

RUSSIA VS USA DEVELOPMENT SYSTEM



Athletes start at an average of 10 years of age.

Athlete is put in styles of Greco (GR) or Freestyle (FS).

Athlete stays with that style for entire career. Do not wrestle folkstyle.

Spends first 4-5 years learning basic skills and cross training before entering a competition.

Must master the basic skills involved in a technique before learning the technique itself.

Experienced, dedicated, qualified coach stays with athlete through entire career.

Chess game approach to learning techniques due to unique international rules.

Psychological stability stressed and enhanced.

International competition from start. Jr World team has an average of 5 majors competitions before the Jr. Worlds Championships.

Once Senior Level Athlete skills are honed, no longer learns basic or even new technique. Perfects a few techniques, masters body/special/mat awareness in relation to opponent international push out rule.

First World Title often as early as 20 years of age, which is not uncommon.

Many stay up to three cycles. Olympics once every 4 years-that's 12 years of competing at the highest level!

WORLD/OLYMPIC MEDALS IN LAST 16 YEARS

World Medals-35 FS gold, 21 GR gold, 9 FS silver, 8 GR silver, 12 FS bronze, 11 GR bronze

Olympic Medals-12 FS gold, 8 GR gold, 2 FS silver, 3 GR silver, 4 FS bronze, 2 GR bronze

Total-47 FS gold, 10 GR gold, 11 FS silver, 11 GR silver, 16 FS bronze, 13 GR bronze=108 total medals

Average per year-3 gold medals or 6.75 of any medal.
Don't seem to care about silver & bronze as much as gold.
Strive for gold when they begin; do not have junior league, high school, or collegiate championships.

Athletes start as early as 5-6 years of age.

Athlete starts with Folkstyle (only wrestled in US).

May get introduced to GR & FS but involved in Folkstyle throughout School years. Fulltime FS or GR after College.

Most involved in age group competition within weeks of first introduction and receives medals and awards.

Learns techniques before has honed necessary skills. Enters competition before mastering basic skills and technique.

Multitude of coaches, most with little experience in early years, throughout athlete's career.

Techniques taught based on successful or unsuccessful applications in domestic folkstyle competitions/rules.

Psychology seldom if ever stressed at a professional level.

Most US Athletes never get any experience outside of the USA. Only a select few. Jr World Team usually has zero competitions as a team before Jr. Worlds Championships.

At Senior level most are still wrestling Folkstyle and trying freestyle when doesn't interfere with College career. At end of college several years are spent learning or relearning skills essential to International Competition.

Most are out of college (23-24 years old) before they even contend for a title.

Unusual to stay more than one Olympic cycle-move onto a fulltime job and family obligations.

WORLD/OLYMPIC MEDALS IN LAST 16 YEARS

World Medals-10 FS gold, 4 GR gold, 8 FS silver, 5 GR silver, 13 FS bronze, 6 GR bronze

Olympic Medals-6 FS gold, 1 GR gold, 4 FS silver, 4 GR silver, 3 FS bronze, 3 GR bronze

Total-16 FS gold, 5 GR gold, 12 FS silver, 9 GR silver, 16 FS bronze, 9 GR bronze=67 total medals

Average per year-1 gold medal or 4.18 of any medal.
Keeping up with Russia in silver and bronze but not gold.
Strive for junior league, high school, college titles when they begin; few aim for international gold medals.