

FORT MILL WRESTLING

“Building Champions for Life”

Wrestling is one of the earliest sports known to man, and one of the first Olympic sports. There are several styles of wrestling; each having its own system of scoring and techniques. In all styles of wrestling, the athlete scores points by using different moves and skills to overpower and control his opponent.

Collegiate wrestling is the type of wrestling seen at the high school and college levels. This style involves a more difficult form of scoring with more control and “on the mat” action. Freestyle wrestling is one of the two styles seen in the Olympic Games. It is a very fast paced style of wrestling consisting mainly of takedowns, tilts, and throws.

Wrestling is a unique sport. It offers athletes of all ages an opportunity to compete against opponents who are of the same weight and size. **It is a completely balanced situation.**

Wrestling is not a dangerous sport. During the 2014 – 2015 season, the Fort Mill High School varsity team competed in over 500 matches and experienced only one injury that required professional medical attention. Statistically, wrestlers experience fewer injuries than athletes in many of the traditional sports, due to the mat on which they compete.

Another positive point is that wrestling can develop incredible self-confidence and esteem in a young athlete. It is the ultimate “one on one” competition. **If an athlete is willing to give the dedication and commitment that the sport requires, it is custom made for them. The level of success is determined by the individual.**

General Information:

Weight Classes... 82-90-98-105-112-119-126-132-138-145-155-167-185-215-285

Practices... Begin Thursday, November 2nd at 5:15 in the FMHS Wrestling Room Transportation: District Shuttle bus or carpools take wrestlers to FMHS each day.

Physicals... Wrestlers must have a completed physical on file.

Gear... Shorts, T-Shirt, athletic shoes. Wrestling shoes can be purchased or provided later. Contact

Information... Coach Brock at FMHS 548-1900....brockc@fortmillschools.org Elementary Wrestling

Program... Contact Coach Brock for details

FM WRESTLING...

97, 98, 99, 03, 06, 07, 08, 09, 10, 11, 12, 17 Region Champs

Twenty-Four State Champions

Fifteen All-Americans

Two National Champions

323 - 52 Dual Meet Record

Check us out at: <https://www.thewrestlingmill.net/>