



PRACTICING WHILE INJURED

Wrestling is a contact sport and injuries can happen during the season. A doctor's note will be required for anyone to be excused from practice for an extended period of time. You are still expected to attend practice even if you cannot participate. Here are some guidelines on how to continue training and improving while injured.

TREAT THE INJURY

Follow your doctor's and the Yorktown trainer's guidance so that you can have a complete recovery. Some of these steps such include icing, resting, stretching and rehab exercises.

KEEP UP WITH TECHNIQUE

Although technique cannot be learned without practicing it, you can still keep increasing your knowledge in preparation for your recovery. We learn through the senses and between watching and listening at practice and during matches you can improve your technique. Questions come up throughout a practice and adjustments are made, so being with the team in the room and listening during practice is important.

HELP THE TEAM

There are a lot of things that go into a wrestling program and having an extra set of hands can always help. Some helpful tasks include mopping so teammates can perform cardio, organizing the equipment, and helping managers with other tasks. Be proactive and ask the coaches for things to do during practice.

REVIEW FILM

The office is set up with a TV, so a coach could easily take some time during the warm up to review film with you.

ASSIST THE COACHES WITH DRILLS

If you are a more experienced wrestler and have already mastered a technique you can help to talk the less experienced wrestlers through technique without actually wrestling.

SHOW SUPPORT FOR YOUR TEAM MATES

Wrestling is both an individual and a team sport. Supporting your teammates goes a long way and can help build a program where wrestlers depend on each other and fight to make each other better. Be encouraging during practices and competitions.

WORK OUT

Being sidelined due to an injury doesn't always mean that you cannot workout at all. Based on the injury and your timetable to return, you can get a jump on being back in shape by training in a way that does not impact your injury. Be sure to follow the advice of your doctor and trainer as you being to work out again.