



***WILDCAT WRESTLING
CLUB***

2021-22

Team Handbook

WELCOME

The Wildcat Wrestling Club (WWC) was established to create a vertically aligned wrestling program in the Louisburg community. We sought to unify the youth wrestling programs with the Louisburg Middle School and Louisburg High School wrestling programs, and we wanted to reach out to the Louisburg wrestling alumni who would be outstanding contributors to our community's future wrestling successes.

This handbook is being presented to you because your son or daughter desires to become a member of the Wildcat Wrestling Club. You have also expressed your willingness to permit him or her to compete. We are pleased that your family is interested in becoming a part of the club! We believe that unlike any other sport, wrestling provides a wealth of opportunities and experiences that assists children in personal growth and development both on and off the wrestling mat.

The information in this handbook is provided for the safety of your children and is developed with the best interest of your child in mind. Values such as good sportsmanship, integrity, character development, education, a winning attitude and the complete development of the individual in team and individual settings shall be promoted. **Wrestlers, parents, and coaches are responsible for knowing the contents of this handbook and for following the guidelines set forth herein.** We believe that a properly controlled, well-organized wrestling club meets students' needs for self-expression, mental alertness, and physical growth. It is our hope to maintain a program that is sound in purpose and will further each wrestler's educational and athletic maturity.

Likewise, we believe that you have committed yourselves to certain responsibilities as a parent or guardian of an athlete. We would like to take this opportunity to acquaint you with specific policies that are necessary for a well-organized wrestling club. Failure to comply with these policies and procedures may result in a suspension or expulsion from the Wildcat Wrestling club or any other disciplinary action deemed necessary by the club president, the open head coach, and / or the novice head coach. If any wrestler is permanently removed from the team due to disciplinary reasons, there will be no refund of club dues issued.

The policies and procedures set forth herein need broad-based support from all parents, family members, and stake holders of the Wildcat Wrestling Club to be fully effective. This is achieved only through communication between the president, Carpe Diem Wrestling Club of Kansas board of directors, wrestlers, and the parents of our athletes. It is our hope to accomplish this objective through this wrestling handbook.

In relentless pursuit,

Bobby Bovaird

CDWCK President

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CARPE DIEM WRESTLING CLUB OF KANSAS

The Wildcat Wrestling Club is a sponsored by the Carpe Diem Wrestling Club of Kansas, a Kansas Non-Profit and 501(c)(3) organization. The Carpe Diem Wrestling Club of Kansas (CDWCK) provides opportunities for youth to participate in youth sports with a focus on character development, personal health, and skill development. The specific purpose of the CDWCK shall be:

- to provide youth with the opportunity to participate in the sport of wrestling;
- to promote interest in the sport of wrestling among parents and the youth of Kansas and beyond;
- to supervise, sponsor, and financially assist a disciplined and competitive program of wrestling;
- to develop in our youth participants the ideals of good sportsmanship, honesty, and respect for authority;
- to stress the concepts of parents and children working and playing together in all club activities so that the family may be strengthened in the process; and
- to further the values and skill development in youth, as stated above, in youth sports and activities.

MISSION

The Wildcat Wrestling Club is fortunate to have a coaching staff whose passion is #1 coaching youth athletes and #2 the sport of wrestling -- in that order. More importantly than coaching wrestling, we coach KIDS, and we strive to keep that in mind at all practices and competitions.

If you are interested in joining our coaching staff, please email club director Bobby Bovaird to get started with the certification process.

WWC PHILOSOPHY:

- Humility: This is the ability to put others before oneself and to embrace a "team mentality" to work for the bigger picture.
- Belief: We must trust in the process of development and growth, resisting the temptation to coach to "just win."
- Understanding: Our community is rich with talent and support, and our membership shares a passion for this sport.
- Failure: We want our kids to fail because there is no growth without it; we need coaches who are not afraid to fail themselves and who can embrace these teachable moments.
- Love: We love our kids and will do what's right by them; our purpose is driven by the shared goal for our athletes' continued growth and development.

Of the many sports your child can participate in, wrestling is perhaps the most misrepresented, misunderstood, and underrated. Hopefully this guide will help expose the myths and uncover the benefits wrestling has to offer, and most importantly, help parents understand how this unique sport compliments other sports choices their child makes.

The actual sport of Wrestling is:

- Based on self-discipline, hard work, skill and determination
- Conducted on a mat with wrestling shoes and headgear
- Physically demanding and is relatively low "impact" and combative; it does not involve or even tolerate actions intended to cause injury
- A sport where its world class wrestlers utilize skills, strength, and endurance developed over a lifetime of practice and hard work
- Defined by its primary objective of gaining control of your opponent and ultimately pinning him or her by holding both shoulder blades simultaneously on the mat for a period of two seconds

Please take the time to read this handbook. We think it may answer a lot of questions that you may have about our program, and wrestling in general.

CLUB RELATIONS

Throughout the season, there are bound to be differences of opinion regarding technique, philosophy, discipline, scheduling, etc. It is our goal to manage “drama” in such a way that the everyday operations of the club are not disrupted and our vision – providing a positive wrestling experience for the youth of our community – is never compromised. Every organization will have “drama” to one level or another. Drama, where permitted to grow, tears at the fabric of trust, unity, and the advancement of the big picture. Our organization does not tolerate gossip or poor sportsmanship from athletes, parents / friends / families of athletes, coaches, or advisory staff. These simply are not values that our organization upholds. Trust, respect, directness, honor, and sportsmanship are values that we would rather promote. If you have an issue that is bothering you or your athlete, please directly bring it up with the director, a coach, or a member of the advisory staff. We will see to it that you are assisted in resolving the matter, or perhaps provide a different perspective to consider. We will address “drama” directly, openly, honestly and as quickly as possible.

ABILITY GROUPS

Wrestlers are broken into two ability groups based on experience. Coaches will help you determine where your wrestler should be for practices and tournaments. If a wrestler places in the top three of a **Novice** bracket that has six or more wrestlers, they should be moved up to **Open**. Older and heavier wrestlers that are new to wrestling may go straight to open for practice purposes but compete in **Novice** until ready to move up. Again, we will help evaluate this and we will not throw your wrestler to the wolves.

- **Novice** – Defined as two years or less wrestling experience.
- **Open** – Generally defined as a wrestler with more than two years’ experience.

Novice note: The concept of “novice” wrestling is to allow them to develop the basics, so that when a wrestler is ready, they can compete with experienced wrestlers. Over the years, some wrestling parents have left their kids in Novice longer than they should. If your wrestler is winning or placing high in every tournament they wrestle, it is time to consider moving them to Open. It should be a collaborative effort to determine if the individual wrestler is developmentally ready to move up to Open. If you want your wrestler to become better, they need to wrestle kids better than them. Beating up on a true Novice wrestler doesn’t do your child or their opponent any good. Don’t be a trophy hunter in the Novice division!

**** Exception**** Parents of wrestlers age 5 and younger will be required to be in the room with their wrestler until the coaches have determined they can “keep up” with the group. Older wrestlers may meet the same requirement if they continually display behavioral problems, our coaches can’t spend 90% of their time redirecting 10% of the wrestlers.

Specific instances which a novice would attend open practice or open a novice practice will be approved on a case by case basis.

WRESTLING PRACTICE FACILITIES

All of our wrestlers have the privilege to be able to use the LHS wrestling room. When we have our practices, we are guests in their facilities, and the club’s intent is for our members to continually grow our program. Therefore, we have a responsibility to respect and care for these facilities. We expect our wrestlers and families to support us in our commitment to uphold the following facility terms and conditions:

As guest of LHS, WWC club members will obey all rules and regulations pertaining to the use of all facilities including, but not limited to the following:

- a. Due to space limitations and wall-to-wall mats, only wrestlers and coaches will be permitted in the wrestling room during practices. (We encourage any parents/guardians wanting to help join in the room and do so, we just ask that you help the room not just your individual wrestler.)

- b. Coaches will have your emergency contact number in case we need to contact you during a practice. Coaches will also need to have access to specific medical needs for each wrestler at practices and tournaments, provided it is listed on the registration form.
- c. There are often other groups practicing and playing at LHS during the time we have our practices. We ask you to be respectful of their areas. We ask that wrestlers and parents enter through the main activities entrance on the east side of the building no earlier than 15 minutes before the start of practice. The LHS wrestling team may still be practicing, and we don't want to be in their way or disrupt their practices.
- d. Any non-participating children in attendance must be under the constant supervision of a non-participating adult. Children should not be in any area of the building outside the wrestling room or mezzanine level without adult supervision.
- e. The LHS building and grounds are designated as a tobacco / drug / alcohol / weapons free area, and we ask the WWC coaches, parents, and visitors to abide by this provision.
- f. Parents must arrive 10-15 minutes prior to the scheduled practice start time, and they must be there 10 minutes prior to the end of practice. Please pick up your wrestlers from the wrestling room, the mezzanine level, or the lobby outside the concession stand. Due to liability issues, we don't want wrestlers walking around the building or outside grounds by themselves to meet parents.
- g. If a concern is brought to your attention by an LHS staff member, please make sure the club director is informed as soon as possible.

PRACTICE TIMES

This season, we will hold practices at the following times:

Novice:

Mondays 6-7:15pm
Thursdays 6-7:15pm

Open:

Mondays 7:15-8:30pm
Thursdays 7:15-8:30pm

After the final Novice tournament of the season, all practices will be **Open only** and run from 6-7:30pm. Novice wrestlers may consider attending these practices, but it will be at the coaching staff's discretion.

Inclement Weather and Practice: Please arrive early enough to get dressed out and be ready to start five minutes before the scheduled time of practice. If USD 416 cancels school for inclement weather, we must also cancel practice.

FEES

The club dues for this season will be \$60, which includes a team t-shirt for each wrestler and contributes to club insurance and practice facility usage fees. If a wrestler chooses to participate in tournaments, then the parents must purchase a 2021-22 USA Wrestling "wrestler membership" from www.usawmembership.com. This membership will be \$40 and must be purchased by the parents; the club does not take care of purchasing it. Tournaments will be an additional cost, and tournament fees vary from tournament to tournament, ranging from \$15-25.

WRESTLING EQUIPMENT

Clothing: Wrestlers should wear athletic shorts without zippers or abrasive material and a T-shirt to practice. Denim and similar material shorts / pants are not allowed on our mats. Sweatpants are acceptable, as long as they don't have zippers. Long sleeve T-shirts or compression shirts are also acceptable, while hooded sweatshirts are not since they could lead to injury. To ensure the safety of all our wrestlers, we won't allow a wrestler to practice with

clothing that has hoods, zippers, exposed hooks on hook and loop fasteners (Velcro), pockets or is made of abrasive material such as denim.

Singlets: With very rare exception, team singlets are required for all tournaments. Open wrestlers will be allowed to wear singlet of choice if they make the championship finals at a major tournament.

Club singlets will be available to check out with a \$75 deposit to cover the cost of the singlet if it gets lost or damaged. At the end of the season, when the singlet is returned, the deposit will be refunded.

Wrestling Headgear: Wrestling headgear is **mandatory** for competition and will be encouraged the same for practices to promote an atmosphere of safety and protect our wrestlers from getting cauliflower ears, a very painful injury caused by **not** wearing headgear. We want our wrestlers to learn good safety habits at a young age.

Wrestling Shoes: Wrestling shoes are **required** to help us greatly reduce the chance for skin infections and keep the mats that we practice on clean and in great condition. **We require our wrestlers to wear different shoes to practice and change into wrestling shoes once inside the building and before coming on the mats.** Inexpensive wrestling shoes are recommended, as young kids feet grow rapidly, and the difference between economy shoes and “high end” shoes are remarkably marginal at this level of competition.

No one will be allowed to wear “street shoes” in the mat room. No Exceptions.

Mouth Guards: If a wrestler has any type of dental appliance they are **required** to have a mouth guard. One mouth guard worth mentioning is the SISU guard <http://www.sisuguard.com/>. Mouth guards are optional for wrestlers without dental appliances, but they are recommended.

Other Wrestling Gear: At the start of the season, we will work with a t-shirt vendor to put together an online store that will sell official club fan gear. This store will feature t-shirts, sweatshirts, shorts, bags, hats, etc. Orders for these items will be taken the first few weeks of practices. We will also have official club singlets that can be purchased through a 3rd party vendor. Any gear that your wrestlers outgrow can be donated to the club and we will offer them for sale to other families at a very affordable rate or you can choose to sell or give them yourselves to others at registration night.

We ask that you do not take our club logo and use it to produce your own apparel.

HEALTH AND HYGIENE GUIDELINES

Wrestling is the only competitive sport that requires vigilant monitoring of skin conditions. Contact sports in general are prone to outbreaks of skin diseases, which include ringworm, impetigo, staph, MRSA, and herpes. Generally these infections are borne from hot, humid, or damp surface conditions. Our program takes these infections seriously, and USAW mandates skin checks of wrestlers before they are cleared to compete on the mat.

The Wildcat Wrestling Club seeks to provide sanitary practice conditions, and we require the following preventative steps from all members:

- Shower immediately after practice
- Regularly wash practice clothes
- Wear clean shoes and clean clothes on the mats
- Maintain good body hygiene

We ensure that the wrestling mats are disinfected before and after practice, and this goes a long way to heading off any potential skin or infectious conditions. As a general rule, we will not allow a wrestler back onto the mats until the infection has been treated for 72 hours depending on the severity. This is common courtesy to the other wrestlers in the room. If you or your wrestler notices **anything** that might be questionable, please notify the individual and also report it immediately to the coach or director.

We take every precaution at our club to minimize the risk of skin infections for our athletes. The high school program cleans the mats before and after every HS practice with a disinfectant / sanitizer that is formulated to kill organisms that cause skin infections. The WWC will clean mats after every club practice. Club coaches also perform regular skin / finger nail checks as is done at competitions to ensure the safety of our wrestlers. Keeping our children healthy by avoiding skin infections is a shared responsibility of every coach, parent, and athlete.

Research has shown that the following practices are keys to minimizing the risk of skin infections. Although we have modified these to be specific to wrestling they can apply to any sport that your child participates in:

Wear clean shoes on the mats. We **require** wrestling shoes while on the mats to ensure the safety of our wrestlers.

Prior to the wrestlers entering the wrestling room for practice, their shoe soles must be clean. The easiest way to accomplish this is by wearing a different pair of shoes outside then change to the shoes being worn on the mat. **Don't wear your wrestling shoes outside.** Once wrestling shoes are worn outside, they are no longer wrestling shoes, they become street shoes. As a matter of safety to all our wrestlers, we will not allow wrestlers to practice with shoes worn outside. If within the first week or two of practice you don't have wrestling shoes, a clean pair of socks should be brought.

Wash your hands. Research has shown that one of the most effective ways to prevent the spread of infections is to **wash your hands**. Clean hands often with soap and water. Use alcohol hand rub if soap is not available. When we take a break and wrestlers use the restroom, we emphasize that they wash their hands before returning to the mats. We encourage wrestlers to wash their hands before and after practice.

Keep cuts and scrapes, no matter how small, clean and covered. We have a first aid kit to treat small injuries that occur in practice. If your child has cuts / scrapes, please be sure they are clean and covered prior to coming to practice. Keep fingernails clipped short to prevent scratching other wrestlers.

Showers should be taken immediately following practices and competitions. Taking a shower must be the first thing an athlete does when they get home. Use of a shower mesh or wash cloth in conjunction with an antibacterial soap / cleanser is strongly recommended. "Smell good" soaps are not recommended unless antibacterial. Selsun Blue, Head and Shoulders, and Denorex have all been recommended at one point to help reduce potentially transferred germs and funguses.

Wear clean clothes and equipment and keep them clean. Please ensure wrestlers come to practice with clean clothes and equipment. Clothes that have been worn outside playing in the grass, dirt, etc. can bring in soil-borne organisms such as ringworm onto our mats. Put your clothes directly into the washer, and don't leave them lying around for an extended period of time. Wipe your headgear off with and alcohol wipe after each practice. Be sure to wash knee pads frequently.

You and/or your wrestler perform regular skin checks. If you notice any lesion, sore, or rash on their skin, especially if it is red, swollen, or draining fluid, notify one of our coaches and contact your health care provider immediately for diagnosis and treatment. We will do periodic skin and fingernail checks of all our wrestlers, just as officials do for wrestling competitions.

Should your wrestler have a skin infection, you must have a KSHSAA skin lesion form completed. This form is available at <https://www.kshsaa.org/Public/Wrestling/PDF/SkinLesionForm.pdf> and must be filled out by an MD, DO, DC, PA-C, or APRN. Other doctor's notes or forms will not be accepted by tournament officials.

COMPETITIONS

We will have a number of different competitions available for our wrestlers of all experience and ability levels, and our philosophy on competitions is as follows.

First, the most important element is to ensure that your wrestler is ready for competitive wrestling. It is a big step for youth wrestlers to cross over the line onto a mat and face another opponent and, in some respects, their own fears. They do realize that they are alone on the mat, and that is a big step! Our coaches recognize that and so we will evaluate each of our wrestlers to establish whether they are ready for a competitive setting. Each child is certainly different, but certain characteristics do play a part. Self-confidence, mastery of technique to an acceptable level, and

physical development (in terms of strength, balance, hand-eye coordination, gross and fine motor skills) are all aspects to be evaluated.

In wrestling there is no bench or sideline and every wrestler gets an equal opportunity to participate and compete. When a wrestler steps on the line to start a match, they instantly become the quarterback, pitcher, shooting guard, and often their own coach. A victory becomes theirs to cherish as they earned it, but a loss is equally theirs and the lessons they learn here are the keys to becoming a champion in wrestling and life.

Sometimes the bigger test will be when they fall short of reaching a goal and rather they accept that or recommit themselves to come back better and stronger in the pursuit of that goal afterwards. We feel it is the latter that truly makes a good wrestler and a true "Champion." As Dan Gable has said about wrestling, "What is good about wrestling is it teaches us about life. In wrestling you have to learn to stay off your back and in life there will continually be times when you feel you are about to be pinned."

For parents, particularly in competitive situations where it is easy to get overly consumed by your child's successes or failure, please remember that our wrestlers come in large numbers, many shapes ages and sizes, sometimes they shoot and sometimes they fall but more often than not they shine, they are stars.

We will announce tournaments well in advance and we will have the season's schedule posted for easy reference. Which tournaments you attend is your choice but especially for our experienced wrestlers we will recommend certain tournaments to attend in order to prepare for the State series at the end of the year.

There will be a weigh in conducted prior to every tournament. Open wrestlers must weigh within 24 hours of competition and Novice wrestlers have 48 hours. Most tournaments allow a satellite weigh-in, which be held at LHS in the wrestling room or a parent's home. We can assist you with choosing competition weight; we will not promote "cutting weight."

We recommend that if you foresee transportation being an issue to tourneys for your wrestler, please network with the many supportive wrestling families in order to develop a ride-sharing system.

We encourage all who desire to wrestle. If any wrestler requires special assistance or has special needs, we need a parent or guardian to provide any additional assistance. The number of athletes in the club does not allow for long-term one-on-one or individualized coaching.

AGE AND WEIGHT DIVISIONS

This is based on your child's age as of August 31, 2021.

6 & Under:	37, 40, 43, 46, 49, 52, 55, 58, 61, 64, 67, 70, 73, 76, 80, 88, 95, 110, 125 <i>6U State will be 37 39 41 43 45 47 49 51 53 55</i>
8 & Under:	40, 43, 46, 49, 52, 55, 58, 61, 64, 67, 70, 73, 76, 80, 88, 95, 110, 125, 140
10 & Under:	52, 55, 58, 61, 64, 67, 70, 73, 76, 79, 82, 85, 90, 95, 100, 110, 120, 130, 150, 170, 190
12 & Under:	64, 68, 72, 76, 80, 84, 88, 92, 96, 100, 105, 110, 115, 120, 130, 140, 150, 165, 190, 215, 240, 265
14 & Under:	75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 150, 155, 160, 165, 175, 205, 235, 265
High School:	100, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 250, 285

Weights may be combined based on entries.

COACHING CODE OF CONDUCT

All of our coaches are volunteers and they have over 100 years of collective experience in the sport of wrestling. We are committed to exemplifying the club's mission and values and ensuring that good sportsmanship, pride, honor, and

concern for the well-being of our team is our top priority. All of our coaches are required to apply and register as a USAW-KS certified coach and have a criminal background check.

Our coaches recognize the privilege of coaching our young wrestlers and the influence they can have on our wrestlers. You have our commitment that our coaches will:

- Serve as positive role models to our wrestlers and hold themselves to the same high standards of conduct as we do of our wrestlers
- Model personal conduct by refraining from profanity, disrespectful conduct, and the use of alcohol or tobacco in front of our wrestlers or other situations where our conduct could undermine our positive impact as role models
- Promote safe competition by putting safety and health considerations above the desire to win; never permit our wrestlers to intentionally injure any person or engage in reckless behavior that might cause injury to themselves or others
- Engage with social media (including but not limited to Facebook, Twitter, Instagram, etc.) in a respectful, mature, and responsible way; act in a professional and constructive manner when posting to social media of any form because their personal views and posts may be considered reflections of the Wildcat Wrestling Club; refrain from using social media to air grievances; attack parents, coaches, or youths (members or non-members); or criticize other clubs, tournament hosts, officials, or other organizations
- Seek out competitive opportunities for our wrestlers consistent with their abilities
- Teach, coach, push, and encourage all of our wrestlers to seek their potential and bring out the champion in each wrestler
- Put winning in its proper perspective, as we teach to be humble in victory and respectful in defeat
- Treat all people with respect, including officials, coaches, opponents, spectators and others at all times; respect the property of others, whether personal or public
- Use positive coaching methods to make the experience enjoyable, increase self-esteem and foster a love and appreciation for our sport; refrain from physical or psychological intimidation, verbal abuse, and conduct that are demeaning to athletes or others
- Encourage our wrestlers to pursue victory with honor, to support our team, to do their best and continually improve through personal effort and discipline; discourage selfishness and put less emphasis on the final outcome of the match, and more emphasis on effort, improvement, teamwork, and winning with character
- Conform to all applicable local, state, and federal laws and regulations and any rules, regulations, and codes that may be established for competitions, camps, clinics, or other events in which the coaches participate

WWC coaches will be asked to sign a Code of Conduct before they receive their USAW Coaches Cards. Disciplinary actions concerning a coach's conduct may include the following:

- Dismissal from the Wildcat Wrestling Club
- Expulsion from an event and being sent home immediately, or other restrictions on activities
- Denial of participation in future events
- Requirements to issue written or verbal apologies
- Revocation of accreditation for events, activities, and/or facilities
- Suspension or expulsion from USA Wrestling – Kansas or its programs and activities

EXPECTATIONS OF OUR WRESTLERS

While we have very few issues with behavior we do have a system in place to deal with it. We will use the following for a behavior management system (it is similar to a lot of systems you will see in elementary classrooms).

- 1st Issue: A coach will give a verbal redirection
- 2nd Issue: A coach will place the wrestler in a five-minute time-out on the side of the mat
- 3rd Issue: A coach will remove the wrestler from practice for the remainder of the day

We will discuss the issue with parents also after the 2nd issue. If a 3rd issue does arise and the wrestler is removed, he or she will then be welcomed back into the room at the next practice. If behavior becomes a significant and consistent problem, the wrestler will be asked not to return and will not be issued a refund of club fees.

Here are our expectations for behavior from our wrestlers:

- Respect others, especially your parents, siblings, teachers, team mates, coaches, officials, and other adults
- Be a good teammate; wrestling can't be practiced alone, so come to practice on time and give it your all each day
- Respect our facility and other facilities where we compete; remember that we are their guests
- Do well in school and maintain good grades
- Wrestle on the wrestling mats; don't wrestle at school, at friends' houses, or in your house (unless you have permission from your parents)
- Come to practice prepared and on time; don't forget your headgear, shoes, water, and clean clothes
- Practice good hygiene by wearing clean clothes to practice, keep fingernails clipped, showering after practice, and reporting any skin conditions
- Pay attention at practice and don't talk while coaches are teaching; raise your hand if you have questions
- Wash your hands after using the rest room
- Try the drills we teach; don't ever say "I can't"
- Be the model of good sportsmanship; be humble in victory and respectful in defeat
- Invite a friend to wrestle
- HAVE FUN!

YOUR ROLE AS PARENTS

You, as parents are a big part of our success! You play a vital role in our program and we appreciate greatly all that you do. We want to give you opportunities to get involved in our club, as we will seek parent and family volunteers to:

- In future seasons, we may eventually host a tournament at LHS. Parents will be asked to help with the tournament we host in one way or another – we will need everyone's help and it is a club requirement
- Photograph our wrestlers at practice and events for posting on our website/social media
- Represent the club at community events and help spread the word of the benefits of our club to this outside the wrestling community
- Assist in serving as organizers for club events, such as our season banquet, fundraisers, community outreach events, and other club get-togethers
- Help welcome new parents to the club; anyone that has been around wrestling knows that it can be extremely overwhelming to new parents
- Offer your time, talents, and suggestions
- Help avoid congestions at tournaments. As any experienced parent of a wrestler can attest, the floor of a gymnasium can become exceedingly congested throughout the day. Please help us ease this congestion by staying in the stands unless you are coaching a match or your wrestler is up next. We try to sit together as much as possible for both the team environment and ease of finding kids, but this can be difficult. Please try to get to a tournament early! Don't expect to show up 20 minutes before it starts and think you will have a seat reserved and that coaches will have all your wrestler's matches written down
- Consider getting certified to help as a coach. The head coaches cannot be at all mats at all times, and the assistant coaches do their best to be at all wrestlers' matches. Regardless of experience, everyone can help. More importantly that teaching wrestling, we are coaching kids. Experienced coaches can teach the kids a drill and then release them to practice it; new coaches can observe and learn it themselves, and then they can help others in the room
- Be prepared at a tournament. Write down your wrestler's match numbers, keep track of the wrestler, and ensure that they are at their mat 3 matches prior to their match
- Notify the coach, the director or a board member of any issues. We want to provide a positive and unified club front. Sometimes emotions get the best of us, and the hard work and strides that WWC has made towards being a club with a solid reputation can be spoiled in a minute of poor decisions and impulse. Please allow for a

cooling off period if necessary, and bring the matter up to the appropriate club leader

- Please provide feedback on the club's social media sites. Please also be aware that "trash talk" and inappropriate dialogue will not be tolerated. We want to keep a solid reputation that garners the club and its members favor with others

Thank you, parents, in advance, for your time, talents and energy. This is your club, and we are fortunate to have you as partners in creating a great experience for our wrestling family. You are an integral part of the success of your athlete and the club!

GENERAL COMMUNICATION

"Regular" communication will be sent from the club primarily via email. Other sources of general club information will occur through the Wildcat Wrestling Club Facebook page and the BAND app, which is a free download for your smart phone. There will be a regular email sent to all members to update tournament sign ups and other happenings in the near future. We'll update our calendar regularly for club events, competition, camps, and practices. For all specific questions, concerns, or suggestions please send through email louisburgwildcatwrestling@gmail.com.

Website: www.wildcat-wrestling.com/wwc/

Facebook Fan Page: www.facebook.com/cdwck/

Be sure to "Like" our Facebook page to stay up-to-date with WWC. Facebook will be used to communicate club happenings in a more personal and direct manner. Updated news, schedule changes, pictures, and videos will be used here to connect all fans and members.

We ask that everyone be socially responsible and aware of potential impacts it could have on the club when representing WWC on the various forms of social media. Everyone is entitled to their opinion and we don't want to restrict your posting on various talk forums or social media sites. However, if it is found to have a derogatory reflection on our club, it will be addressed properly. We will ask that parents sign a release at registration giving or declining the club permission to post pictures for the purpose of promoting the club, achievements, and the sport, and all individuals posting pictures should verify with the Club Director after registration to ensure we are honoring each parent's request.

"WILDCAT STYLE" WRESTLING

The Wildcat Wrestling Club adheres to the philosophy of "Wildcat Style," which has been adapted from the University of Missouri head wrestling coach Brian Smith and his "Tiger Style" philosophy. Here at Louisburg, we have three pillars that comprise the philosophy of "Wildcat Style":

- 1) **Believing**. You've got to believe in something you can't see. That means living with purpose. It's a culture, a lifestyle, where you believe that if you do this and this and this, then you're going to get that. Have a vision, something you can believe in. Having a goal, write it down, and believe in the people who support you. Believe in the whole process.
- 2) **Competing**. With our program, everything is a competition, whether it's a zipper, a push-up contest, or your grades in the classroom. It means doing your best and being great at everything you do. Make yourself uncommon, because no one wants to be common.
- 3) **Doing 1 more**. This starts with doing 1 more sprint, 1 more bench press, or 1 more drill. If everybody in the program does 1 more every day, imagine the reach we would have! It means helping each other and reaching out to each other. The idea is to end the day with a positive by doing 1 more.

ATHLETIC GOALS AND OBJECTIVES OF THE WWC

1. **To Learn Teamwork**: While wrestling is an individual sport in many respects, the ultimate goal is to enjoy team-wide success. When practicing and competing it is important that our members support and encourage their teammates in any way possible.
2. **To Have Fun**: Far too often we begin to forget the main reason we are here. While winning can be an

important part of the enjoyment of the sport, let's not forget the ultimate reason we are here: to have fun!

3. **To Be Successful:** While we do want your child to have fun while wrestling, this is also a success-driven sport. Our wrestlers need to know there is a difference between "being silly" and having fun. We ask that our wrestlers are mentally and physically prepared to give it their all before they step into the mat room every night. If they are willing to learn from their coaches and give full effort at every practice, success will come. We will assist the athlete in setting and achieving personal goals.
4. **Sportsmanship:** It is our expectation all of our wrestlers and parents keep a "speak when spoken to" attitude when it comes to officials. Regarding opponents, the WWC will not tolerate trash talk, refusal to shake hands after a match, or poor sportsmanship of any kind (from wrestlers or parents).

Basic Skills Training: Emphasis on winning at a young age creates an avenue to take shortcuts to success. Winning at the youth level has many different facets than winning at elite levels. Regardless of skill level, **HARD WORK** and **TIME COMMITMENT** is required to become an efficient wrestler on the mat. Although we want to win every match every time we step on the mat, the WWC chooses to sacrifice these shortcuts in winning at the youth level for the sake of development in order to see more success at older ages.

We have organized our program the following way:

1. **Fundamentals:** This is the beginning stage of development and the emphasis is on FUN. Fun is important at every level, but is primarily focused on athletes in grades K-3. We want to make sure every athlete loves practice.
2. **Basic Movements:** This stage is about understanding and exercising basic movements of athletics, not technique. This would include, but is not limited to, agility, tumbling, falling and running.
3. **Skill Development:** When athletes begin to understand how their body works and have the mental capacity to learn skills and strategies, technique can be introduced.
4. **Train to Train:** As athletes mature physically and mentally, the maturation of each athlete begins even. This is when we can teach the principles of training. Everyone needs to learn how to train properly. There's a lot involved in training and we continue focusing on fundamentals and skill development.
5. **Train to Compete:** An athlete needs to understand how to drill well and train properly before they train to compete. Training to compete is not training to win. It's about understanding a new level of training.
6. **Train to Win:** Obviously, this is the highest level of competition. This attitude can be fostered in the first five stages and allows the athletes that to train to win and not to place their significance in winning. Peaking, tactics and game plans for specific athletes are practiced here.

We choose to focus on Elements 1-3 with our Novice program and Elements 4-6 with our Open program.

LEADERSHIP STRUCTURE

Carpe Diem Wrestling Club of Kansas Board of Directors:

President / Director:	Bobby Bovaird	(913) 424-0999	bovairdr@usd416.org
Vice President:	Craig Holtzen		
Secretary:	Emily Bovaird		
Treasurer:	Bruce Caldwell		
Member-at-Large:	Debbie Apple		
Member-at-Large:	Rick Elliott		

WWC Coaches

Open Head Coach:	Shawn Crossley	(913) 963-4844	shawncrossley@gmail.com
Novice Head Coach:	Trevor Finch	(913) 271-3349	trevor6027@gmail.com
Club Director:	Bobby Bovaird	(913) 424-0999	bovairdr@usd416.org

HELPFUL LINKS

- USAWKS – <http://www.usawks.org/> (official site of USA Wrestling Kansas – Calendars and general info)
- USAWKS Talk Forums – <http://www.usawks.com/forums/ubbthreads.php?ubb=cfrm> (official talk forums for

USAW-KS)

- Track Wrestling – <http://trackwrestling.com> (tournament info and registration, wrestler profiles, results)
- USA Wrestling – <http://themat.com> (official site for USA Wrestling)
- Flo Wrestling – <http://www.flowrestling.org/> (technique video assistance)

A BEGINNER'S GUIDE TO WRESTLING

What Happens in a Wrestling Match? There's no let-up. It's the fastest 3-6 minutes in sports. Each wrestling match is divided into three periods. Yet, from the first seconds, the "Sudden Death" rule applies. Each opponent is going for a "pin." If one succeeds, at any time, the match is over. The match can also be ended if one wrestler develops a lead of 15 points or more. Tournaments are usually double-elimination, although they may also be "round robin" style.

1st Period: A match begins with contestants facing each other on their feet. The referee signals the timekeeper, blows the whistle and commands, "Wrestle." Each wrestler moves, attempting to take his opponent to the mat and gain control. This is called a "take-down" for which the referee awards points. A "take-down" is completed when offensive wrestler has taken his opponent to the mat and has moved behind and on top of him, or in some other manner has demonstrated his control. After securing advantage, top wrestler tries to retain it by keeping the underneath wrestler in his control. He may use his hands, arms, legs, or a combination to maintain control. The underneath wrestler must at all times try to escape and gain control, or get the top position for himself.

2nd Period: The second period starts with the toss of a coin or colored disk and the winner of the toss has the choice to select neutral, top or bottom position, or to "defer" and choose his position in the third period. A wrestler choosing top position attempts to pin his opponent or retain control, while the underneath wrestler tries to reverse his position. When a wrestler on top is trying to pin his opponent and fails to hold both shoulders down for the necessary two seconds, he may still be given credit and points for a partially successful attempt.

3rd Period: The wrestler who did not choose position during second period now has choice. This gives each wrestler an opportunity to show his skill from his best position during the course for the match.

Overtime: A one-minute overtime period will follow a match tied after regulation, with no rest between the regular match and overtime. The overtime period will begin with both wrestlers in the neutral position and the wrestler who scores the first points shall be declared the winner of the bout. If no winner is determined in the one-minute overtime, a 30-second tiebreaker will follow. The choice for position in the tiebreaker period will be granted to the wrestler who scores the first point(s) in the regulation match. If no points were scored in the regulation match, the choice will be granted to the winner of a toss of a colored disk. The wrestler winning the toss may select the top or bottom position, or he/she may elect to defer his choice. The wrestler who scores the first point(s) will be declared the winner. If no scoring occurs in the 30-seconds, the offensive wrestler will be awarded one point and declared the winner of the bout. Note: If both wrestlers are called for stalling and awarded 1 point during the first overtime period; the first overtime period will be ended and the 30 second tiebreaker will be wrestled.

WWC does not traditionally participate in Freestyle, Take Down or Greco-Roman wrestling matches, but does highly encourage club members to participate in those in the off season if they desire.

Summary: When the wrestlers go off the edge of the mat, the referee brings the contestants back to the center of the mat, placing the wrestlers on the mat as determined by the position held upon going out-of-bounds.

The individual match point system in wrestling is an evaluation of the activity, used to determine a winner in case there is no fall (or pin, as it is called). It is the referee's duty, among other things to analyze the situation and signal the points to the scorekeeper. The points signaled by the referee are usually a reward to the wrestler for his actions. Once in a while, a wrestler is penalized, and points are awarded to his opponent for infractions such as illegal holds and/or unnecessary roughness, as well as various technical violations related mainly to stalling.

Additional Tournament Information:

- Wrestling tournaments can last for 4 to 6 hours or longer, and can involve as many as 200 to 600 or more wrestlers.
- Tournament competition is organized by weight, age, and experience. They will then be organized by a bracket that will show all matches for that tournament.
- The brackets will be organized in rounds, allowing wrestlers sufficient time to rest between matches.
- Tournaments usually limit the number of coaches allowed to coach from the edge of the mat. Unless actually coaching, no parents are allowed in the corner.
- All wrestlers must be accompanied at all times by a parent or legal guardian. You cannot drop off your child and leave them at tournaments. There will be **NO** exceptions to this rule.
- Always have your child notify a coach when they are “on deck” to wrestle. (“On deck” means that the wrestler’s match is next on the board and will take place very soon.)
- No child should ever wrestle without a coach at their match. If there isn’t a coach, request the ref to not start the match until you locate a coach.
- **Always** let the coach handle any problems that occur during a match. This would include point disputes and injuries. The coach will let you know if your assistance is needed.
- It’s great to cheer for your child but please refrain from profanity or speaking negatively about any opponent.
- Be responsible for helping your child keep up with when and where he needs to be. If your child isn’t at the mat when his match is ready to start, the official will disqualify him and award the opponent the win.
- Keep a record of your child’s performance (how many matches, how many wins / pins, etc.)
- Tournaments can be very chaotic, so be sure to bring lots of patience. If you have questions at a tournament, find a coach and ask for help.
- When the match is over, wrestlers shake hands with their opponent, referee, and the opposing coach and then return to their coach.
- Trophies or medals are typically awarded to the top 4 wrestlers in Open and all places in Novice.

Terminology and Points System

Scoring Situations:

<i>Scoring Situation</i>	<i>Points</i>	<i>Explanation</i>
Takedown	2	One wrestler gains control of the other on the mat
Reversal	2	The control between wrestlers on the mat switches
Escape	1	Bottom wrestler escapes from top wrestler’s control
Locked Hands	1 / 1 / 2 / Disqualified	Top wrestler cannot lock hands unless in a pinning combination or stand-up; after the 4 th locked hands in a match, the wrestler is disqualified
Near Fall (2 seconds)	2	Top wrestler exposing the bottom wrestler’s back for at least 2 seconds
Near Fall (5 seconds)	3	Top wrestler exposing the bottom wrestler’s back for at least 5 seconds

Wrestling Terms:

- **Fall** (Pin) – Wrestler in control holds the other wrestler’s shoulders on the mat for 2 seconds; match ends
- **Neutral** – Both wrestlers standing with neither in an advantageous position
- **Referees Position** – One wrestler on top, other wrestler on bottom
- **Stalemate** – Neither wrestler can gain an advantage
- **Stalling** – Not initiating action
- **Technical Violation** – Illegal move / action / hold; examples of technical violations include:
 - Pulling opponent’s singlet
 - Pulling opponent’s hair
 - Locking hands
 - Biting
 - Cursing
 - Poor Sportsmanship

What are a few things I should bring to tournaments?

- USA wrestling member/participant card
- Some sort of handheld game, a book, or homework for the in-between waiting time
- *Healthy* snacks (fruit, oatmeal/breakfast bars, veggies, pretzels, peanut butter, etc.)
- Lots of water and Gatorade
- Pillow and/or a small blanket (the gym floor / bleachers can be quite hard)
- Camera (we need pictures for the website)
- Wrestling Gear (shoes, singlet, headgear, mouth guard, etc.)
- Books, magazines, homework, sketch pads, and writing utensils
- Tylenol / Advil, basic first aid kit (including ace wrap, nose plugs, instant ice, tape)
- PATIENCE!

THANK YOU, PARENTS!

IN CLOSING...

...please read this letter from former USA National Team Coach Steve Fraser:

Parents Can Help Their Kids, By Steve Fraser, Olympic Gold Medalist and former USA National Team Coach

Wrestling is one of the greatest sports there is for helping young kids build their character, develop self-confidence, improve discipline, and strengthen their will to succeed. The life skills and success principles that young wrestlers develop while learning to wrestle are very valuable in progressing in life.

Whether they won national wrestling/world titles or not, the mental, physical and emotional attributes honed by the wonderful sport called “wrestling” are what make up the real benefit to all who participate. To bottom line it... wrestling makes champions in life!

Now, as a parent who wants to see their youngster be happy and successful in life, how can you help? Parents, as we all know, play an extremely important role in the development of our children. Parents are the main influence to their loved ones.

In wrestling, it is very important to foster the right wrestling atmosphere. Having a supportive and positive attitude about your son or daughter participating is crucial in helping them learn to love this tough and grueling sport. How you react to their progress, their wins, and their losses is very critical.

How are you able to keep your child’s winning and losing in perspective? What about if your child is being treated a bit roughly by their opponent, or if the referee makes a bad call against him/her. How will you react? Parents are sometimes unprepared for the obviously one reason for this strong emotional feeling is that parents want their young wrestler to do well. They want their child to win. They may think it is a reflection of them. Parents may think that their son or daughter’s failure is their own failure. Strong emotional reaction they have to watching their child compete.

What parents need to realize is that their personal dream for their child’s glory, although not entirely unselfish, is natural. However, parents that can be aware of their own pride and are capable of being amused by their imperfections will help to keep themselves under control.

Flying off the handle or straining relationships with coaches or other parents is not good for your son. Just like you don’t want your son to embarrass you, you don’t want to embarrass him.

Kids in wrestling are very intuitive to what their parents are thinking. In addition, kids imitate their parents and absorb the attitudes that are displayed by their parent’s actions. If parents are too into trying to control the coaches, referees, and other parents and are upset or angry a lot, it is hard for the young wrestler to enjoy the sport.

Kids’ wrestling is supposed to be fun where they are focusing on the fundamentals of the sport. If kids first learn to like the act of grappling they will continue to learn the very difficult skills. Wrestling requires learning many skill sets. Technique, balance, tactics, strategies, mental toughness are all Intertwined skills that must be learned before one can

have great success in the sport. This takes time! Wrestling is not learned overnight. This is why, especially at a young age, it is imperative that kids stay focused on having fun and learning the basics. The winning will come later.

The Parents Guide to Kids Wrestling, published by Human Kinetics Publishers, Inc., lists seven items that all parents should consider when determining where they stand as far as how they are helping their young wrestler. If you can honestly answer yes to all of the following questions, then you are well on your way to helping your child in wrestling... and in life.

1. **Can you give him up?** That means trusting the coach in guiding your son's wrestling experience. It means accepting the coach's authority and the fact that he may be gaining some of the boy's admiration that once was directed toward you.
2. **Can you admit your short comings?** Sometimes we err as parents and our emotions speak before we think. We judge too quickly, only to learn we made a mistake. It takes character for parents to admit they made a mistake and to discuss it with their child.
3. **Can you accept his triumphs?** It sounds silly, but some parents, fathers in particular are competitive with their sons. If their boy does well in a match, the father may dwell on the minor mistakes, describe how the boy's older brother did even better, or recount how Dad did it "way back when."
4. **Can you accept his disappointments?** Sometimes as parents we are targets for our child's anger and frustration. This goes along with the job. Accepting his disappointment also means watching him lose a match when his buddies are winning, or not being embarrassed into anger when he breaks out into tears after losing.
5. **Can you show him self-control?** The coach has a tough enough job teaching good sportsmanship to youngsters especially if the parents are losing control and showing poor sportsmanship themselves.
6. **Can you give some time?** Some parents are very busy and have trouble being there frequently. Probably the best solution is never promise more than you can deliver. Ask about his wrestling experiences and make every effort to watch at least some of his matches.
7. **Can you let him make his own decisions?** This is an essential part of a child growing up, and can sometimes be a real challenge for parents. It means offering suggestions and guidance, but finally, within limits, letting the boy go his own way. All parents have ambitions for their children, but parents must realize that they cannot mold the boy's entire life. The great thing about wrestling is that it helps your child to start making his own decisions and living with the consequences.

The fact that your son or daughter is wrestling is wonderful. They are learning to work very hard, make tons of sacrifices, and dedicate themselves to the extreme demands that this tremendously difficult sport has to offer. Truly there is no tougher sport in the world. With your support and encouragement, your child will reap the many benefits gained by participating and will not only succeed in the game of wrestling, but also in the game of life.

Expect To Win