



“Summer Wrestlers Equal Winter Champions”

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Parterre...Press...Passivity...Gut-Wrench. Have you ever heard of these terms?

You probably have if you have ever been involved in wrestling freestyle or Greco-Roman. Freestyle and Greco-Roman

are different styles of wrestling that are the styles used in International competitions. Most of us in the wrestling world are very familiar with these styles, but many do not get involved. It is very important that coaches get their wrestlers involved in

summer wrestling programs.

Anywhere from the younger kids up to your high school wrestlers, a wrestler with a lot of freestyle/Greco experience will always have a slight edge due to the enormous amount of extra mat time, new