

2021-22

St. Mary's Wrestling Program

Wrestlers and Parents Information Packet



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A Word from the Coach

Dear Parents,

The global pandemic has certainly changed our world and much has been taken from our lives. This was no different for the wrestling program at St. Mary's. Last season, wrestlers were not able to "wrestle" and competition was canceled. This was devastating for our wrestlers, especially our seniors, and me last year. However, the team still stayed positive and looked forward to the next season. Having no proper season hurt us all so much because of how much wrestling means for us.

As we head into the 53rd season, the program has produced 84 Far East champions and won 17 Far East titles, 17 Kanto league titles, and 11 Kanto tournament titles. The 2010-20 decade established the Titans as the most dominant team in the Far East taking 11 of the 20 Far East titles. However, it is not the number of gold medals and banners that define this program. The St. Mary's wrestling program has as rich history of success in developing youths into responsible, disciplined, respectful, determined, strong, and special individuals. It gives a fair chance for every individual who is willing to put in the work to becoming champions of life. Wrestling means so much for our wrestlers and continues to shape their lives after graduating school. Wrestling makes great and special people. That philosophy will never change as we continue to build the Titans legacy.

The coaching staff and our supporters do our very best to promote the sport and to build a rich wrestling program at St. Mary's. However, this cannot be achieved without your support. Just as much as wrestlers love this sport, our wrestling parents and family members also have been passionate, loving, and caring for the program. They continue to appreciate and support the program even after their sons graduate. Wrestling is not just a sport; it is a way of life. It is a community; it is a family. It builds discipline, resilience, work ethic, compassion, respect, character, confidence, and humility that transcends into all aspects of the wrestler's life beyond the wrestling mat. Wrestlers cherish their memories of wrestling forever. It is truly a special sport.

And now the "next season" is here. While many things are uncertain, we will strive to make the best out of what opportunities are available. I sincerely hope to share my passion and love for the sport with you and your son. Welcome to the Titans wrestling family!

Sincerely,



Shuichiro Yabui

*St. Mary's International School, HS Social Studies Teacher & Head HS & MS Wrestling Coach
St. Mary's Alumni Association, Executive Director (Class of 2004)
United World Wrestling, Educator and Coaches Commission Assistant
Japan Masters Wrestling Federation, Secretary General & Chair of International Relations Committee
Sports Design Lab, Board Member*

Benefits of Wrestling

Why St. Mary's Wrestling?

When trends and fads come and go every year, the idea of “wrestling” has been with mankind for over 15,000 years. There are cave drawings of the most primitive forms of wrestling and mythologies of wrestling. There are different forms of wrestling and its variations all around the world. Wrestling is the oldest sport known to mankind; it must be very valuable and important to us if it has been around that long! St. Mary's wrestling has a rich tradition of success and excellence since the program's inception in 1969. The program has changed the lives of the young Titans who go through it and given the wrestlers and the community invaluable experiences and memories that are cherished for the rest of their lives. We pride ourselves as a family, respect the legacy of those who came before us, and embrace new challenges on a mission to building the best program in the world. Here are 5 reasons why you should pursue the sport of wrestling at St. Mary's:

Wrestling is for EVERYONE

Wrestling in general, but also at St. Mary's, anyone who wants to join are welcome to join. There are no tryouts or requirements. It is because wrestling is a fair sport that allows everyone who is willing to put in the effort to be successful. It doesn't matter whether you are tall or short, athletic or unathletic; there's a place for everyone to benefit in wrestling. St. Mary's has proven records of developing rookies into champions without depending on physical talent through work ethic, technique, superior conditioning, and determination. Read more about why wrestling is for everyone [HERE](#).

Wrestling builds GREAT people

Wrestling is a tough sport, but the rewards are invaluable. Wrestling is not just a sport, it is a way of life. It builds crucial life skills and character and positively changes how we live our lives and how we think about life. Through wrestling wrestlers can develop discipline, resilience, respect, humility, goal setting skills, and more through great friendship, rivalry, and family. At the end of the day, wrestling is a sport in which you learn how to get off your back; and life often puts us on our back. Read more about how wrestling builds greatness [HERE](#) and why people should wrestle [HERE](#). You can also watch how important wrestling is for wrestlers in [THIS VIDEO](#).

Join the LEGACY

As much as the philosophy of our program is on development of life skills and building a family-life community, that is not to say we don't care about winning! We love to celebrate our success and every wrestler is given a chance at leaving their legacy with the school. We

celebrate the individual and team excellence. Take a look at how you can leave your name and team accomplishments as physical legacies of the program [HERE](#) and what the gorgeous end of season award banquet looks like [HERE](#).

The BEST coaches and entourage

To support the wrestlers and to make sure every wrestler gets the best out of themselves, the program is proud to have outstanding coaches and entourage throughout the [history of the program](#). Since the legend of legends, Ed Paradis, the founding coach of the program, we have had some big name coaches in Titans wrestling. [Emilio Bruno](#) was a national Judo coach for team USA. With an international coaching background, [John Hohenthanner](#) founded two programs for US base schools in Japan, and after coaching for the Titans, built a wrestling powerhouse at ASIJ to have their wrestling room named in his honor. [Jon Rhodes](#) set numerous records as a coach in the US before coming to Tokyo and is a USA National Hall of Fame coach. Having Bill Harlow – highly successful international level wrestler and USA Hall of Fame wrestler – as his uncle and his father who was a successful wrestling coach in Oklahoma, [Ian Harlow](#) rebuilt the wrestling program at Zama before coming to St. Mary's only to set new school records for the Titans. The program also has ties with national teams and Olympians who are involved as entourages of the program. Find out more about the current coaching staff [HERE](#).

Titans wrestling is a FAMILY

The wrestling program is not just for the wrestlers. Parents, graduates, former wrestling parents, and wrestling friends around the world continue to be involved with the program. The love, care, and passion of these “family” members are simply amazing. Former Titan wrestlers and parents pride themselves as Titans forever; they are people who always want to give back to the school and program. Our wrestling alumni show great support for the program whether it may be as volunteer coaches or donations or hosting pep parties. Our former parents continue to support the current team. It's probably not a coincidence that the headmaster and some teachers at St. Mary's are former wrestlers, and the chairman of the St. Mary's Alumni Association and many board members are former wrestlers. Just as an example, watch the end credits of the 50th anniversary team [highlight video](#) to see the huge “family” members that are involved in a season and how over 130 wrestlers, parents, and former coaches celebrated the 50th anniversary of the program [HERE](#) and [this video](#) of the celebration.

Supporting Athletes

Elite athletes (e.g. professional, Olympic, world level) are not only trained by their coaches, but there are many experts from a variety of fields that support them. This is because athletes not only require the skills to win, but they also need to develop and maintain the best physical and mental condition. Only through a healthy body and brain can an athlete perform at their best. Some examples of such expertise to support athletes include:

- Coach
- Physical trainer
- Nutritionist
- Physical therapist
- Sport Psychologist
- Doctors
- Financial Supporters/Sponsors
- Manager

The idea for our wrestling team is to provide a similar support system for our boys with the cooperation from the faculty and school staff, parents, alumni, and outside resources.

Titans Wrestling Program Support for our Wrestlers

Because it would be extremely difficult to provide the same level of support that elite athletes have, the wrestling program aims to provide as much similar support with our resources available. The table below shows the key persons and their roles in our support system:

Coach	<i>Coach Yabui, Coach Grimberg, Volunteer Coaches</i>
Physical Trainer	<i>Coaches</i>
Nutritionist	<i>Mrs. Aratani, Parents, Wrestlers</i>
Physical Therapist	<i>Mr. Moro</i>
Sports Psychologist	<i>Coaches</i>
Doctors	<i>Mrs. Aratani, Mr. Moro</i>
Financial Support/Sponsors	<i>Alumni, Parents, SMA, School</i>
Manager	<i>Coaches, Parents, Mr. Ichikawa (AD)</i>

Role of Coaches

The main role of Coach Yabui and other coaches is of course coaching the wrestlers the skills and tactics to become a champion. We also try our best to provide effective physical training routines specific to enhancing wrestling performances and also prepare the wrestlers mentally for a match or endure hard practices.

Role of Nurse Aratani

Mrs. Zahia Aratani, or Nurse Aratani, is our school nurse. She will advise wrestlers and parents on proper nutrition, hydration, and other health related matters for the wrestlers to make their weight class in the most efficient, effective, and safe manner. She will also carry on her regular duty as the school nurse to deal with any injuries or emergencies that happen in school. Any severe injuries will be taken care of by the local hospital.

Role of Mr. Moro

Mr. Osamu Moro is the school athletic trainer. For any injuries, rehabilitation, and injury support, he will be the main contact first. He may decide to require outside support pertaining to the wrestler. In which case, he may suggest local hospitals and clinics such as:

- Mizonokuchi Chiropractic-in (for injury prevention and physical maintenance)
- A.B.S. Seikotsuin (for rehabilitation)
- Hikari Seikotsu-in (for rehabilitation)
- Kaminoge Neurosurgical Clinic (for concussions, brain and nerve related injuries)
- Minoyama Sports Clinic (for rehabilitation)

Information on their clinics is provided in Appendix 1.

Role of Alumni, SMA, and School

Our wrestling alumni, the SMA, and the school provides financial support through donations and a budget to fund equipment, uniforms, trips, and other necessary costs. There are many events planned for our former Titan wrestlers to participate in on and off the season.

Role of Parents

The role of parents is threefold:

1. Supporting the dietary schedule of wrestlers (nutritionist)
2. Fund raising and helping with home meets (financial supporter)
3. Supporting the wrestler's schedule (academic, activities, etc...) (manager)

Above all, it is very important that the parents are supporters of the sport and their son by coming to support on meets and showing understanding of the sport.

Fund raising is an important part of the program. Through fund raising, the team purchases new uniforms, training equipment, hold the end of the year award ceremony, and so on. There are two main fund raisers that the team does. One is through the sales of team apparel. And, the other is through concession sales during our home meets.

When the team apparel orders are ready, please make your best gesture to purchase the apparels for your son, for yourselves, and for friends and family. And, please wear them to cheer on the team during meets.

When the school hosts a home tournament, parents are asked to provide lunch for the referees and coaches and also to donate food and drinks to be sold at the concessions. Please follow the lead of the parent leaders designated.

Finally, please support and make sure that the wrestler is on top of his academics. Also, attending all practices becomes imperative in the success of your son in the sport. Please make your best effort to avoid traveling during season; especially the first week of Christmas break.

Season Schedule and Practices

Due to an irregular season schedule this year due to COVID, practices will mainly be after schools from Tuesday – Friday. Competition schedule is undetermined at this point (Nov. 8, 2021) and wrestlers and parents will be notified of any updates/changes. Practices will be conducted following basic COVID safety protocols. For details, please see the training plan (Appendix 2) Traditionally, the wrestling season looks like the following:

Practices are almost every weekday and Saturdays in November and December. We will have practices during holidays including the Christmas holidays. Practices during Christmas break are focused and intensive. There will be opportunities throughout the season for the wrestlers to practice with other Japanese high schools, universities, and clubs to enhance their wrestling experience. For more information on the practice schedule, please visit our website:

<http://www.titanswrestling.org/season-schedule-updates/practice-schedule/>

Below are scheduled tournaments for the season. Please keep in mind that most tournaments are a whole day affair. Wrestlers will leave the school (if away) around 6am and return in the evening. You are encouraged to come and cheer on the team for their tournament actions. If you wish to come to a tournament held on a military base, you will need to complete some forms in advance. Please visit our website for more details:

<http://www.titanswrestling.org/forms/>

For updates, please visit our website:

<http://www.titanswrestling.org/season-schedule-updates/schedule/>

Useful Resources

Useful resources on nutrition, making weight, where to buy wrestling items, rules of the sport, etc... can be found at <http://www.titanswrestling.org/resources/>

Information on wrestling nutrition can be found at:

<https://sites.google.com/smis.ac.jp/wrestling-nutrition>

Risks of Wrestling

Injuries happen in any sport and wrestling is no different. For minor injuries during practice, the coaches will take a look and offer first aid. For major injuries, the school nurse and/or an ambulance will be called and the parents will be notified. To diagnose and treat injuries, it is highly advised to seek a sports doctor and not a regular hospital.

There are risks associated with wrestling that is specific to the sport. One of them is a hematoma, or more commonly referred to as cauliflower ear, wrestler's ear, or in Japanese, gyoza ears. It is a condition that occurs when the external portion of the ear suffers a blow, blood clot or other collection of fluid under the perichondrium. This separates the cartilage from the overlying perichondrium that supplies its nutrients, causing it to die and resulting in the formation of fibrous tissue in the overlying skin. As a result, the outer ear becomes permanently swollen and deformed, resembling a cauliflower (Wikipedia). This is not a serious condition other than a possible infection and deformation of the ear if not taken care of.

Wearing headgears during practice will prevent this condition almost 100%. To treat it, go to an ear doctor and they will drain the blood from the ear to suppress the inflammation. Sometimes antibiotics are prescribed to prevent infections.



Ear before the clotting *Ear after the clotting*

Another wrestling specific risks, which is more serious – in the sense that it is contagious – is skin infection. Below is basic information on some common skin infections, causes, and treatment.

Due to constant skin-to-skin contact, infections of the skin are a common and unfortunate part of wrestling. The prevalence of such conditions has changed the way many people look at the sport, and there have been many misconceptions about something that arguably is one of the greatest health concerns among athletes in the 21st century.

The issue is with the lack of education about skin infections, especially in preventing and treating them. The truth is that most types of skin infections in wrestling are extremely minor and only become a major health issue if they are not cared for properly.

The most common types of skin infections in wrestling will be discussed in this guide. They include: Ring worm, Herpes simplex, Impetigo, and Staph/MRSA. This guide will give you

some general knowledge on these infections, and at the very least, will also help you understand and identify their signs and symptoms.

Disclaimer: This guide should not be used as a diagnosis, or in the place of a physician's opinion. What you'll read here is simply a gathering of commonly known, beneficial information that should be shared by wrestlers, parents, trainers, coaches, and anyone else involved in the wrestling community. If you or someone you know has some of the symptoms discussed in this guide and suspect an infection is present, talk to a coach first. He or she will help you through the process of diagnosing and treating any skin infection.

About Ringworm



Ringworm (*Tinea corporis*) is a type of fungal infection that can be contracted almost anywhere on the body. When contracted on the feet, this infection is known as "athlete's foot." On the groin area, it's called "jock itch." The name is misleading, because there is no actual "worm" involved. One of the most common types of skin infections, ringworm appears on the skin as a raised circle or ring. It is typically red or brown around the edges with scaly, peeling skin throughout.

Ringworm thrives in warm, moist areas and can be contracted from many sources, including but not limited to: Unclean locker rooms, clothing, showers, mats, and of course, skin-to-skin contact with infected individuals. Ringworm can also be found on some animals.

Symptoms

Ringworm has a very distinctive appearance, and typically appears in the form of a ring-shaped, itchy rash that is slightly raised above the skin that surrounds it. Every case is different, and sometimes it will not appear in this shape and may not be irritating. Sometimes, reddish or brownish bumps appear in addition to scaly, peeling skin. It is also common to contract ringworm in difficult places to view, such as the scalp or underneath the fingernails.

Treatment

Most cases of ringworm are extremely minor and can be treated with over-the-counter, topical medications that are commonly used for fungal infections. Make sure to follow the directions of any medication *exactly*. It may take several days to several weeks for the infection to be healed, depending on severity.

Often times, your doctor will be able to identify ringworm with a quick examination of your skin. If your infection is strong, oral antifungal medications may be prescribed in addition to prescription topical medications. After a few days of treatment, ringworm becomes non-contagious, although it is still apparent on the skin. It may take up to several weeks for ringworm to completely disappear.

About Herpes Simplex



Herpes simplex (*Simplexvirus*) is a viral infection that can be classified into two separate categories: Type I and II. Type I is the kind that is associated with the sport of wrestling, which is in the same category as cold sores and fever blisters. Type II is associated with genital herpes, and is virtually non-existent in wrestling. Both types of herpes can infect nearly any part of the body and are highly contagious.

Although there are several types of herpes that can be contracted in wrestling, Herpes gladiatorum is the most common, earning the name “Mat Herpes” or “Wrestler’s Herpes.” The herpes virus is most commonly spread through contact with the infected area on an individual, or any fluid or saliva that is produced from it. It is possible for the virus to be transmitted even in the absence of sores and other symptoms. Herpes can also be present on mats and other types of equipment. However, these sources are not as common.

Symptoms

A herpes rash begins with small clusters of red bumps and irritated skin. Fluid-filled blisters are characteristic of the herpes virus, and after a few days these blisters typically flatten out and become yellowish-brown scabs.

The herpes virus infects open cuts and sores, and it may take several days or weeks for herpes symptoms to become visible. Some individuals come down with flu-like symptoms just before an outbreak, experiencing fever, chills, swollen glands, headaches, etc. Identifying herpes is sometimes difficult if symptoms are not present. To correctly determine the type of herpes (if any) and course of action, your doctor will most likely take samples from the skin or blood to examine further.

Treatment

Herpes is one of the more serious types of skin infections. There are ways to treat it, but there is no actual cure for it. Once infected, the virus is always present in the body in an inactive state, known as “remission.” Herpes hides in cell bodies of nerves, but may become present at any time; this is known as an “outbreak.” Outbreaks occur when the immune system is weak – in times of intense stress or fatigue, or when skin damage or other illnesses occur. The symptoms during an outbreak are often less intense than the first time the virus is contracted.

Again, there is currently no cure for herpes simplex. However, there are many medications that can be prescribed to you by your doctor that may help prevent and reduce the symptoms of outbreaks, and thus reduce the chance of transmission to others. Depending on the opinion of the doctor, you will be urged not to participate in practice or competition until you have taken medication for about seven days and no new outbreaks have occurred.

About Impetigo



Impetigo is a bacterial infection that can be found nearly anywhere on the body, and is caused by one of two types of bacteria: *Streptococcus* (strep) or *staphylococcus* (staph). Impetigo is usually caused by one of these types of bacteria entering the body through a cut or animal/insect bite, or any other type of open sore. However, a break in the skin is not always needed to contract an infection.

Impetigo typically begins as small clusters of red bumps that break open into a yellowish scab. This infection may be spread by skin-to-skin contact, or by using facilities and equipment (wrestling mats especially) where the bacterium is present. Impetigo is highly contagious and, if left untreated, could cause other very serious health problems.

Symptoms

When Impetigo appears on the skin, it typically starts as localized clusters of delicate, yellowish bumps that may increase in size and number. These clusters often cause no pain, but can be very itchy and irritating. When the blisters are popped, reddish sores are left on the skin, which will eventually crust over due to the fluid. Impetigo may cause flu-like symptoms such as headache, fever, fatigue, and also swollen glands.

Treatment

A physician can typically identify impetigo with a simple examination of the skin. Sometimes, extremely small samples of the skin are needed for a sure diagnosis.

Most cases of impetigo can be treated with some topical, non-prescription antibacterial medications. For more serious cases, doctors will usually prescribe a combination of topical and oral antibiotics. Typically after one or two days of treatment, the infection becomes non-contagious, with the sores disappearing in about a week of starting treatment. Washing with soap and water before medicating may help increase the effectiveness of the medication.

About Staph/MRSA



Staph (*Staphylococcus aureus*) is a group of bacteria that can cause several different infections, including impetigo. This bacterium is commonly found in the bodies of a small percentage of individuals without harm. Staph usually enters the body through open wounds and hair follicles, but can sometimes cause infection without a break in the skin. In severe cases, the infection may find its way into the bloodstream, causing other infections and health complications within the body.

Staph is almost always transmitted by skin-to-skin contact. However, unclean facilities and equipment are also known causes for an infection.

Symptoms



Staph can show up in several different forms, but mainly starts as a small sore or boil. Typically, staph invades hair follicles and open wounds, but there have been cases reported where no open cut or wound was present. The back of the neck, underarms, groin, and the beard area in men are the most common areas where staph can be found. Tenderness, swelling, and redness around the infected area are common symptoms. Pus and drainage are also common.

It can often spread quickly, and with this comes flu-like symptoms such as fever, sweats, and chills. If left untreated, staph may cause pneumonia, and blood or bone infections.

Treatment

Depending on your symptoms, your physician may need samples of blood, urine, or skin for a diagnosis. Antibiotics are used to treat a staph infection. Depending on how early it is caught and how severe the case is, the type and strength of the drug(s) may vary. Typically, a combination of topical and oral antibiotics may be used. Abscesses may also need to be drained by a physician. Staph can become life-threatening. In recent years, the overuse of some types of antibiotics has been the cause of mutated forms of the staph bacteria. Known as MRSA (*Methicillin-Resistant Staphylococcus aureus*), this type of infection is resistant to some forms of antibiotics. MRSA has been present in hospitals and health facilities for a number of years, but since has become a type of infection that is spread among the general community. MRSA is more difficult to treat than a typical staph infection, because there are fewer effective forms of antibiotics. Serious cases of MRSA are treated with intravenous antibiotics.

Prevention is Key

In any case, preventing a skin infection is much easier than treating one. If the right precautions are taken in monitoring one's body and keeping it clean, infections shouldn't be a cause for worry. Skin infections should never deter you or your child from participating in the great sport of wrestling, especially if you have the right knowledge and preparation.

For further information on symptoms and prevention measures, refer to the MRSA And Other Infections Facts book by USA Wrestling. <http://content.themat.com/SkinGuide.pdf>

Concussions

If there is a suspected case of concussion during practice, Mr. Moro will be contacted for medical support. The Sport Concussion Assessment Tool 5 ([SCAT5](#)) will be utilized to diagnose the athletes safety and determine the appropriate actions. Mr. Moro may ask parents for their observations of their sons in performing the most accurate diagnosis. Please cooperate with Mr. Moro in this assessment.

Wrestling Rules and Competition Formats

Wrestling dates back to 15,000 years ago; thus it is one of the oldest sport known to mankind. It is a combative sport involving techniques such as throws, takedowns, locks, and pins. The objective of modern day wrestling is to gain superior control over the opponent and to ultimately pin the opponent. It is one of the oldest and still an Olympic sport. There is no professional league in the wrestling; that is why it is often referred to as “amateur wrestling” as well. It is competed according to weight classes and there are both male and female wrestling (no female for Greco-Roman).

There are mainly 2 styles of wrestling:



Greco-Roman Style

Cannot attack below the waist



Freestyle

Can attack any part of the body

In the United States, there is “folk style” which is another style not used in international competition.

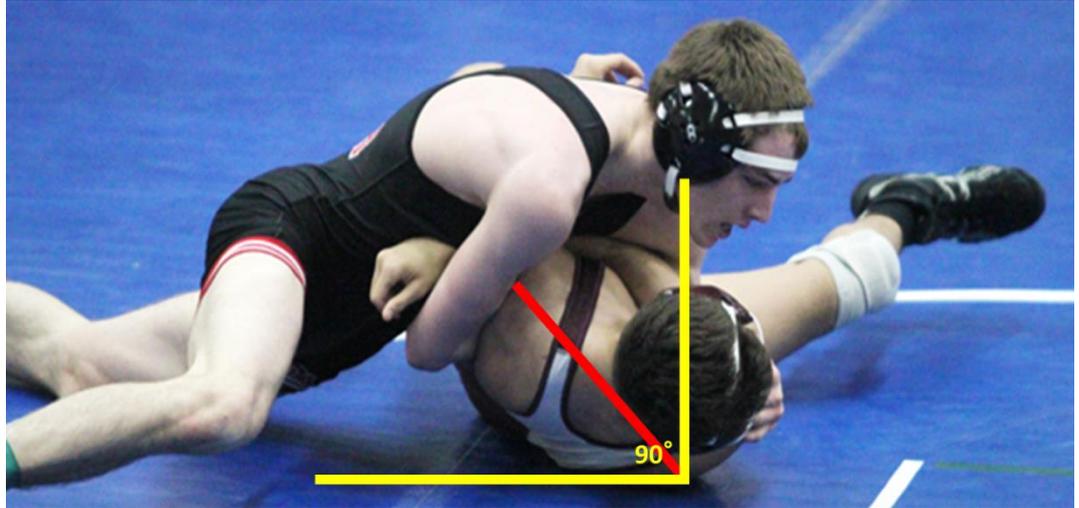
So how do you win?

In any style of wrestling, the ultimate goal is to pin (or technically speaking, get a “fall”) the opponent. A pin, or fall, is when the both shoulders of the opponent are on the mat under your control. When you pin your opponent, you will win the match no matter what the score is. Below are some examples of a pinning position.



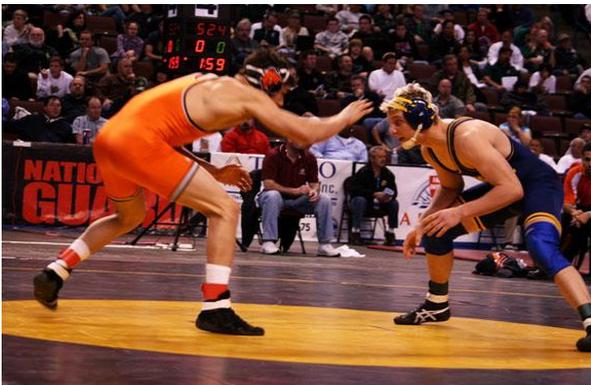
However, it is often very hard to completely pin your opponent. That is why there are points awarded for bringing your opponent close to a pinning position. We call this “close to a pin” position as “danger position”,

“near-fall”, or “exposure” position. It is defined by the opponent’s back exposed to the mat by over **90 degrees** to the mat with you in **control** of the opponent. (90 degrees and control are two important keys)



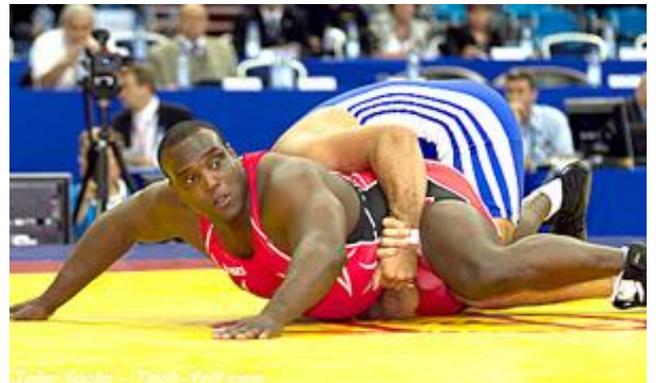
Danger Position or Near Fall or Exposure

There are also two other positions that are important: standing position and the par terre position.



Standing Position

Wrestlers are on their feet



Par Terre Position

3 points out of 5 points
(the head, 2 hands, 2 knees) are on the mat

Scoring (or “technical points)

Taking your opponent from *standing position* straight to *danger position* over your head = 5 points

Taking your opponent from *standing position* straight to *danger position* = 4 points

Taking your opponent from *standing position* straight to *par terre position* and behind the opponent= 2 points

Taking your opponent *from par terre position* straight to *danger position* = 2 points

Stepping out of the circle or doing illegal holds = 1 point penalty

So... who wins...?

One wrestling match is comprised of two 3 minute periods. Wrestlers take a 30 second break in between if the match should continue to the second period. There are 3 different ways to win a match:

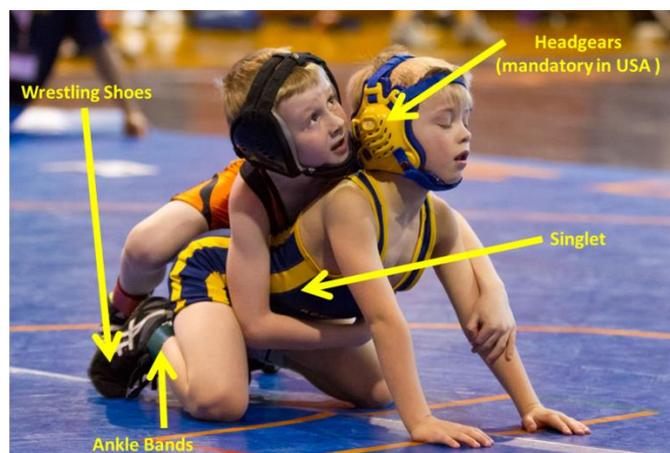
1. Wrestler pins the opponent
2. Wrestler has a 10 point difference; called technical fall or superiority (it is 8 points in Greco-Roman)
3. Wrestler has more points at the end of 6 minutes

If the match is tied, the winner is determined by the following criteria in the order:

1. Wrestler who has more bigger technical points
2. Wrestler who has less cautions (given for major infractions of the rules)
3. Wrestler who scored last

If a wrestler is being passive (not actively attacking or making movement), the wrestler will be penalized in some way (different in the styles).

Other stuff...



Competition Format

Individual Tournament

Each weight class has many wrestlers to compete for first place in a tournament format. An overall team champion can be determined as well by allocating points to the team according to the placing of their wrestlers.

There are many formats of individual tournaments.

There is a single elimination format. This uses a tournament bracket to wrestle up to the finals. If a wrestler loses, he/she is out of the tournament. The winner of the final round is first place and the loser is second place. The losers of the semi-finals may both be determined 3rd place or they may wrestle for the one 3rd place spot.

In the Olympics, the repechage format is used. If a wrestler loses a match, that wrestler may “wrestle back” to compete for 3rd place if his/her loss was to the eventual finalist. Not until after the semi-final rounds do wrestle-backs begin. There will be two 3rd place wrestlers in this format. There is also a repechage format in which wrestlers wrestle for one 3rd place spot.

A more commonly used format in lower levels of competition is a double elimination format in which the wrestler is out of the tournament after his/her second loss. If a wrestler loses, he/she will go to the consolation bracket to compete for 3rd place or 2nd place (if his/her loss was only to the eventual champion).

There are also round robin formats where wrestlers will wrestle everyone in the bracket and whoever has the most wins (or most points) wins. This is commonly used if there are few wrestlers in the bracket. In the middle school league, this is the format commonly used. The wrestler who wins the most number of matches in a bracket will win that bracket. If the number of wins is tied between two wrestlers, the outcome of the two wrestlers’ head-to-head match will be used to determine the tie breaker. If there are more than two wrestlers with the equal number of wins, then the sum of the classification points (below) will be used. Classification points will be awarded to the winning wrestler (and sometimes the losing wrestler) depending on the outcome of the match.

Classification point table:

Type of Victory	Winner	Loser
Fall (pin), disqualification, injury	5	0
Technical fall with loser scoring no point	4	0
Technical fall with loser scoring points	4	1
Decision with loser scoring no point	3	0
Decision with loser scoring points	3	1

Dual Meet

Two teams present wrestlers at each weight class. Every weight class will be competed to determine the winner of the two teams. This format can also be used to make a dual meet tournament.

In international competition, the winning team is determined by which team won more matches for all the weight classes wrestled. If the outcome is tied, they will look at classification points; which are team points awarded to the wrestler's team depending on how the winner won. If the winner won by fall or forfeit, they will get 5 classification points for their team and 0 points for the opposing team. If they won by technical fall, 4 and 0. If they won by technical fall but the loser scored at least 1 point during the match, the classification points will be 4 and 1 (1 classification point to the losing team). Any other victories are awarded 3 classification points and possibly 1 point for the loser's team if the loser scores during the match.

In folkstyle, winners of a dual meet are determined by something similar to a classification point system (not by the number of matches won). The team is awarded 6 points for a fall, 5 points for a technical fall (in folkstyle, a 15 point difference), 4 points for a major decision (winner wins by a margin of 8 – 14 points), and 3 points for a decision victory (winning by a margin of 7 points or less).

In the Kanto league, we use a mix of the international rule and folkstyle rule. Dual meets are determined by adding up the international rule classification points (except the loser does not score any team points): 5 team points for a fall, 4 for a technical fall, and 3 for other wins.

Some wrestling techniques:



Weight Classes

The international governing body of wrestling is United World Wrestling (UWW).
<https://unitedworldwrestling.org/>

(Note: Middle school league does not have weigh classes)

The Far East and Kanto league use a different weight class system. In our league, there are 13 weight classes (see below). Wrestlers must weigh exactly or under their respective weight class they are wrestling (otherwise, they are disqualified). Wrestlers may wrestle up one weight class, but not two. Wrestlers must weigh a minimum of 86lb to qualify for the 101lb weight class, 93lb for 108lb, 180lb for 215lb, and 215lb for 275lb weight classes.

101lb (45.8Kg)

108lb (49.0Kg)

115lb (52.2Kg)

122lb (55.3Kg)

129lb (58.5Kg)

135lb (61.2Kg)

141lb (63.9Kg)

148lb (67.1Kg)

158lb (71.7Kg)

168lb (76.2Kg)

180lb (81.6Kg)

215lb (97.5Kg)

275lb (124.7Kg)

Weight Allowance

In our Far East league, we use a weight allowance system, in which after January 1, all wrestlers are allowed to weigh in at their weight class with an additional 2lb. For example, if a wrestler wants to compete at the 135lb weight class, that wrestler can weigh in at 137lb and still compete in that weight class. Such system is in place to avoid wrestlers from cutting weight for the entire season; in other words, after January 1, it makes it easier for wrestlers to make their weight classes.

Our League

There are two leagues we compete in: Kanto Plain and the Far East. There are 6 teams in the Kanto Plain league and many other teams from Korea, mainland Japan, and Okinawa that make up the Far East league. While there are many individual tournaments throughout season, the largest or most significant competition are: Kanto Plain League Championship (dual meet championship), Kanto Plain Tournament (individual tournament), Beast of the East tournament (individual tournament involving Far East teams), Far East Individual Championships, and the Far East dual meet championships.

Required forms for the season and how to watch tournaments

For the season's tournament schedule, please refer to:

<http://www.titanswrestling.org/season-schedule-updates/schedule/>

All league individual tournaments will be held on Saturdays. Wrestlers will leave early in the morning and they are expected to return to school (if an away tournament) in the evening around 7 or 8pm. Dual meets usually will happen on a weekday. Wrestlers will leave after school (if away) and come home around 8 or 9pm.

If a tournament or meet is held at an international school (St. Mary's, Christian Academy in Japan (CAJ), or American School in Japan (ASIJ)), all parents are free to come and watch without any prior registration. They can ride the school bus with the team or arrange transportation on their own.

If a tournament or meet is held on a US Base (all other locations other than the international schools), then parents must fill out the Supporter Base Entry Form online which can be found in the site below:

<http://www.titanswrestling.org/forms/>

These registrations must be done well in advance otherwise, you may not be permitted to enter the base. Please make sure to complete them at the beginning of the season. Completing the form does not mean that you must go. Please note that some nationalities are not permitted to enter a US military base. Also, please understand that despite registering, some supporters may not be able to enter base.

Often times, supporters will be asked to travel together with the team on the school bus.

All parents need to printout and complete the Liability waiver form and the Parents Information Form. The liability waiver form allows the wrestler to receive medical treatment on a military base if needed. Both forms can be found at:

<http://www.titanswrestling.org/forms/>

Coaching Staff

View out coaching staff profile at <http://www.titanswrestling.org/coaches-and-staff/>

Appendix 1 – Medical Contacts

Mizonokuchi Chiropractic-in (Mr. Matsuda)

044-299-9086

<http://www.mizonokuchi-chiro.com/>

Weekdays: 9:30am – 8:30pm

Weekends: 10:00am – 5:00pm

Closed: Tuesday

Kawasaki-shi Takatsu-ku Mizonokuchi 2-17-27

A.B.S. Seikotsuin (Mr. Igarashi)

03-3705-3388

<http://athletic-b-s.com/>

Weekdays: 9:00am – 12:00pm, 2:00pm – 7:30pm

Saturday: 9:00am-12:00pm, 2:00pm- 4:00pm

Sunday: 9:00am – 12:00pm

Setagaya-ku Fukasawa 5-5-17

Hikari Seikotsuin (Mr. Izawa)

03-5300-8060

<http://www.daitabasihikari.com/>

Mon – Sat: 9:00 - 1:00

Monday, Tuesday, Thursday, Friday: 4:00 – 8:00

Setagaya-ku Ohara 2-19-3

Kaminoge Neurosurgical Clinic (Dr. Kobayashi)

<https://kaminoge-c.com/>

Minoyama Clinic

<http://www.minoyama.jp/>

Appendix 2 – COVID Training Protocol

Practices for the 2021-22 season will be conducted depending on the COVID-19 situation in Tokyo and the corresponding guidance by the Ministry of Health, Labor, and Welfare, Japan Wrestling Federation, and Japan Sport Council. The levels of COVID-19 risk will be categorized in 3 levels:

Level 1	Level 2	Level 3
Tokyo’s state of emergency has been lifted for over 3 weeks	1 – 21 days (3 weeks) after the lifting of Tokyo’s state of emergency Or There is a positive COVID case on the team or anyone deemed by authorities as having close contact with an infectious person	Tokyo is in the state of emergency

At any level of risk, the following basic protocol will be in effect during training:

- Of the 3C’s, closed-space and crowded places will be avoided at all times; close-contact settings will be avoided at all times except during practice
- If close-contact practices are conducted, training partners will be limited to one partner or minimal as necessary
- Masks are required at all times with a designated isolated area to take them off if necessary
- Hands will be washed or sanitized frequently
- Anyone with symptoms of COVID will not be allowed to practice
- Wrestling shoes and mats will be sanitized every day

On top of the above protocol, the following protocol for each level of risk will be in effect:

Level 3

If the school should allow co-curricular activities, practices will be conducted in the following manner:

- There will be no contact between wrestlers
- Wrestlers will be 2m apart during any exercises
- Sharing training equipment will be avoided as much as possible; should any training equipment be shared, it will be sanitized after each use

Level 2

Level 2 – Phase 1

- Training will be conducted with the same protocol as Level 3
- If the team has no positive COVID cases or no symptoms of COVID on the team for 1 week, proceed to Phase 2
- If there is a positive case or anyone with symptoms of COVID, training will remain in Phase 1 for another week

Level 2 – Phase 2

- Training with a partner in close contact will be permitted
- High intensity training will be avoided
- If the team has no positive COVID cases or no symptoms of COVID on the team for 1 week, proceed to Phase 3
- If there is a positive COVID case or anyone with symptoms of COVID on the team, return to Phase 1

Level 2 – Phase 3

- Training with a partner in close contact will be permitted
- High intensity training may resume but limited
- If the team has no positive COVID cases or no symptoms of COVID on the team for 1 week, the level of risk will become Level 1
- If there is a positive COVID case or anyone with symptoms of COVID on the team, return to Phase 1

Level 1

- Training with a partner in close contact will be permitted
- High intensity training will be permitted

At any level of risk, if any wrestler experiences symptoms of COVID, tests positive for COVID, or was in contact with any infectious or potentially infectious person, the student or family/guardian must inform the school and the coach as soon as possible. Upon notice, all wrestlers and family members will be notified and the school's protocol and the protocol outlined in this training plan will be executed promptly.

Important Contacts

Coach Yabui, Head Coach

yabuis@smis.ac.jp

Nurse Aratani, School Nurse

arataniz@smis.ac.jp

Mr. Moro, School Athletic Trainer

moroo@smis.ac.jp

Ioki Ichikawa, Athletic Director

ichikawai@smis.ac.jp

Titans Wrestling Website

(season calendar, announcements, results/news, important forms, etc...)

<http://www.titanswrestling.org/>

There will not be a phone chain in case of emergencies. Any emergencies regarding cancellation of practice or a meet will be announced via email.