

CHEERING EFFECTIVELY AT WRESTLING MEETS

by Melissa Bacon

Wrestling can be a difficult sport to cheer for especially if you don't understand the scoring system or the sport itself. To make it fun for your cheerleaders and to make it easier on yourself as a coach, here are some helpful hints!

1. Learn the Scoring System

There are two types of scoring in wrestling, individual and team.

Individual Scoring

Take Down : When one wrestler gains control of the match. 2 points

Escape : When the wrestler that is not in control gets up and the match is neutral again. 1 point

Reversal : When the wrestler that is on bottom reverses the one on top to take control. 2 points

Near Fall : When one wrestler has the other one almost pinned. Can be 2 or 3 points depending on the time they are in that move.

Team Scoring

Decision : When a wrestler wins by 1-7 points. Team gets 3 points.

Major Decision : When a wrestler wins by 8-14 points. Team gets 4 points.

Technical Fall : When a wrestler wins by more than 15 points. Team gets 5 points.

Pin: Wrestler wins by pinning the other. Team gets 6 points.

2. Understand when to do certain cheers

When the wrestlers are in neutral position (neither one is in control) do a take down cheer.

When your wrestler is not in control you can do an escape or reversal cheer.

3. Get your crowd involved

Try to come up with some fun and easy cheers that your students can slap along with. It's always more fun when you can get your crowd really involved.

Especially, when the match or team score is really close! Take some of your school's favorite cheers and put some fun beats and rhythms to them. Teach the crowd before the meet starts so it is fresh in their minds.

4. Understand where to sit and cheer

Most schools will want you to sit right on the edge of the mat. Not on top! This way is easier to pound on the mat. You also don't want the cheerleaders to kneel near the score table. It will make it easier for the scorers to see the ref if they stay seated the entire match!

Hopefully, this will help you out this upcoming wrestling season. Taking the time

to sit with your cheerleaders and explain to them the sport of wrestling will help them understand what is going on better. If they understand more they will enjoy the winter and enjoy cheering wrestling!!