



# Kenowa Hills Wrestling

DREAM, ACHIEVE, AND FOLLOW YOUR OWN PATH TO SUCCESS.

- Cross Country
- Soccer
- Football
- Rugby, Baseball, Gymnastics, etc.

## KENOWA HILLS WRESTLING SIGN-UPS

# 2019-2020 Season

Email Coach Bennett:

1. Name
2. Grade
3. Approx. Weight
4. Phone/Cell
5. Email

Wrestling began in **708 BC**  
The first ever sport.

## Head Coach Tom Bennett

- **14 Years HS Coaching**
- **HS State Champion**
- 3x NCAA All-American
- **John Carroll University**

- **Family:**
- **Melanie (Spouse), Son's Jared, Dylan, Justin, Ryne, Rece, Zacc, Daughters Rayana & Jayda**
- Pets: 2 Dogs, 2 Cats, 1 Snake and 2 Guinea Pigs.
- Favorite Football Teams: Steelers & UofM

## Contact Coach Bennett

✉ **Email:**  
benny1138@gmail.com

☎ **Cell Phone**  
616-901-9060

## WHO CAN WRESTLE?

Anyone can join the wrestling team. It is a NO-CUT sport! You do not need prior experience. Everyone (boys & girls) are welcome on the team. Join to cross-train for another sport, to get stronger, faster, etc. Join to get in shape, to prepare for the military after high school, or just to try it out! If wrestling is your primary sport, we will help you improve! Wrestling is both an individual and a team sport!

**Competition Weight Categories:**  
103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 285.

## Important Information

- Pre-Season Conditioning (TBA)
- Wrestlers/Parents Meeting (TBA)
- Practice Start: Mon., Nov. 18<sup>th</sup>
- First Competition: Wed., Dec. 11<sup>th</sup>
- We will lift weights the entire season!
- We encourage our wrestlers to play multiple sports, especially football!
- **Earn a varsity letter:** 1) Join the team, 2) Compete in at least 1 match and 3) Complete the entire season.

## Assistant Coach Elijah Troost

- **6 Years HS Coaching**
- **HS State Champion**
- Wrestled @ Comstock Park HS & Muskegon Community College

- **Family:**
- **Cierra (Spouse), Son's Elijah Jr. & Uriah, Daughter Anna**
- Pets: 2 Dogs
- Favorite Football Teams: Steelers and UofM

## CALLING ALL FOOTBALL PLAYERS

*"Wrestlers make coaching football easy, they have balance, coordination, and as a coaching staff we know they're tough."*

- Tom Osborne, College Hall of Fame Football Coach University of Nebraska

*"I would have all of my Offensive Lineman wrestle if I could."*

- John Madden, Hall of Fame Football Coach

*"I'm a huge wrestling fan. Wrestlers have so many great qualities that athletes need to have."*

- Bob Stoops, Oklahoma Sooners Head Football Coach

*"I draft wrestlers because they are tough. I have never had a problem with a wrestler."*

- Joe Gibbs, Hall of Fame football coach

## 10 Good Reasons for Football Players to Wrestle

1. **Agility**--The ability of one to change the position of his body efficiently and easily.
2. **Quickness**--The ability to make a series of movements in a very short period of time.
3. **Balance**--The maintenance of body equilibrium through muscular control.
4. **Flexibility**--The ability to make a wide range of muscular movements.
5. **Coordination**--The ability to put together a combination of movements in a flowing rhythm.
6. **Endurance**--The development of muscular and cardiovascular-respiratory stamina.
7. **Muscular Power (explosiveness)**--The ability to use strength and speed simultaneously.
8. **Aggressiveness**--The willingness to keep on trying or pushing your adversary at all times.
9. **Discipline**--The desire to make the sacrifices necessary to become a better athlete and person.
10. **A Winning Attitude**--The inner knowledge that you will do your best - win or lose.

## Girls Wrestling Is Growing Fast!

- 350 HS Girls in Michigan Wrestled last season.
- 2019-20 MHSAA Sponsored Girls State Finals – Feb. 2, 2020
- Over 20,000 High School Girls wrestle in the United States!
- The MHSAA Sponsored the first ever Michigan HS Girls State Championships in 2019.
- 63 Colleges now offer Women's Wrestling!
- 6 Current Michigan HS Girls are ranked in the nation.
- Since 2004 Women Wrestling is an OLYMPIC SPORT!