

PROGRAM
INFORMATION
GUIDE

PROGRAM MISSION

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

Brookwood wrestling will...

- Foster positive culture centered on athlete development in pursuit of excellence.
- Provide challenging experience that fosters confidence and nurtures resiliency.
- Develop student-athletes who are prepared for life beyond high school.
- Mold leaders who embrace tenacity, accountability, and teamwork.
- Teach and embrace honor, respect, discipline, and sportsmanship

Together we will...

- Be a catalyst to support the growth of wrestling in our community.
- Provide resources to support coaching, development, experience, and athlete exposure.
- that prepare student -athletes beyond high school
- Respect our wrestling family with positive interaction, collaboration, sportsmanship, and transparency discipline, dedication, and determination.
- raise funds to provide the necessary resources for our athletes.

BROOKWOOD WRESTLERS CODE OF ETHICS

A Brookwood Bronco wrestler becomes a CHAMPION when they...

- | | |
|------------------------------|-----------------------------------|
| ➤ are committed to the sport | ➤ want to improve |
| ➤ learn for their mistakes | ➤ have mastered technique |
| ➤ are mentally tough | ➤ show good sportsmanship |
| ➤ maintain a good attitude | ➤ are dedicated |
| ➤ never give up | ➤ are well conditioned physically |

BRONCO WRESTLING CREED

Without Desire Action is just a dream. Without Purpose, Action is not enough. Success is not measured by Gold Medals but rather our Body of Work. Intentional Effort & Preparation will Challenge & Change mind & body by Positively Impacting Confidence, Resilience, and over all Development. Ultimately, Fueling Desire to Embrace the Discipline, Dedication, and Determination required in the pursuit of Wrestling Excellence.

LETS GO BRONCOS!!



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.

Volunteers are essential to the success of our wrestling program.

We operate under the Brookwood Takedown Club, a 501(c)(3) non-profit, all-volunteer organization supporting Brookwood High School Wrestling.

All Wrestling families are required to volunteer by participating in fundraiser and serving two concession stand duties over the course of the season.

Below is a list of additional ways volunteers get involved.

Takedown Club Board Positions

President - Vice President - Treasurer - Secretary - Member at Large

Committees

Sponsorships - Fundraisers - Senior Night - Banquet - Managers &
Statistics - Service Project - Social Media -Concession - Hospitality -Mat Transporter -
Spirit Wear - Banquet - Youth Night - Alumni Night - Senior Night

Website

www.brookwoodwrestling.com

Facebook / Twitter / Instagram

Brookwood High School Wrestling

TELL US WHAT YOU ENJOY...

Website Whether or not you have design experience, if you see ways that our website could be improved, we would appreciate your help!

Gear Design We are open to all ideas about cool apparel and merchandise for our wrestlers!

Fundraising Ideas and Planning A huge part of being a successful wrestling club will be fundraising. We need help planning fundraising events and coming up with new ideas to create the most fun and beneficial events for our wrestlers and the community!

Takedown Club Board Members

Interested in planning & executing season initiatives and continuing to make BBWC the best?

Be a Part of the Brookwood Wrestling Family

COACHING STAFF: MENS & WOMENS PROGRAMS

Head Varsity Coach: Chris Cicora (2005-Present)

- Career Record: 362-121 Varsity Dual Record
- Team Results: 8x Region Traditional & Dual Champions
- Team State Placement: Top Ten 12x, Top Five 6x
- Best Finish: State Runner-up 2019-2020
- Individual Results: 1 NCAA All American, 3 HS All Americans, 8 State Champions, 53 State Medalist
- Wrestled at Carson-Newman College 1998-2001

Asst. Varsity Coach: Gabriel Lee (2020-Present)

- Brookwood State Champion
- 2 x State Finalist, 4x State Placer, NHSCA All American

Asst. Varsity Coach: Joe Daniels (2015-Present)

- Wrestled at Central Minnesota University
- Coached multiple state placers, All Americans, & collegiate athletes

Head Junior Varsity Coach: Scott Tomlinson (2018-Present)

- Connecticut HS Wrestling
- Trainer at the Bullock Wrestling Academy

Head 9th Grade Coach/JV Asst: Colin Torres (2023-Present)

- HS Football & Wrestling Athlete
- College Football Athlete
- Head 9th Grade Football Coach

PROGRAM CONTACTS

All parent communication regarding wrestling should be directed to the following team contacts...

- **Varsity Men:** Coach Cicora - Chris.Cicora@gcpsk12.org
- **Womens Team:** April Axton (Team Liason) - April.Axton@gcpsk12.org
- **9th/JV Team:** Coach Torres - Colin.Torres@gcpsk12.org
Coach Tomlinson - Scott.Tomlinson@gcpsk12.org

THE WALL
BROOKWOOD WRESTLING STATE PLACERS
A TRADITION OF EXCELLENCE

Year	Name	Place	Weight		Year	Name	Place	Weight
1986	Mike Dagenhart	4th	145		2016	Miles Nolan	2nd	170
1986	Brian Emerson	4th	171		2016	David Key	2nd	152
1987	David Dodd	State Champ	UNL		2017	Alex Martin	5th	106
1988	Mike Fox	4th	152		2017	David Key	State Champ	152
1994	Justin Hornsby	2nd	103		2017	Gabriel Lee	2nd	160
1994	Justin Rannick	3rd	160		2017	Matthew Key	2nd	195
1995	Justin Hornsby	State Champ	125		2018	Alex Martin	5th	113
1995	Justin Rannick	3rd	160		2018	Gabriel Lee	State Champ	170
1996	Ashley Seat	6th	125		2018	David Key	2nd	182
1996	Lacy Edwards	4th	160		2018	Matthew Key	4th	195
1996	Justin Hornsby	3rd	145		2018	Justin Oldknow	4th	220
1998	Ricky Watkins	6th	135		2019	Vaughn Williams	6th	126
1998	Chad Leedekerkin	5th	112		2019	Chandler Mullis	6th	145
1999	Chad Leedekerkin	2nd	112		2019	Camron Starks	6th	152
2001	Aaron Rhodes	5th	171		2019	Gabriel Lee	3rd	170
2003	Nick Thompson	5th	145		2019	Justin Oldknow	3rd	220
2003	Charlie Jackson	6th	215		2019	Chase Hornsby	2nd	160
2004	Nick Thompson	3rd	152		2019	David Key	State Champ	182
2004	Michael Clark	6th	140		2020	Xavier Bentley	3rd	113
2005	Chris Matyac	4th	189		2020	Camron Starks	4th	152
2005	Michael Clark	6th	140		2020	Chandler Mullis	3rd	160
2005	Nick Thompson	2nd	171		2020	Chase Hornsby	State Champ	170
2006	Chris Matyac	5th	189		2020	Landon Moss	6th	182
2006	John Matyac	5th	135		2020	JoJo Oldknow	3rd	195
2007	John Matyac	3rd	140		2021	Jacob Cox	5th	106
2007	Chris MacLafferty	4th	145		2021	Landon Moss	State Champ	195
2007	Jabril Hill	2nd	215		2022	Gilbert Balbuena	5th	113
2008	Chris MacLafferty	4th	145		2022	Xavier Bentley	5th	132
2009	Joe Epps	5th	130		2022	KJ Jett	State Champ	106
2009	Corbin Nilson	4th	215		2023	Jacob Chan	5th	106
2012	Wyatt Jozwowski	2nd	113		2023	Gilbert Balbuena	4th	113
2012	Blake Cunningham	State Champ	285		2023	KJ Jett	5th	120
2013	Wyatt Jozwowski	5th	132		2023	VJ Heath	5th	175
2014	Jeremy Quarshie	5th	285		2024	Jacob Chan	3rd	106
2014	Stephen Solamon	3rd	182		2024	Gilbert Balbuena	4th	126
2014	Thanh Nguyen	6th	113		2024	KJ Jett	4th	138
2015	Jeremy Quarshie	3rd	285		2024	Michael Heath	5th	165
2015	Stephen Solamon	2nd	195		2025	KJ Jett	2nd	150
2016	Thomas Coltrain	6th	120		2025	Michael Heath	5th	175
2016	Shane Defreitas	6th	285					

2025-2026 WRESTLING SCHEDULE

DAY	DATE	TEAM	EVENT	LOCATION	START	WEIGH IN	DEPART
Monday	10/20/2025	9th,JV,G,V	BHS Wrestling 1st Practice	Wrestling Room	2:30PM		
Friday	10/24/2025	9th,JV,G,V	Weight Certifications	Home	2:30PM		
Sunday	11/2/2025	9th,JV,G,V	Maroon & Gold Scrimmage	Home	3:00PM		
Saturday	11/8/2025	9th,JV,G,V	Bronco Stampede	Home	9:00AM	7:00AM	
Tuesday	11/11/2025	9th	Quad Dual Meet	Mountain View HS	6:00 PM	5:00PM	4:30PM
Saturday	11/15/2025	JV,G,V	Red Elephant Duals	Gainesville HS	9:00AM	8:00AM	7:00AM
Friday	11/21/2025	9th,JV,G,V	Quad Dual Vs Paulding Co., S. Gwinnett, Duluth	Home	5:30PM	4:30PM	
Monday	11/24/2025	9th,JV,G,V	Mike Miller Clinic/Practice	Home	10:00AM		
Tuesday	11/25/2025	9th,JV,G,V	Mike Miller Clinic/Practice	Home	10:00AM		
Wednesday	11/26/2025	9th,JV,G,V	Mike Miller Clinic/Practice	Home	10:00AM		
Wednesday	12/3/2025	9th, G	Quad Dual Vs Seckinger, Parkview, Mnt. View	Home	5:30PM	4:30PM	
Saturday	12/6/2025	JV,G,V	North Oconee Duals	North Oconee HS	9:00AM	8:00AM	7:00AM
Wednesday	12/10/2025	9th, JV	Dual Meet Vs Jackson County	Home	5:30PM	4:30PM	
Friday	12/12/2025	V	Gorilla Warfare	Berkmar HS	5:00PM	3:00PM	2:30PM
Saturday	12/13/2025	V,G	Gorilla Warfare	Berkmar HS	9:30AM	8:00AM	7:30AM
Friday	12/19/2025	V	Ingles Great Smoky Mnt. Grapple (Day 1/2)	Cherokee Center (NC)	5:00PM	3:30PM	12:00PM
Friday	12/19/2025	JV	JV Gwinnett County Championships	Berkmar HS	3:30PM	2:00PM	1:30PM
Saturday	12/20/2025	V	Ingles Great Smoky Mnt. Grapple (Day 2/2)	Cherokee Center (NC)	9:00AM	8:00AM	
Saturday	12/20/2025	VII, G	Gwinnett County Championships	Berkmar HS	9:30AM	8:00AM	7:30 AM
Monday	12/29/2025	9th,JV,G,V	Mike Miller Clinic/Practice	Home	10:00 AM		
Tuesday	12/30/2025	9th,JV,G,V	Mike Miller Clinic/Practice	Home	10:00 AM		
Wednesday	12/31/2025	9th,JV,G,V	Mike Miller Clinic/Practice	Home	10:00 AM		
Saturday	1/3/2026	9th,JV,G,V	Senior Day Tri Dual: North Oconee & Norcross	Home	10:00AM	9:00AM	
Tuesday	1/6/2026	9th, JV	Quad Dual vs Parkview, N Gwinnett, Archer	Parkview HS	5:00PM	4:00PM	3:30PM
Friday	1/9/2026	G	*Girls Region Duals	TBD	TBD		TBD
Saturday	1/10/2026	V	*Boys Region Duals	Berkmar HS	9:30AM	8:00AM	7:30AM
Wednesday	1/14/2026	9th, JV, G	Quad Dual Meet	Mountain View HS	6:00PM	5:00PM	4:30PM
Friday	1/16/2026	V	Boys State Duals (Day 1/2)	Camden County HS	TBD		TBD

Saturday	1/17/2026	V	Boys State Duals (Day 2/2)	Camden County HS	TBD		TBD
Monday	1/19/2026	9th	9th Grade Gwinnett County Championship	Seckinger HS	10:00 AM	9:00AM	8:30AM
Friday	1/23/2026	G	Girls State Duals (Day 1/2)	TBD	TBD		TBD
Saturday	1/24/2026	JV,G,V	North Metro Tournament	Home	9:00AM	7:00AM	
Saturday	1/24/2026	G	Girls State Duals (Day 2/2)	TBD	TBD		TBD
Friday	1/30/2026	G	**Girls Region Traditional	Parkview HS	TBD		TBD
Saturday	1/31/2026	V	**Boys Region Traditional	Parkview HS	TBD		TBD
Friday	2/6/2026	G	**Girls Sectionals	Central Gwinnett HS	TBD		TBD
Saturday	2/7/2026	V	**Boys Sectionals	Mountain View HS	TBD		TBD
Friday	2/13/2026	V,G	State Championship	Convocation Center	9:00AM	8:00AM	TBD
Saturday	2/14/2026	V,G	State Championship	Convocation Center	TBD	TBD	TBD
			*State Duals Qualifier				
			**State Traditional Qualifier				

Dear Lord,

I am the leader of your team.

I wear the colors of the cross.

I face my opponent with the face of my savior.

I do not boast of my own strength.

I do all things through yours.

I give my all, all the time.

I do not give up,

I do not give out,

I do not give in.

I compete for your

glory; I am your

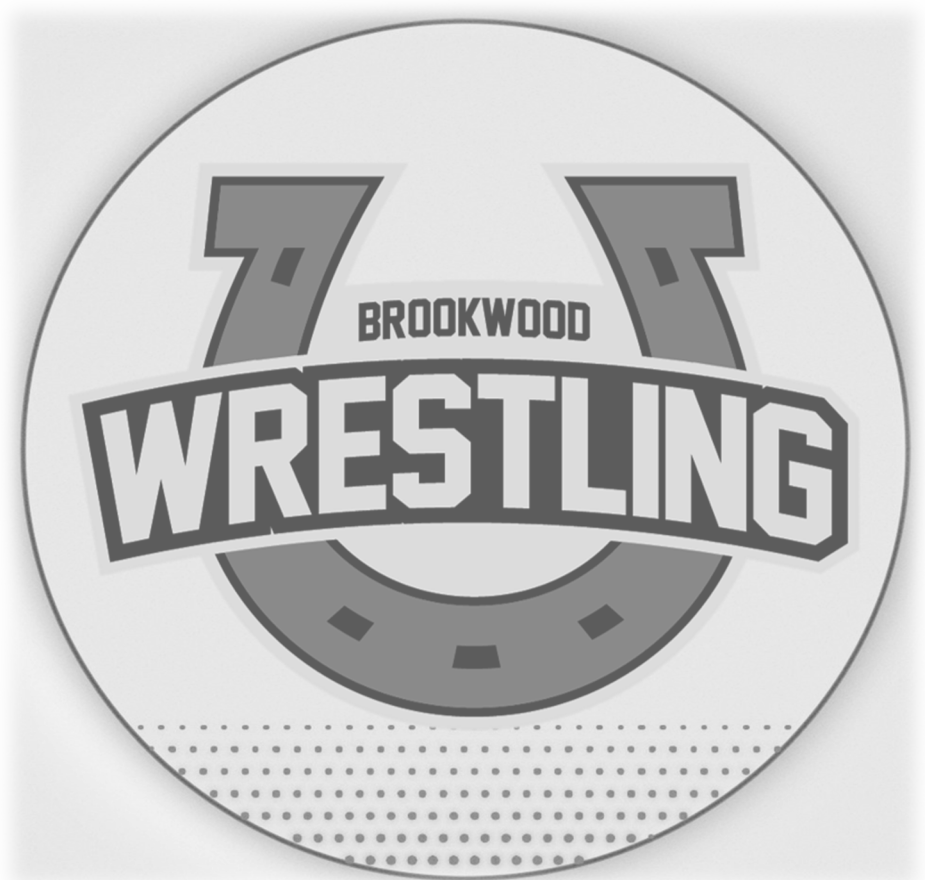
warrior.

Amen.

Author: Josh Moore

Brookwood Wrestling

Class of 2013



THE PROCESS



Athlete Development

High Expectations

Positive Culture

Parent Involvement

Academics

The coaching staff expects wrestlers to set high academic standards and to check in with their teachers regularly to make sure they are maintaining satisfactory grades. Should a wrestler's class grade drop below 74 they may schedule help with the teacher from 2:30-3:30. Afterwards, wrestler reports to practice (3:30-4:30) with excuse note from teacher.

Academic Issues

Make up assignments, tutoring, & intervention should first be scheduled with teachers in the mornings or during guided study. Wrestlers must notify their coach immediately if there are any problems with academics. Wrestlers may miss class due to schedule and state championships. Wrestlers are responsible for communicating to teachers in advance and obtaining any assignments they may miss.

Athlete Clearance Forms

Parents must complete a Rank One Profile for their athlete before BHS sports participation. Rank one Sport is an on-line filing system for physical forms and participation waivers. Rank one directions and GCPS/BHS physical form can be found at <https://www.gcpsk12.org/domain/9988>

Attendance

All absences should be communicated to head coach via guardian. Absence from practice is detrimental to individual development and the team performance. Unexcused absences are not acceptable and can result in dismissal from program. If a wrestler is at school, they should be at practice.

Awards Banquet

All wrestlers and wrestling managers that complete the season will be honored and recognized for their efforts and achievements at the end of the season. The banquet will be held at Brookwood High School in March. Details will be shared to all wrestlers and their family in February. Wrestlers and wrestling managers should dress appropriately (no jeans, short skirts, shorts, or t-shirts). Everyone is encouraged to join in the celebration. The Takedown Club will pay for wrestlers, wrestling managers, and coaches. There will be a modest fee for all others that attend.

Brookwood Takedown Club

The Brookwood Takedown Club is a 501-c non-profit organization. It's primary function is to raise money to benefit the Brookwood wrestling program. The executive board, committee members, and all volunteer work is to help make the program run smoothly for the wrestlers, wrestling managers, parents, and coaches.

The Brookwood Takedown Club functions as an adjunct to the High School's wrestling program. We do not act as a board of arbitration between wrestlers, wrestling managers, parents, and the coaching staff. We have no role in the selection of wrestlers or how much mat time they receive. Board members assist in the fundraisers, answering parent questions, organizing volunteers, and providing input to the Head Coach.

Coaches & Contacts:

- Varsity Men: Coach Cicora - Chris.Cicora@gcpsk12.org
- Womens Team: April Axton (Team Liason) - April.Axton@gcpsk12.org
- 9th/JV Team: Coach Torres - Colin.Torres@gcpsk12.org
- 9th/JV Team: Coach Tomlinson - Scott.Tomlinson@gcpsk12.org

Coaching Decisions

The coaching staff makes decisions based on what is best for both, the wrestler and wrestling team. Be mindful when approaching coaches at events. Wrestle offs (matchups within the team in the same weight classes) occur weekly and are used to determine lineups for 9th, JV and Varsity events. Wrestlers are encouraged to work hard and stay positive.

Commitees

- Senior Night -Banquet-Social Media
- Corporate Sponsorship
- Service Project
- Concessions-Hospitality- Managers& Statistics
- Mat Transporter - Tournament Software operator

Volunteers are always needed and welcomed. Don't hesitate to get involved.

Communication

1-Band App serves as our primary source of communication all year. Band alerts mobile device when information has been added. After registering, directions to join Band will be provided.

2-Website (www.BrookwoodWrestling.com) for general information and history of the program.

3-Social Media Facebook (Brookwood high school wrestling) & Instagram (@bwood.wrestling) to see results, share success, upload videos/pictures, and promote our program!

Concession Stand Duty

Sales revenue from concessions is significant in raising funds for the Takedown Club. Parents are required to volunteer for two (2) 2hr shift concession duties during the season. Parents will be notified of their schedule and will need to find coverage if unable to work.

Fundraising

All fundraising efforts go directly to the wrestling program for tournament/dual fees, hotel accommodations, equipment, travel expenses, etc. There are two (2) fundraisers each year:

Double Good Popcorn Sales— Digital popcorn sales. Its simple and easy. Product is good. Delivered quickly. Only 4 days and it works. All you have to do is share the link.

Tournaments - BHS host season tournaments to raise funds for our program. We have been a premier destination for officials and competing schools because of the efficiency and hospitality our program has established. Volunteering is essential to our success.

Head Gear

Headgear is required and must be owned by each wrestler. No sharing of headgear!

Injuries

Wrestling is a physically demanding sport and our coaches are committed to making sure the wrestlers are in the best shape possible but injuries do happen. All injuries both related and not related to wrestling need to be reported to Coach Cicora.

Injuries Cont. any injured wrestler must see Brookwood's athletic trainer for assessment of the injury and recommended treatment. A rehab schedule will be developed for injuries that can be treated by our athletic trainer. The wrestler would participate in rehab immediately after school and then report to practice after they are done. Injuries do not excuse students from practice or rehab. Missed rehab assignments and or practice count as an unexcused absence.

Lettering

Wrestlers competing in 50% of varsity matches/dates or accumulating 30 varsity team points and volunteering 6hrs of service to our youth program will earn a letter.

Wrestlers competing three (3) years on JV and fulfills team responsibilities will earn a letter. Attendance at practice, matches, behavior, and grades are also taken into consideration. Coach reserves the right to letter a wrestler in special situations where they have gone above and beyond the call of duty.

NCAA Clearinghouse

All high school student-athletes need to be cleared by the NCAA Clearinghouse if they would like to continue to participate in intercollegiate sports in college. We recommend that student-athletes begin the process during the sophomore or junior years. More information can be found at <https://web1.ncaa.org/eligibilitycenter/common>.

Nutrition

Research has shown that practicing proper methods of weight control are essential to maximizing your athletic performance. Peak physical performance can only occur when the body is supplied with an adequate amount of essential nutrients. Using improper methods of weight control will decrease your level of performance. The Wrestler's Diet found on www.brookwoodwrestling.com provides the necessary information to help you achieve the highest level of performance possible. The psychological advantages of maintaining good nutritional practices are great: you'll wrestle better if you feel good physically and mentally. You will also wrestle better knowing that you have done everything possible to be at your best.

Other Sports/Activities

Wrestlers are encouraged to participate in other sports and school activities. Multi-sport athletes tend to maintain their physical conditioning. Student-athletes should enjoy their high school experience, however, wrestlers are expected to be committed during the wrestling season from the first day they attend practice.

If a wrestler is not competing in another sport outside of wrestling season we encourage them to participate in the off season training opportunities. Brookwood Wrestling and other local training facilities offer year round development.

Parents

Parent support is the biggest role you can play in a student-athlete's life. We encourage parents to attend and cheer on their wrestler as well as the team. Parents are expected to set the example of sportsmanship to officials and opponents in the stands and work with coaches to provide optimal development. Remember wrestling is a physical and mental sport so don't let your wrestler get discouraged or give up. Stay positive and communicate with coach! Parents are expected to support the Takedown Club, support the fundraisers, and work assigned duties.

Photography

All parents are encouraged to take digital photos at wrestling events and upload them to our Facebook Page. These photos are used to put together our slideshow for the banquet in March.

Points

Wrestlers are awarded points during the match by the referee. Points are accumulated throughout the match. These are some moves that earn points:

Individual Match Points

- Takedown – 2 points
- Escape – 1 point
- Reversal – 2 points
- Near fall – 2-3 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

Practice

Is the most important part of development. Attendance to practice is required unless previous fall sport season has not concluded or absence is communicated directly to head coach. Practice schedule found on website and is Monday-Friday from 2:30-4:30 unless competing. Practice changes will be communicated through text alert. Wrestlers should notify their coach in person if they will be checked out of school early and will not be returning. Sending word is not acceptable! For scheduling conflicts talk to the head coach in advance so arrangements can be made.

Pre-Season Conditioning

Wrestling is a demanding sport. Attendance is expected in order to ensure optimal performance and athlete safety with the exception of students still participating in a fall sport.

Season Length

Season begins at the end of Oct and ends with Varsity State Championships early Feb. Season end the last weekend of Jan. for 9th graders & JV not competing for a Varsity position. Any equipment checked out must be returned at the end of their season. All Varsity level wrestlers who do not qualify for the State Championship series are expected to continue practicing unless they are moving on to another sport.

Senior Night

Each senior wrestler/wrestling manager and their family will be recognized prior to wrestling meet.

Skin Care

Wrestling is a contact sport where skin problems (ringworm, impetigo, molluscum contagiosum, MRSA, herpes gladiatorum, pink eye) are common. Some of the best ways to combat skin problems:

- Shower with antibacterial soap after every practice and competition
- Wash all wrestling gear in hot water and antibacterial soap, if possible
- Do not share any items (towels, razors, lotions, clothes, etc.)
- Take dirty items home in disposable, plastic bag (not in gym bag)
- Each day use clean clothes, towels, headgear, etc.

Skin Care Cont... Should a wrestler notice any unusual skin irritations/lesions, keep it clean, covered and notify your coach immediately. If there is presence of a serious infection the wrestler must get to a physician immediately and have it tested to determine the specific organism. A GHSA skin lesion form should be picked up from the coach and be filled out by the diagnosing physician. Every effort is made to clean mats before each practice and competition in order to help protect the wrestlers.

Spirit Wear

Team store can be found on website. Parents/Wrestlers will have two weeks to purchase items. Items will be delivered to your home. In addition, Families will have the opportunity to purchase spirit wear at the Maroon & Gold wrestle offs.

Sponsorship

The Brookwood Takedown Club is a 501-C non-profit organization. Sponsors who donate to the wrestling program will receive a contribution letter for tax purposes. Sponsorship forms can be found at www.brookwoodwrestling.com.

Summer Wrestling

Wrestlers are encouraged to continue developing in our annual summer training program. Off season wrestling is where new wrestlers make huge strides, and experienced get exposure. Summer information is released in March at Banquet or coach can provide at earlier date.

Teams

9 th Grade, JV and Varsity are the 3 divisions within our Mens & Womens wrestling program. It is not uncommon for wrestlers to compete on more than one team. This is a decision made by the coaching staff. Our goal is to get our wrestlers as much mat time as possible.

Travel

While GCPS will provides local transportation, we usually carpool to out-of-town events. More information will be provided, to those attending, closer to the events. All wrestlers will need to have an

“Alternative Transportation Liability Form” on file.

Uniform/Equipment

Included with the Takedown Club membership is a warm up and practice gear which is the wrestlers property. Competition singlets will be checked out and returned at the end of the season. Lost singlets will be paid for by wrestler. If dues are not paid the parent/wrestler will need to pay for each item individually. Additional required equipment not provided in the Takedown Club player package are wrestling shoes, head gear, and a mouth piece for wrestler(s) who have braces.

Website

www.brookwoodwrestling.com is the website for the wrestling program.

Weight Certification

The GHSA requires that all wrestlers participate in weight certification process prior to competition. The goal of the program is to prevent unhealthy weight management and monitors all weight loss practices. The test will determine the healthiest minimal weight class for each wrestler and provides a weekly descent plan. However, this does not necessarily mean the wrestler must wrestle the lowest weight determined, but rather if they choose to move to a lower weight class they must adhere to a decent plan provided by the certification program. If a wrestler chooses to go to a lower weight class, Weight Cert. will determine eligible weight classes and will provide a weekly descent plan to be adhered to. Wrestler may not lose more then 1.5% of body weight per week. All weighins are recorded. Ex: A wrestler may not compete at lower weight then what descent plan allows. He may wrestle but at the eligible (higher) weight. On the other hand, if wrestler weighs-in at competition above descent weight the weight plan recalculates to higher weight. Weight Cert. is held at sports med south on date TBD. Transportation is provided by GCPS. Weight Cert. cost \$10 cand should be brought in cash day of exam.

Wrestling Terms

- **Bye** – A bye is given when there are not enough wrestlers in a weight class. The wrestler advance without wrestling.
- **Decision** – A win by the wrestler whose score exceeds the opponent's by fewer than 8 points. Major decision is when the score exceeds the opponent's by 8-14 points.
- **Default** – When a wrestler is unable to continue wrestling for any reason.
- **Defense** – The wrestler that starts on bottom.
- **Disqualification** – When a wrestler is removed for flagrant misconduct, unsportsmanlike conduct or for accumulation of penalties.
- **Escape** – When the wrestler in the defensive position moves to a neutral position.
- **Neutral** – Both wrestlers are on their feet facing each other.
- **Offense** – The wrestler that starts on top.
- **Pin** – A wrestler holds any part of both his opponent's shoulders (or shoulder blades) to the mat for two consecutive seconds.
- **Reversal** – The wrestler in the defensive position gains control of his opponent.
- **Takedown** – A wrestler in the neutral position gains control of his opponent.

How a Wrestling Match Works

There are **three styles** of wrestling: Freestyle & Greco Roman as seen in the Olympics, and Folkstyle which is seen in college and high school wrestling. During the regular wrestling season, BHS focuses on folkstyle method of wrestling.

The **objective** in folkstyle wrestling is to gain control of your opponent by scoring points with maneuvers (wrestling moves) and to ultimately pin your opponent using holds to place opponents back (both shoulder blades simultaneously) on the mat for two seconds. Maneuvers (wrestling moves) score points. If a pin is not established during a match then the wrestler who accumulates more points by the end of the 3rd period wins.

Wrestling does not require brute strength to be effective, but rather the knowledge and ability to apply technique, force, energy, motion, and strategy.

Wrestling **matches** consist of three periods. These periods vary in length from one minute for younger age groups to 2 minutes for our high school athletes. Either wrestler in a match can win at any time if they are able to pin their opponent or develop a lead of more than 14 points. Otherwise the wrestler that can accumulate the most points by the end of the third period wins the match. If the match is tied after three periods, it will go into overtime until one of the wrestlers wins.

There are only **two positions** from which referees start or continue a match. The first is a **neutral position**, with both wrestlers standing and facing each other. The other is the **referee's position**, where one wrestler starts on his hands and knees down on the mat, and the other starts on top, behind and in control. The first period always begins in the neutral position. Each wrestler has their choice in one of the remaining periods, to choose to start from top or bottom referee's position, or in the neutral position.

If the action must be stopped before the end of a period, the referee restarts the wrestlers in the starting position that best reflects the position the wrestlers were in when the action was stopped. Wrestlers earn **points** through takedowns, escapes, reversals, back points and penalty points.

Takedowns are worth three points. This is when a wrestler goes from a neutral (standing) position and is able to bring the other to the mat and gain control. The double leg drop, single

leg sweep, fireman's carry, arm drag, and pancake are a few examples of takedowns.

Escapes are worth one point. This is when the bottom wrestler is able to break free from the top wrestler and revert back to a neutral position. The stand-up, forward or granby roll, sit-out turn-out, and sit-out turn-in are examples of escape maneuvers.

Reversals are worth two points. This is when a wrestler on the bottom is able to reverse the control so that the opponent is on the bottom. The switch, side-roll, and peterson roll are examples of reversals.

Back points (Near Fall) are worth two, three, or four points depending on the length of time that the opponent's back is exposed. Back points are scored when the top position wrestler can make the bottom wrestler: 1) spring into a high bridge; 2) lean back on their elbows; 3) expose their shoulders four inches or less to the mat; or 4) have one shoulder on the mat and the other 45 degrees or less above the mat. The half-nelson, cradle, three-quarter nelson, and armbar series are near-fall maneuvers that can ultimately lead to a "fall".

In a **Pin (fall)**, both shoulders are forced to the mat for a period of two seconds. When a wrestler completes a fall, he scores 6 points for his team during the tournament. A fall immediately finishes a match, and no additional points are needed to be scored.

Penalty points can be awarded when the opposing wrestler performs illegal moves or is penalized for excessive stalling. An illegal hold is one example in which a wrestler would receive penalty points. The best definition of an illegal hold would be "any maneuver that could cause bodily harm intentionally or not." Illegal holds are penalized in the following manner: first and second offense - one match point for opponent; third offense - two match points for opponent; and fourth offense - disqualification from the match. Examples of illegal holds are: full nelsons, over scissors, back bows, headlocks (without arm encircled), forceful trips, pulling thumb or less than four fingers, holds that restrict breathing, and any holds that are used for punishment alone.

Any intentional act that is hazardous to an opponent's physical well-being is considered **unnecessary roughness**. Such perpetrations such as striking, kicking, butting with the head, elbowing, and forceful tripping are examples of this. Typically, the violator is punished as follows: first offense - one point, second offense - two points, third offense - two points, fourth offense - disqualification. If a referee deems an action "flagrant misconduct" at any time during the match, the offender is immediately disqualified along with ALL team points earned for the match.

There are six types of **technical violations** in folkstyle wrestling. Offenders are penalized one point for their first offense, one point for their second, two points for their third and they are disqualified after their fourth infraction. These technical violations include:

1. "Leaving the Mat Proper" - No wrestler may completely step off the wrestling mat without the permission of the referee.
2. "Intentionally Going Out-Of-Bounds" - When either wrestler goes out-of-bounds to avoid wrestling their opponent for any reason (except when a near-fall is scored).
3. "Grasping of Clothing" - A wrestler may not grab anything except his opponent while wrestling.
4. "Interlocking or Overlapping Hands" - The top wrestler may only lock or touch hands around the opponent's body or both legs when they are scoring near-fall points or if the other wrestler is standing up.
5. "Figure-4 Head Scissors" - This is a technical violation in the neutral position.
6. "Improperly Equipped" - This occurs when a wrestler reports to the scorer's table on the mat they are going to wrestle without being prepared to wrestle.

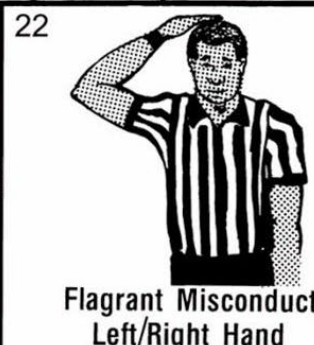
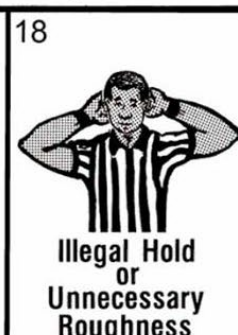
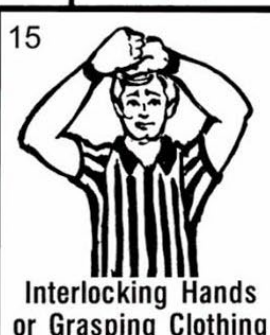
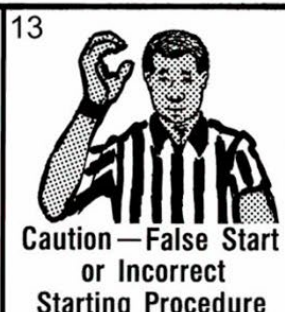
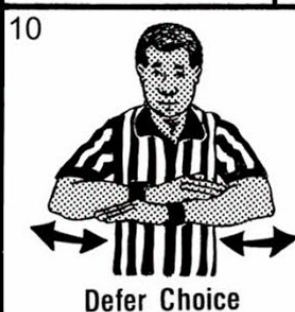
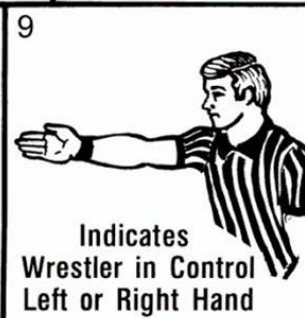
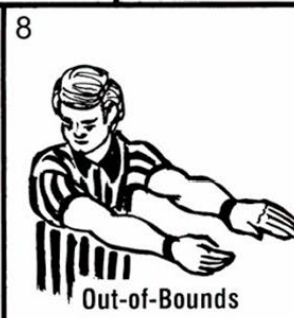
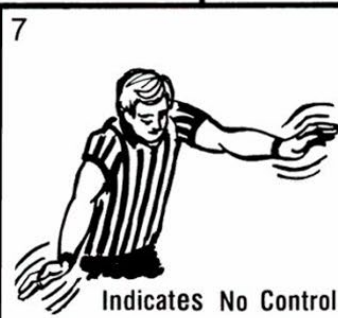
Wrestling matches do not end in a draw or tie. If at the end of three regular periods, the match is tied up, then the match goes into overtime to break the tie. During the overtime period, the wrestler who scores the first point(s) will be declared the winner. There is no rest between the regular match and the overtime period. The overtime period will begin immediately following the three regular periods with both wrestlers starting in neutral position. If no winner is determined by the end of the one minute overtime period, a second overtime period for 30 seconds will take place.

The 30 second period begins with the wrestler that scored first in the match choosing either the top or bottom position. If there is no score, the referee will toss a disk to determine which wrestler can choose their position to be top or bottom. The wrestler who scores the first point(s) in this 30-second period will be declared the winner. If no score occurs during this final period, then the wrestler in the top position will be declared the winner.

Competition is conducted in a manner to promote and require good sportsmanship.

Competitors are expected to show respect to opponents, officials and coaches regardless of the outcome of their match. Both wrestlers are required to shake hands before and after the match. It is also common practice for each wrestler to shake the hand of their opponent's coach after the match.

Referee Signals



DOUBLE GOOD POPCORN FUND RAISER

Virtual Fundraising: Meet Pop-Up Stores, a smart, easy and fast way to fundraise with your team.

HOW TO GET STARTED

Before the fundraiser begins:

1. Download the Double Good app
2. Sign in with your mobile phone #
3. Enter validation code
4. Enter e-mail address
5. Enter our event code A [REDACTED] D in the app
6. Create your Pop-Up Store

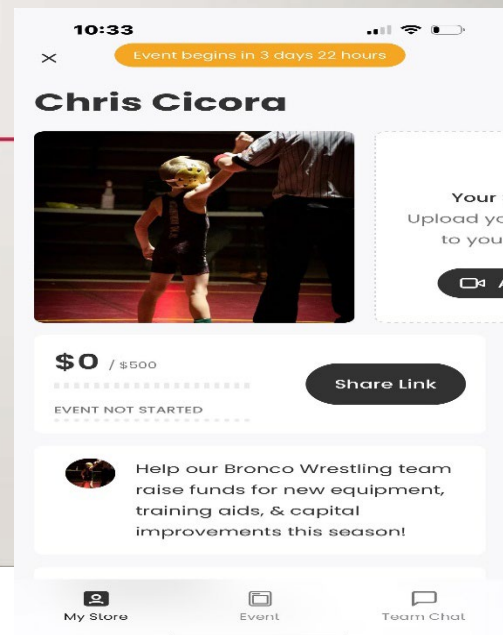
FUND RAISER

- Team goal \$10,000
- Each family goal \$500
- Each family that sells \$600 will receive wrestling bag
- Each family that sells \$700 will receive wrestling bag plus Brookwood hoodie
- Each family that sells \$1,000 will receive wrestling bag plus Brookwood hoodie plus \$75 Amazon gift card
- Number one seller who exceeds [REDACTED] will receive wrestling bag plus Brookwood hoodie \$150 Amazon gift card

CREATE YOUR POP-UP STORE

- Enter picture of wrestler
- Set your goal. Default is \$500
- Start sending out links/e-mail...

<https://www.doublegood.com/popup/>



TEAM COMMUNICATION

JOIN OUR
COMMUNICATIONS
APP
BAND



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!

Download the Band App

iPhone



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For More Information
www.BrookwoodWrestling.com

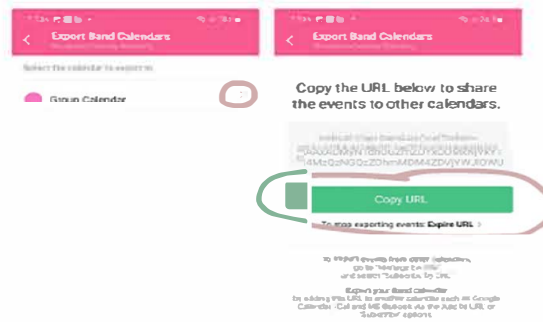
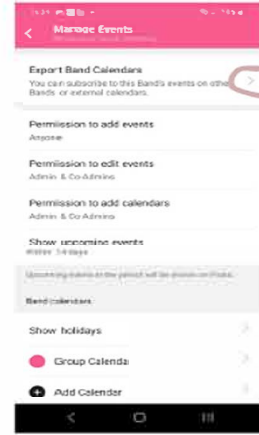
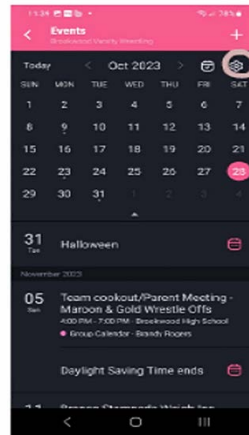
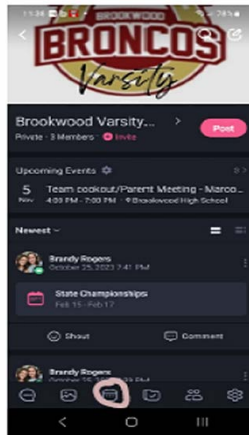


AFTER YOU DOWNLOAD THE APP
NEXT JOIN YOUR TEAM IN THE APP!

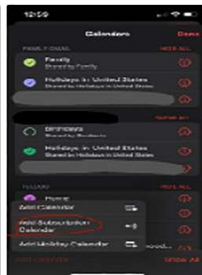
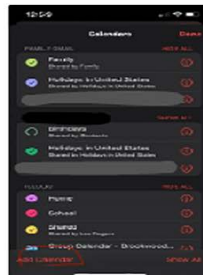


Add the Band calendar to your phone calendar.

OPTIONAL



iCal



Add the URL from above

Google Calendar: had to be done from a desktop

1.



2.



3.



4.



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.

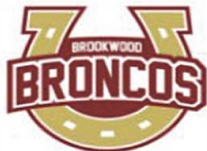
Community Sponsorships are allocated for program initiatives beyond our annual operational expenses such as our adopt a wrestler program, wrestling camp scholarships, & capital improvements.

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

SPONSORSHIP LEVELS



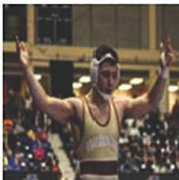
WRESTLING

BUSINESS/CORPORATE SPONSORSHIPS



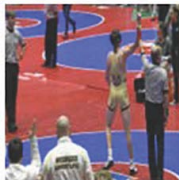
MAROON LEVEL \$500

Advertisement on website and Gold Gym sign with company logo/name.



GOLD LEVEL \$750

Maroon level benefits plus sponsorship recognition at home tournaments.



TAKEDOWN CLUB LEVEL \$1,000

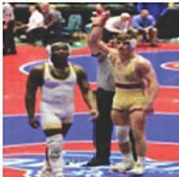
Maroon and Gold benefits plus social media recognition throughout the season.

ADDITIONAL SPONSORSHIP OPPORTUNITIES



ADOPT A WRESTLER

Help pay the way for a wrestler to join the team or attend a summer or off season camp.



ALUMNI GIFTING

Previous wrestler wanting to give back? We would love to have you! Your continued support is immeasurable!



WRESTLING FAMILY SUPPORT

Are you a family member or friend of a current or former wrestler who loves giving to the program? Your support will help us with the annual operations of the program!

Sponsorship Form: <https://forms.gle/p53w9KmhQe49Ub87>