



WELCOME TO OUR
2025/2026 SEASON

CONNELLSVILLE WRESTLING

WWW.CONNELLSVILLEWRESTLING.COM

WELCOME

WELCOME TO OUR 2025/2026 WRESTLING SEASON.
YOU WILL FIND THAT THIS SPORT IS ONE OF DISCIPLINE AND
HARD WORK.

- BOARD OF DIRECTORS AND TRUSTEES:
 - SHAWN GOWATSKI – PRESIDENT
 - NED FRANKS – VICE PRESIDENT
 - KELLY MARTIN- TREASURER
 - JAIME SMITH - SECRETARY
 - YOUTH TRUSTEES- TOMMI NICKELSON
 - YOUTH TRUSTEE- SABRINA MILLER
 - YOUTH TRUSTEE- JOHN KOCHIS
 - YOUTH TRUSTEE – KETE CALLAHAN
 - JH TRUSTEE – AMY BERGER
 - JH TRUSTEE- DANI HARRIS
 - BHS TRUSTEE- JANE SYYDER
 - BHS TRUSTEE- CARRIE RICHEY
 - GHS TRUSTEE- HEATHER PETROVICH
 - GHS TRUSTEE- VACANT
 - TRUSTEE AT LARGE – JEREMY KESLAR
-





FOR ALL INFORMATION AND
COMMUNICATION

Band App

www.connellsvillewrestling.com

TOURNAMENTS
PRACTICE SCHEDULE
EVENTS

It is your responsibility to stay connected



PRACTICE



T.C.SHALLENBERGER WRESTLING CENTER
ONE "HECK" OF A WRESTLING ROOM

MONDAY: NOVICE 6:00 PM -7:30 PM

TUESDAY : ADVANCED 6:00 PM -8:00 PM

WEDNESDAY : TBD

THURSDAY : NOVICE 5:45 PM -7:15 PM / ADVANCED 6:45 PM-8:30 PM

ARRIVE 15 MIN BEFORE TO GET READY.

PARENTS MUST SIGN WRESTLERS IN AND OUT

WHAT YOU WILL NEED:

- SHORTS AND T-SHIRT WITH NO BUTTONS OR ZIPPERS
- WRESTLING SHOES (ONLY TO BE USED INDOOR ON THE MAT)
- HEADGEAR
- MOUTHPIECE (IF NEEDED)
- BRING A WATER BOTTLE (LABELED WITH WRESTLERS NAME)

Wrestling Practice at the High School

Instructions for Youth Practice

Remember we are guest at the H.S. and we need to make sure we respect all activities going on and represent our program to the highest standard.

Important Rules:

- *ENTER AT THE AUX GYM LOBBY
- *NO WRESTLING ROOM ACCESS TO ANYONE
- *NO MAIN GYM ACCESS TO ANYONE
- *NO AUX GYM ACCESS TO ANYONE

There is a sitting area in front of the cafeteria. If there are no activities, we can sit there.

Parents with younger siblings, they are your responsibility. Please do not let them roam the school.





TOURNAMENTS

OTHER OPTIONS

- WWW.PYWRESTLING.COM

WE HAVE A LINK ON OUR WEBSITE THAT YOU CAN ACCESS. YOU WILL NEED TO REGISTER YOUR OWN WRESTLER. Deadlines are usually Wednesday or Thursdays.

Once you Register go back to

Our website and fill out the google form for that tournament.

- GOOGLE FORM

When filling out the google form for the correct tournament, basic information will be needed.

This helps us schedule coaches and see how many kids we have wrestling.

KEYSTONE WRESTLING LEAGUE

- 6 SITE MATCHES
- 2 GUARANTEED MATCHES
- MADISON WEIGHTS
- MATCHING UP YOUR WRESTLER WITH SOMEONE WITH THEIR SKILLS AND ABILITY
- MUST ATTEND A MIN OF 3 or 4 TO QUALIFY FOR TOC
- OPEN TO NOVICE AND ADVANCED WRESTLERS
- COACHES WILL BE AT MATCHES
- NO ENTRY FEE (CONNELLSVILLE WRESTLING HAS COVERED THE FEE)

Placement Pictures

It is the parent's responsibility to email us the wrestler's picture to put on Facebook or any social media platform.

Email is connellsvillewrestling@gmail.com – Title the email with Wrestler's name

Information needed: Tournament Name, wrestlers name, bracket (age and wt) and place.

We will only upload top 3 places from local tournaments and top 8 places for national tournament

Wrestler must be wearing Connellsville T-Shirt or Singlet. Club gear will not be uploaded.



OTHER INFORMATION



<https://www.flowrestling.org/events>

Corner Coaches

For Keystone League, Area I, and PJW events you MUST have a Connellsville coach in your corner.

Coach Joel will provide details.

Team Pictures
Information will be
coming soon!



TRACKWRESTLING

<https://www.trackwrestling.com/TWHome.jsp?loadBalanced=true>

Keystone Wrestling League

What is the Keystone League?

Have you ever heard of the WPIAL? This league is designed the same way in the sense that your child will be competing against other wrestlers from local and surrounding school districts located in Western Pennsylvania. In 2024 the Keystone League had 45 local Districts in their program. The Falcon Wrestling Association pays for your child to wrestle in the Keystone League.

The parents will be responsible for admission payment and concessions.

Keystone Wrestling League

Teams in the Keystone League

Albert Gallatin, Apollo, Armstrong, Baldwin, Belle Vernon, Beth Center, Brownsville, Burrell, Charleroi, Connellsville, Derry, Elderton, Elizabeth Forward, Franklin Regional, Frazier, Gateway, Greensburg Salem, Hempfield, Highlands, Indiana, Jefferson Morgan, Kiski, Knoch, Latrobe, Ligonier Valley, McKeesport, Mt. Pleasant, Norwin, Penn Hills, Penn Trafford, Plum, Ringgold, Rivervalley, Saltsburg, Shadyside Boys & Girls Club, South Allegheny, Southmoreland, Thomas Jefferson, Valley, Waynesburg, West Mifflin, Westinghouse, Woodland Hills and Yough

Keystone Wrestling League

What are the Requirements?

- Must be between the ages of 5-12 to participate. (Age as of December 31, 2025)
- Girls ONLY are eligible to participate from 5-13
- You must weigh-in two times for the program: Pre-Season on **10/27/25** between 6-8 PM **and** Qualifier on **1/20/26** at the Mt. Pleasant High School Cafeteria.
- Kids who are 6U, 8U, and 10U have to participate in 4 out of the 6 site matches
- Kids who are 12U have to participate in 3 out of the 6 site matches
- If you do not weigh-in you can NOT participate in the League or the Qualifier
- Provide a copy of your wrestlers Birth Certificate to the Connellsville Keystone Representative ASAP
- Keystone League Reps: Drew South, Rodney Ohler, **Looking for two more volunteers**

Keystone First Weigh-In

This is a MANDATORY Weigh-In for the Keystone League!

Our wrestler's weigh-in will be held 10/27/25 at Mount Pleasant High School in the cafeteria from 6-8 pm.

**Mount Pleasant High School
Cafeteria
265 State Street
Mount Pleasant, PA 15666**

THIS IS THE ONLY WEIGH-IN FOR THE KEYSTONE MATCHES SO YOU MUST BE THERE! IF YOU ARE NOT THERE TO WEIGH-IN, YOU WILL NOT BE ELIGIBLE TO PARTICIPATE IN THE WEEKLY KEYSTONE MATCHES

Per PIAA guidelines: All wrestlers must weigh-in either a singlet or t-shirt/shorts. NO MORE NO LESS. This policy will be strongly enforced.

There will be tables with a representative from each school. Please make sure you check in with the Connellsville representatives who will be sitting there. We will give you the slip of paper you will need to get weighed in.

Keystone Wrestling League

What are the Benefits?

- Wrestlers will be taught basic knowledge of mat etiquette (putting on ankle bands, shaking opponents & coaches' hands, learning mat boundaries and rules along with basic and advance live wrestling skills)
- Wrestlers are paired up with other children at their age, weight, and skill level.
- They are paired using a start rating system developed by their coaches (1 star is beginners, 5 stars is advanced)
- All wrestlers should be working and receiving quality matches. Wrestlers should be winning some and be competitive in their matches. If your child is winning all their matches, we will need to change their star rating. If you child is losing every match we may need to adjust their star rating down.

The weekly matches are exhibition style meaning the outcome of the matches are not contingent upon participation in the Keystone Qualifiers at the end of season

Keystone Wrestling League

Match Site Days?

- Must wear your Connellsville singlet to each match including the qualifier and TOC**
- Admission fees no higher than \$7 adult and \$5 for children, ages 5 and under are free
- Go to your check-in table let your representative know you are there

IMPORTANT DATES

- Preseason weigh-ins on 10/27/25 at Mt. Pleasant High School between 6-8 pm
- Connellsville will be hosting a Keystone League site match on December 21, 2025
- Qualifier weigh-ins January 20, 2026 at Mt. Pleasant High School between 6-8 pm
- Qualifier Tournament January 25, 2026 at Monroeville Convention Center
- Tournament of Champions (TOC) February 8, 2026 at Kovalchick Convention & Athletic Complex IUP

Keystone Wrestling Match Day

Check In

Typically, an adult admission fee of \$5.00 is charged, wrestlers are free, and other children are free or at least a lesser rate. Upon arriving at the school, you must check in at the Connellsville table. A Connellsville representative will pull the wrestler's card from the stack of cards and check his/her name off noting their presence. Please verify the information on the card. Your child's age on the card will be his age as of 12/31/2024. **This is a very important step because if you do not check in at the table your child will not be paired up for matches.**

Skin Check

After check in, there will be skin checks conducted by either our coaches or a representative from the host school. If your child has any skin condition, please have a skin form signed by your doctor. Also, try to make sure your child's fingernails are trimmed for safety reasons.

Warm Ups

Following the skin check, we ask that all wrestlers go to the mat and warm up. They should stretch out and practice moves with each other until the mats are cleared for wrestling.

Pairings

Two coaches from each attending team will take the cards from the signups to a room where the wrestlers are matched up. The league uses a "Star Rating" to get the best match-ups possible. Bout sheets are filled out and sent out to the announcers.

***At the beginning of the season, we as an organization, record all wrestlers' name, age, and weight. Our coaches assign each wrestler a "rank" based on experience, aggressiveness, and general athletic ability. The rankings (skill level) COMBINED with the wrestler's age and weight are used at the Keystone Tournaments to match our wrestlers to other wrestlers with similar abilities.

Ex. Tom is a 1st year wrestler who is 7 years old, weighs 63.2#, and ranked as a 0 star. He will match up with an opponent that is his skill level (0 star), age 7/8, and +/- 5 pounds of his weight given that there is a match for him. **Ex:** London is a 10-year old, fifth year wrestler who placed at states and is a 6 star. She would match up with someone her age, weight, and closest highest star. 6 is the highest star rating earned by a state placement. **Weight brackets are only of concern at the end of the year for the Keystone Finals Tournament.**

Staging

There are usually 3-5 matches going on at a time. Please listen for your child's name and/or weight and age and send him to the staging area. The staging area is a pre-defined area of the gym where the wrestlers report and are paired up with another wrestler to wait their turn to wrestle on the assigned mat.

Matches

Always be sure your wrestler has a Connellsville coach at his mat before he/she begins a match. If a coach is not present, the announcer will ask for a coach to come to that mat, however, please DO NOT start without a coach. Your wrestler will have at least **2 matches**. Make sure to check with the head coach before you leave to verify your wrestler is done for the day.

Keystone Tournament Of Champions

Keystone Finals (Tournament of Champions)

Those participating in the Keystone Finals (**Tournament of Champions**) will be required to weigh-in several days before at a designated weigh-in location.

- To advance to the Keystone Finals, ALL wrestlers will participate in the **Keystone Qualifiers**
 - If weight classes are small <16 wrestlers, your wrestler's weight class will advance directly to the Keystone Finals
 - to advance to the **Keystone Finals**, your wrestler must place **1st -4th** in his/her respective bracket
- For this tournament, the ONLY criteria for pairings will be weight and age (not experience nor ability). Weight classes are generally in 5 pound increments. For example, if your child weighs 51 pounds at weigh-ins, he will be required to wrestle as a 55 pounder.
 - period lengths for these matches are the following:
 - **6U** and **8U** 1-1-1
 - **10U** and **12U** 2-1-1
- This is a DOUBLE elimination tournament meaning even if your wrestler loses a match, he/she can win in the consolation bouts and still place **3rd or 4th**

Keystone Tournament Of Chmapions

Keystone Tournament of Champions Weights

TBA

HYGIENE

IMPROPER HYGIENE CAN BE THE CAUSE OF A LOT OF PROBLEMS IF YOU ARE NOT PROACTIVE

- RINGWORM
- RINGWORM IN THE SCALP
- IMPETIGO
- MRSA
- MAT HERPES
- STAPH INFECTION
- TRIM FINGERNAILS

THESE CAN ALL BE PREVENTED WITH PROPER HYGIENE. COACHES WILL BE DOING DAILY CHECKS FOR LONG NAILS, AND RINGWORM.

IF YOU WRESTLERS HAS A SPOT THAT QUESTIONABLE, PLEASE LET A COACH KNOW. THIS WILL STOP THE SPREAD IN THE ROOM.

WE WILL HAVE THE SKIN FORM ON OUR WEBSITE FOR YOU TO DOWNLOAD.

WHAT YOU NEED IN YOUR WRESTLING BAG

- NAIL CLIPPERS
- NOSE PLUGS
- TAPE
- DEODORANT
- UNDERWEAR
- SOCKS
- EXTRA PAIR OF CLOTHES



CONNELLSVILLE



CONNELLSVILLE FALCON WRESTLING

YOUTH NIGHT - DECEMBER 10, 2025

ONCE A FALCON, ALWAYS A FALCON

FOR MORE INFORMATION VISIT
CONNELLSVILLEWRESTLING.COM



Social Media

- FACEBOOK
- TWITTER
- INSTAGRAM

With over 170 wrestlers we can not keep up with everyone's travels. So, if you wrestle somewhere and want to be featured in our social media please PM us and we would gladly post it on our site.

Please remember you are representing our program at all events, and we will not tolerate any negative social media posts about our School, Our Coaches, or our Program.



STATE TOURNAMENTS

KEYSTONE STATE TOURNAMENT

Qualifier

Date: February 21

1st Summit Arena

Johnstown, PA

State Tournament

March 13-15

Bryce Jordan

Center

State College, PA



PJW STATE TOURNAMENT

Area I Qualifier

February 15

Connemaugh Township

Junior High State Tournament

February 27-March 1

1st Summit Arena

Johnstown, PA

Youth State

Tournament

March 28-29

Harrisburg, PA



FUNDRAISING



WHY?



TO PAY FOR
GEAR



DUAL
MATCHES



TOURNAMENTS



BANQUETS



HELP THE
COACHES

WE HAVE AN OPTION OF A BUY OUT OF \$500. IF YOU CHOOSE TO GO THIS ROUTE, PLEASE MAKE CHECKS PAYABLE TO FALCON WRESTLING ASSOCIATION. EVERYONE IS RESPONSIBLE FOR THE SALE OF TICKETS AND EVENT PARTICIPATION.



THIS IS HOW WE CAN AFFORD ALL THE NICE THINGS

- Tickets – All tickets must be sold
- Winter Classic Youth Duals 12/20/25
- Keystone Stie Match 12/21/25
- Junior High Duals 1/2/26
- High School Girls & JV Boys 1/3/26
- King Of The Mat 2/1/26
- Cash Bash 4/11/26 (Tentative)
- Freestyle/Greco Tournament 5/3/26



All 4 programs will participate in these events (Youth, Junior High, High School Boys and High School Girls)

A \$150.00 check will need to be collected when you pick up your singlets or before the first tournament. Once your participation is complete we will give you your check back. This check will not be deposited unless you don't participate.

We will have Event Sign Ups Via SignUpGenius, this will give everyone the opportunity to pick events around their schedule.



Connellsville Youth Wrestling

***In order to provide the following benefits to all wrestlers, the Falcon Wrestling Association needs your help as parents to volunteer at tournaments and participate in fundraisers that are hosted by our program.**

Program Benefits- FWA- Connellsville Wrestling

- If you selected the \$110 registration, your child will receive a \$50 custom singlet. Plus, all wrestlers will receive a Connellsville Wrestling T-shirt (\$15)
- Keystone League- 8 free events for your child to compete.
- COW Rock off season training
- The FWA purchased \$22,000 in competition mats to be used in the Auxiliary Gym for tournaments. The FWA also purchased equipment to aid in strength training. (kettle bells, Bulgarian bags, power bands etc.)

Free Training Provided

- *Up to 3 practices available per week during the season.
- ***FREE** Cow Rock off season training - Wrestling/Conditioning/Lifting (\$100/month value)

ENTRY FEES & FINANCIAL COMPENSATION PAID BY THE FWA

*Area 1 Qualifier (\$35)	*King of the Mat (\$40)	*Connellsville Freestyle Tournament (\$25)
*Fees for 2-3 Dual Meet Tournaments	*Fees for 1 Novice Dual Meet Tournament	*Hotel fees are paid if your wrestler qualifies for the PJW State Tournament
*End of the year banquet	*End of year gift	*Keystone League Fees
*1/2 off the cost of Summer Wrestling Clinic		



Opportunities for Growth

Connellsville Off-Season Wrestling

USA Wrestling card is required





The best 10-year-old isn't always the best 8th grader and the best 8th grader isn't always the best senior in high school. Quite often the kids people say "aren't so good" become the best athletes...It's called DEVELOPMENT. Remember, it's not how you start, it's how you finish.

Trust the Process and Believe in You!

Consistency-Attitude-Effort