

# Prodigal Sport

## Preseason Tournament Training Event

**Sunday, November 21, 2010**

Online Registration @ [www.ProdigiousSport.org](http://www.ProdigiousSport.org)



### **Location:**

**Long Island, New York**

**St. Anthony's High School** Indoor Track and Field

275 Wolf Hill Road

South Huntington, NY 11747

### **About This Event**

This event is created to simulate the big tournament feel without the fear or pressure of elimination. Top teams are being recruited from NY, PA, NJ, MA and CT to participate.

Wrestlers will be carefully pre-matched with the help of coaches and/or parents. Evaluation of each wrestler's performance will be given by pre selected Regional Club Coaches or former elite level wrestlers. In between bouts, wrestlers will have the opportunity to scrimmage with pre arranged competitors their weight. No sitting around and waiting.

Parents and coaches are encouraged to participate in order to reinforce information shared. The goal is to equip each young wrestlers with a vision, the critical skills and a plan to experience optimal performance during the competitive season. Shared information should be helpful to participants, coaches and parents as well to be prepared for the long and challenging season ahead.

Each wrestler will have the opportunity to wrestle 3-5 matches clocked at 3 minutes running time. Officials on each mat will be present for wrestlers' protection and to encourage action flow. No scoring will be kept. Just wrestle, get feedback and get better.

### **Date:**

Sunday, November 21, 2010

Online Registration Ends November 15th

**First 300 Registered Wrestlers Accepted**

### **Time:**

9am Check-in Starts

9:45am Orientation

10:30am Matches & Scrimmage Start

4:30pm Close Event

### **Costs:**

\$45 Online Registration

\$60 On Site Registration Day of Event

\$10 Entry For All Non-Competitors

**Healthy Food and Snacks will be available**

### **Ages:**

6 - 18 years old

Grade School, Middle School and High School

### **Hotel:**

Hotel accommodations are available for out-of-state teams.

**First 300 Wrestlers Accepted**

Go to [www.prodigiousport.org](http://www.prodigiousport.org) to register online

For more information, please contact us by:  
email: [info@prodigiousport.org](mailto:info@prodigiousport.org) or call Dean Morrison @ ph.719.201.8298

See more about the event on next page

# What is being offered?

## **9am Check in**

Match-ups will be finalized by November 15th. The week prior to the event, online registrants can know with whom they will wrestle and train.

## **9:45 Orientation & Warm up**

The format of the event will be explained to wrestlers, coaches and parents to maximize the opportunity. Information in the areas of lifestyle, training philosophy, coaching/parent relationship and nutrition will be shared.

Group warm-ups will be conducted as part of the training experience. During this time, skill development will be introduced as the warm up and preparation for the day.

## **10:15 Matches and Scrimmaging Start**

### **Matches**

Pre-arranged matches will be conducted with the needs of the wrestlers in mind. Officials and Evaluators will be present at each mat to help wrestlers advance in skill level and strategy. Select feature matches may be wrestled on platform and filmed.

### **Scrimmaging and Coaching**

Scrimmage sessions will be 15 - 30 minutes long and will take place right after the conclusion of each match. Concluding matches wrestlers will be directed to practice areas. Mat wrestling will primarily be conducted during this time. Scrimmage practices will be run by club coaches or an elite level wrestler. Participants will wrestle and drill basic riding skills and escapes with competitors.

### **Lunch, Food and Snacks**

We encourage wrestlers to bring food for the day as if this were a regular tournament. Healthy food and snacks will be available to purchase.

### **Winning Philosophy and Strategies during Scrimmaging**

During scrimmage times wrestlers will be given the chance to put recommended skills, tactics and strategies to work from the input of evaluators, parents and coaches. The involvement of coaches and parents is encouraged in order to reinforce information shared. This process develops and strengthens each wrestler's support system which can be resourceful during in season challenges and victories.

## **First 300 Wrestlers Accepted**

For more information, please contact us:

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