

Scotts Valley Wrestling Academy

The Scotts Valley Wrestling Academy (S.V.W.A.) is a Premiere Training Program for Wrestling. Our program offers year round training for boys and girls ages 5-up. We are dedicated in helping wrestlers develop techniques and skills to succeed in all wrestling disciplines. We accept all skill levels, from beginners to advanced.

The goals of the program are to...

- Improve the skill level of all wrestlers.
- Practice the ideals of sportsmanship and respect for one another.
- Maintain a consistent, disciplined work ethic.
- Have fun!

The three styles of wrestling that we offer are Folk Style, Freestyle and Greco-Roman. The main difference between these three styles in a competition is the scoring systems, but the same fundamental movements apply to all three.

Folk Style

This style focuses mainly on the changes in control. It is frequently used in high school divisions and allows wrestlers to perfect the fundamentals. In my experience, wrestlers usually excel better when starting with this style, then progressing into Free Style.

FreeStyle

In Freestyle, there is more of an emphasis on throwing; and it allows the use of the wrestler's, or his opponent's, legs in offense and defense. This style is implemented in the collegiate divisions and is the style used in the Olympics.

Greco-Roman

This style of wrestling forbids holds below the waist which is the major difference from freestyle wrestling, the other form of wrestling at the Olympics. This restriction results in an emphasis on throws because a wrestler cannot use trips to take an opponent to the ground, or avoid throws by hooking or grabbing the opponent's leg. Arms drags, bear hug, and headlocks, which can be found in Freestyle, have even greater prominence in Greco-Roman. In particular, a throw known as a suplex is used, in which the offensive wrestler lifts his opponent in a high arch while falling backward on his own neck to a bridge in order to bring his opponent's shoulders down to the mat.

Why Wrestling?

Few sports require total use of the entire body; and with wrestling, you may also achieve the following benefits:

1. Greater Physiological Development
2. Flexibility
3. Body Awareness
4. Strength and Leverage
5. Balance
6. Coordination and Reaction Time
7. Speed
8. Reduced Body Fat
9. Appreciation for Physical Fitness
10. Character development
 - Self Reliance
 - Mental Toughness
 - Work Ethic
 - Responsibility
 - Self Discipline
 - Goal Orientation
 - Confidence

