• Agility and Quickness</li><li>• Balance (<b>Body Control</b>)<ul style="list-style-type: none"><li>• Coordination</li><li>• <b>Flexibility</b></li><li>• <b>Core Strength</b></li><li>• <b>Endurance</b></li><li>• Explosiveness</li></ul></li><li>• <b>Value of Practical Nutrition and Exercise</b></li></ul>	<ul style="list-style-type: none"><li>• Emotional Intelligence/Attitude<ul style="list-style-type: none"><li>• <b>Self-Confidence</b></li><li>• <b>Humility</b></li></ul></li><li>• Discipline/Accountability (self and team)<ul style="list-style-type: none"><li>• <b>Work vs Reward Ratio</b></li><li>• Overcoming Obstacles/Fears<ul style="list-style-type: none"><li>• Preparation</li></ul></li><li>• <b>Controlled Aggression</b></li><li>• <b>Exclusivity (the “few”)</b></li></ul></li></ul>
INTANGIBLE	
<ul style="list-style-type: none"><li>• <b>Anyone can do it!</b></li><li>• NO height or body shape requirements, 40 yd dash times, off-season commitments<ul style="list-style-type: none"><li>• Financial demands are tempered.</li></ul></li><li>• The discipline and intensity prepares your child for life (in academics, work, family)</li><li>• It channels the aggressive child’s tendencies, and cultivates the more passive child’s.</li><li>• <b>It’s a GREAT cross-trainer for ALL other sports!</b></li></ul>	

# Follow and Contribute to the Stallions on Social Media!

- Instagram – @chaskastallionswrestling
- Facebook – Chaska / Chanhassen Youth Wrestling
- Twitter - @ChaskaStallions



# GroupMe – Primary Communication Tool



[https://groupme.com/join\\_group/97544304/5qLqllvj](https://groupme.com/join_group/97544304/5qLqllvj)



In 2022-2023, we had over 90 wrestlers in the Stallions program and we expect a similar number this season. Many were returning wrestlers, but many were brand new to the sport.

Stallions Wrestling is a community as much as it is a club or a team.

There are many parents that have been involved with the program for years that will serve to welcome new families, help them understand the sport, how to approach open tournaments and to make sure that trying wrestling isn't "scary" for the first time.

If you have any questions, feel free to reach out to any of the board members. Emails and mobile numbers are provided at

[www.stallionswrestling.org](http://www.stallionswrestling.org)

**We look forward to the upcoming season!**