



DELAWARE VALLEY WRESTLING

19 Senator Stout Road
Frenchtown, NJ 08825
Tel: (908) 996-2132
Fax: (908) 996-4261
DelValWrestling@dvrhs.org
DelValWrestling.com

What will Freestyle Wrestling do for you?

by Zeke Jones, Arizona State Head Coach

1. Freestyle wrestling is fun. It's exciting, creative, and dynamic because you can score points from almost anywhere. You will receive more points for a spectacular throw, five points, than you do a normal takedown, one point. Freestyle rewards wrestlers for taking risk which creates more excitement and as a result takes less control of your opponent to score. Take the risk to flip him to his back, without even controlling him and get two points. The great thing about freestyle wrestling is you can even throw a guy over your head, which is legal, and if you do it with proper technique, style, and flair and the referee will reward you with a five point move. Many wrestlers that we have spoken to love freestyle because it's fast, exciting, and it was easier to score points. Most freestyle matches also are mostly on your feet in the neutral position. Everyone loves to go takedowns. That's 80% of freestyle wrestling.

2. If your goal is to be a city champion, league champion, state champion or state placer, (or a great referee or coach) and a lofty goal I might add, freestyle increases your chances dramatically. If one wrestler is getting 40 matches a year in the high school or junior high season and another wrestler is getting those same 40 matches plus 30 matches in the freestyle season whom do you think is going to get better at a faster rate? The wrestler with more matches. More competition will give you more opportunities to improve your technique, skill, and mat strategy. More minutes on the mat = more wins. Are your high school, junior high or elementary opponents going to freestyle tournaments? If they are and you're not, then your competitors are getting ahead of you. Don't let them. The best wrestlers in the state are going to these tournaments. You should too.

3. Freestyle wrestling is for everyone. Whether you're a beginner or an advanced wrestler, boy or girl, big or small, five years old or seventy five years old there's a freestyle tournament that is right for you. There are many novice freestyle wrestling tournaments all over the nation that will give you an opportunity to try freestyle for the first time. Are you really good and looking for a challenge? Go to the biggest and the best tournaments in the world in your age group. Tournaments like the Cadet or Junior Nationals attract the best wrestlers in the United States.

4. If you're a good high school wrestler, freestyle wrestling will increase your opportunity to earn a college wrestling scholarship. Many of the NCAA Division I college coaches travel to USA Wrestling's Junior and Cadet Nationals to watch the best wrestlers in the nation with the goal of attracting the best high school wrestlers to come to their university. Unless you are a multiple high school state champion from Pennsylvania, Ohio, New York, New Jersey, or California, you will need to wrestle freestyle to receive the exposure so college coaches will believe you can compete at a national level. Beat a state champion from Pennsylvania, Ohio, or New York in a freestyle tournament and you will receive strong consideration for a college wrestling scholarship. In other words, if you are a state champion in a smaller populated state your chances of getting a wrestling scholarship are minimal to none.

Wrestle freestyle and increase your chances of earning a scholarship dramatically. College coaches need to know that you can compete against the best in the nation before they will feel comfortable offering you scholarship money. College coaches get excited knowing that when a wrestler comes into their program that they might become not only an NCAA Champion but also a World and Olympic Champion. Dream to become a World and Olympic Champion.

The time is now to learn freestyle wrestling. Whether you just want to improve your wrestling technique and skill, become a state placer or champion, or even want to become a World and Olympic Champion, freestyle wrestling is mandatory to become successful. If you have high wrestling goals, freestyle wrestling must be a part of your yearly wrestling plan.

A TRADITION OF EXCELLENCE

17 SECTIONAL TITLES | 8 GROUP II TITLES | 107 DISTRICT CHAMPS | 42 STATE PLACE WINNERS | 9 NJ STATE CHAMPS



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Why Freestyle?

An interview with Jeff Buxton, School of Buxton Head Coach and Former Blair Academy Head Coach

Question: You are very active as a state coach with USA Wrestling New Jersey. You take athletes to competitions all over the state, region and nation. How important is competing in the USA Wrestling spring and summer events to the success of a young athlete?

Buxton: I find if you are not training for a reason, it is difficult to train at a high level. There is not much improvement if you don't have a high goal for the summer. Our goal is to do well at the Cadet and Junior Nationals.

Question: Why should young people compete in Freestyle and Greco-Roman instead of just wrestling folkstyle all summer?

Buxton: You get to go to tournaments that have the best kids in the nation competing. Every major kid goes to Fargo and they have something to prove. When you don't have something to prove, you take a step backwards. I take great pride when my seniors go to Junior Nationals and the High School Nationals. Sure, there are so many college coaches there. But you don't get too many chances to be a national champion. Your chance to win a national championship gets smaller and smaller as they get older. My wrestlers learn about that when they get to college. What a big win can do for you at one of these tournaments is mind boggling. A college coach can see them compete at the highest level, and see what kind of athlete and competitor they are.

Question: How does international style wrestling make a wrestler compete better in high school and college?

Buxton: Technically, every facet of Freestyle and Greco-Roman can improve a high school wrestler in Freestyle. I can break it down completely. If you don't shoot properly in Freestyle, you give up exposure points. It teaches you to shoot properly, with your head up, in good position, coming across for the finish. In high school you can get away with it. But if you learn proper technique, you can score on the best kids. If you don't do it properly in Freestyle, you will get crushed. The new rules require kids to stay in bounds. If they don't work on their handfighting and know how to hold a lead, they are in trouble in Freestyle. College wrestling requires you to handfight. We work hard on that, in the final 30 seconds to block them out and handfight. In folkstyle, this is a huge thing, and we work on that in Freestyle. Greco-Roman if the same deal, where you still have to handfight and control ties completely....

....The best part is you get a break from folkstyle. It keeps the kids and coaches fresh. They are learning new things. At the end of the folkstyle season, they are looking so forward to the Freestyle and Greco-Roman season. We make it a huge and integral part of our program.

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