

WELCOME TO EASTLAKE WRESTLING

This is Richard Cole - the new head wrestling coach - and I would like to welcome everyone to Eastlake Wrestling. I encourage everyone with an interest to come to our first practice on April 5th at 4:00pm. This is a very unique year because of Covid restrictions that has created a shortened season (April 5th – May 8th) that allows everyone to try wrestling with a decreased time commitment. The great news is that the governor has just announced the move to Phase 3 which will allow competitions with other schools.

Wrestling is one of the world's oldest sports. The United States has produced numerous gold medal winners in Olympic and international competitions. Over 8,000,000 fans watched the 2018 NCAA championship. Most colleges have wrestling programs with scholarship athletes. There are over 250,000 high school wrestlers and girl's wrestling is the fastest growing high school sport in the nation.

At the high school level we practice a style of wrestling called folkstyle. This is dramatically different from "Big Time" or WWE wrestling. Wrestling requires a unique combination of technical skill, balance, speed, strength and endurance. We can develop these skills in everyone. It does not matter if someone is tall or short, heavy or thin, fast or slow, weak or strong, experienced or not. We can develop a style and plan that fits your skills. Wrestling is a no-cut sport. There is room for everyone on our team.

Wrestling competitions are broken down into weight classes. You will never compete with someone significantly larger than you. Wrestling practices are co-ed and we actively encourage Eastlake girls to come out for the team.

Wrestling teaches mental and physical toughness. We are a team that trains together, competes together and supports each other – but you stand alone when you step out on that mat to compete. Wrestling not only builds athletes, but tools for life. The effort you put in is directly related to the results you get out.

Our team focuses on respect. Respect for coaches, teammates and yourself. We expect that to be demonstrated by actions - showing up on time, maximum effort every day, and sportsmanship. Being an Eastlake Wrestler means you are a leader and represent the school at all times. It means you have the ability to work hard, take responsibility, and be a champion.

See if you have what it takes to be a champion – be an Eastlake Wrestler.

The first step is to sign up for wrestling via Final Forms. This must be completed prior to the first practice. Practice starts sharply at 4pm on April 5th in the Wrestling Room #A032 on the lower level at Eastlake High School. It will last two hours. Dress in workout clothes, wrestling shoes or tennis shoes. Bring a full water bottle with your name on it, head gear if you have it, and a mouth guard if you have braces. No jewelry.

Let me know if there are any questions. Richard Cole - RCole@lwsd.org