What is Wrestling?

Wrestling - a sport or contest in which two individuals struggle hand to hand with each attempting to subdue or unbalance the other.

Wrestling is an individual team sport. You will practice as a team while learning, honing your skills and conditioning. During this time you push yourself further than you ever thought possible. When it comes time to put your skills to the test it is you versus the world. At this point wrestling becomes like no other sport. All the blood, sweat, and tears that go into the preparation come full circle as you take on your opponent. Now it is a matter of who has the heart and desire. How bad do you want it?

Head Coach
Terry Jamison

Assistant Head Coach
Paul Wagaman

Assistant Coach
Brad Ladd

3 PERIODS

2 WRESTLERS

1 MAT

0 EXCUSES

Through our partnership with York Catholic and York County Day we are proud to offer a diverse program. This unique opportunity provides the ability individuals from three different schools to wrestle under one banner and to compete against other schools in the area.

York County
School of Technology

2179 South Queen Street
York, Pa 17402
Phone: (717) 741-0820 ext.3347
tjamison@ycstech.org

Spartan Nation
What to Expect

Wrestling Practices begin immediately after the end of the school day. Practices will begin with stretching and conditioning. These activities focus on injury prevention, endurance, and stamina. Next up is learning the moves. Each day will include instruction on moves that range from beginner to advanced and complex. You will be expected to drill and practice these moves with dedication and purpose. As the season progresses you will be placed in situational drills to teach specific aspects of sport. Throughout the season wrestlers will engage in live competition during practice. Each practice will conclude with further conditioning. Throughout the season we will study film of individual’s bouts to look for mistakes to learn.

Expect to push yourself to a new level of physical fitness, and to overcome many obstacles along the way. Each wrestler will grow athletically, as well as, developing respect, discipline and self-confidence. You will be surprised just how much you can gain from wrestling.

Equipment such as headgear, shoes, and kneepads will be provided. It is encouraged that if wrestlers are able to purchase these items, they do so.

Schedule

Practice: Mon - Fri, 3 to 5:15 p.m.  
Sat/Holiday, 8 to 10 a.m.

Matches:
5-Dec @ Dallastown (scrimmage) 10:00AM
16-Dec West York 7:00PM
17-Dec Hanover 7:00PM
19-Dec @ York Suburban Torn 9:00AM
22-Dec Eastern York 7:00PM
2-Jan @ ELCO WR Tourney 9:00AM
6-Jan Littlestown Senior 7:00PM
7-Jan York Suburban 7:00PM
12-Jan @ Biglerville 7:30PM
14-Jan @ Delone Catholic 7:00PM
21-Jan @ Bermudian Springs 7:30PM
27-Jan Northeastern 7:00PM
28-Jan @ Fairfield 7:00PM
2-Feb Kennard-Dale 7:00PM
3-Feb William Penn 7:00PM
10-Feb @ Susquehannock 7:00PM
20-Feb @ Dist III Sectionals 9:00AM

Open to all individuals, no experience is necessary. Open to all skill levels.

Why Wrestle?

Here are a few reasons why you should engage in this sport

1. Wrestling is a natural activity, one of the first forms of physical play that young children do without ever having been taught.
2. As wrestlers gain experience, technique becomes complex and often correlates to high academic performance.
3. Wrestling does not favor any particular race, gender, culture, size, or stature and is practiced on all continents.
4. Wrestling builds character that contributes to one's ability to become a responsible member of society.
5. Wrestling is a sport of control - not violence.
6. Wrestling is a great way to build confidence and self-defense skills.
7. Wrestling can dramatically improve one's ability to perform in other sports.
8. Wrestling develops agility, balance, reflexes, and strength in every major muscle group.
9. Win or lose, wrestlers must shake their opponent's and opposing coach's hands, ensuring that sportsmanship remains a vital part of the sport.
10. Proper weight management develops healthy eating habits that benefit the individual throughout life.
11. Just as in other sports, college scholarships are available for wrestlers who excel both on the mat and in the classroom.