

WOODBURY YOUTH WRESTLING

Parent Information 2023- 2024



Goals

We have five primary goals as a wrestling club:

1. Provide a positive, fun-filled experience.
2. Teach the participants the skills, rules, strategy, and discipline of wrestling and encourage good sportsmanship, self-confidence, and physical fitness.
3. Promote healthy and safe physical activity for all participants.
4. Build character by offering a positive experience, regardless of individual ability, stressing skill development and a positive attitude regardless of winning or losing.
5. Assist wrestlers in developing and reaching a personal goal. Every wrestler may have a different goal - for some it is to win a national championship and for others it may be to come to practice. Regardless of each wrestler's ambitions, we strive to help them work towards their goal.

As adults we must always keep in mind - this is **ALL ABOUT THE KIDS**. It is about serving each individual child in the program regardless of their ability, athleticism, skills, physical attributes, age, sex, race, or any other factor.

Why Wrestle?

Wrestling is one of the best sports for overall physical development because it involves all muscle groups. This sport improves balance, speed, and agility. It strengthens all muscle groups from hips, legs & all the upper body. Wrestling is a sport that can naturally improve one's ability to perform in many other sports.

What is Folkstyle?

Folkstyle Wrestling is a form of wrestling that is practiced mostly in American high schools and colleges. It is also known as collegiate wrestling. The object of Folkstyle Wrestling is to pin your opponent. Failing this, you will want to get as many points as possible. See the end of the parent packet for more details around match scoring and terminology.

Practices

Coaches will teach wrestling technique and create a fun environment that will help develop wrestlers of all levels and ability.

Where: WHS Wrestling Room

When: T/TH (unless otherwise noted in the TeamSnap Calendar)

Start Date: Thursday, November 9th.

End Date: Saturday, March 16th

Session I (Intro) 6:00-7:00p.m.

Younger/newer wrestlers focusing on the fundamentals of wrestling or looking for a casual athletic experience

Session II (Advanced) 7:15-8:30p.m.

More advanced wrestlers who are looking to compete at higher levels and learn more difficult techniques

Expectations:

- Kids are on time and ready to go (i.e., wrestling shoes on, shirts tucked in).
- Kids listen to coaches and watch demonstrations with attention.
- All gear is to remain inside the athlete's personal bag.
- Please bring a water bottle.
- Athletes should collect all gear and trash after session.
- Athletes must shower after each training session.
- Athletes should clean all equipment after their session.
- Coaches will sanitize mats before and after each training session.

Staying Healthy

The safety and well-being of all students, families and coaches will always be a top priority for Woodbury Youth Wrestling. If your child is showing any signs of sickness, we ask that you keep them home and use your best judgment.

Concussions:

Please see the attached "Heads Up" Sheet

Skin:

Shower/bathe as soon as possible after practice/competition. Use clean work out clothing for each practice and clean your equipment on a regular basis. Notify your coach about any suspicious skin lesion and have the wrestler evaluated by your health care provider before returning to competition or practice. There is a specific MNUSA form that can be filled out by your provider to ensure wrestlers that are treated and safe to wrestle are allowed to compete. Know that all wrestlers will be required to pass skin checks before competition.

Weight:

Your wrestler will be weighed at tournaments to match him or her appropriately with other wrestlers of similar weight. Woodbury Youth Wrestling **DOES NOT** want you to restrict food or beverages (cutting weight) for your growing children who need nutrition for success. A healthy diet is great for everyone! Consult your pediatrician for healthy eating guidance.

Costs & Gear

Season Registration Fee: \$200

Included in the registration fee will be practice gear. This year's gear will be offered via an online link

Required MNUSA Membership: \$45

Tournaments are always optional, but we really encourage wrestlers to try and get out there a few times

Singlet for Competition: Singlets will be available for rent through our club. For families that would like to participate in singlet rental, the process is below:

1. Complete the Singlet rental form.
2. Invoices will be emailed to parent(s) for payment (\$70/singlet)
3. Coaches will distribute singlets after payments are received.
4. Upon season completion, the rented singlet will need to be returned to one of the coaches.
5. Families can then expect a credit be processed via original payment method.

- If your wrestler has concerns about wearing a singlet, please see Coach Logan.
- Typically, girls wear a compression style shirt under their singlet.

Headgear: Expect this to range from \$30-\$40. Many tournaments will not require headgear, though it is required at the state tournament and some dual meets.

Wrestling shoes: optional but encouraged

- **Extra Shoes:** The club has a bag of extra wrestling shoes that will be brought to practices. If your wrestler would like to borrow a pair for the season, reach out to Jeremy, Brandon, or Logan.
- **Donate?** If you have extra shoes you would like to donate to the club for others to utilize that is appreciated, reach out to a coach, or simply bring the shoes to practice.

Mouth Guards: Optional but encouraged.

Practice Gear: Shorts without pockets and t-shirts are appropriate for practices.

State Tournament Registration: Information will be made available as it is released.

Communication

Our club utilizes TeamSnap as our main form of communication. This can be accessed via app or online.

TeamSnap <https://go.teamsnap.com>

If you have any questions, concerns, comments, or suggestions, be sure to reach out to us & let us know.

- We encourage parents to upload a picture of their wrestler(s).
- Please make sure to keep your parent contact information as up to date as possible (e-mail & phone)

Fundraising

We are planning to do a fundraiser with Heggie's Pizza again this year. We typically start our fundraising activity in early January and details will be provided closer to date.

- Each wrestler will receive a fundraising packet.
- We will be presenting prizes to the Top 3 Wrestler earners.

Volunteer Needs

When volunteer opportunities arise, we will communicate via TeamSnap.

Photography

This year's photography will be taken by: 'Capture It Now!' out of Hudson, WI. They offer an online submission form; additional details will be shared via TeamSnap, closer to date.

Date: Thursday February 1st

Competition & Sportsmanship

The Woodbury team and coaches have chosen one tournament each weekend, communicated the choice via TeamSnap and given families the option to pick which tournament and how many are right for your family.

Individual Tournaments:

Individual tournaments consist of both MNUSA qualifier and open tournaments that are often run-in similar fashion and every wrestler in our club should be able to get up to three matches at an individual tournament.

Team Dual Tournament:

In a Dual Team tournament, one wrestler per team in each weight class wrestles. Points from each match are tallied for the team.

Things to Consider:

- MNUSA tournaments provide the opportunity to qualify for the state tournament.
 - A MNUSA card is required to wrestle in MNUSA tournaments)
- Location convenience

Steps of a Match

1. Shake referee's hand and opponents prior to wrestling.
2. The matches are short — each "match" consists of three periods of 1 minute each.
3. They will wrestle for 1 minute, stop, another minute, stop, and then the last minute. If a wrestler gets "pinned," or "technical fall" the match ends. A pin will be indicated by the referee slapping their palm on the mat.
4. Each maneuver that gives the wrestler an upper hand gets points; getting out of a tough situation gets points too.
5. Each wrestler has a red or green strap around an ankle. This keeps track of who has which score — color coded on the scoring table (which is where the clock lives too).
6. The ref will make hand signals to the scoring table to indicate which color scored points, and how many.
7. The wrestler with the most points at the end of the match wins.
8. At the end of the match wrestlers stand in the center of the mat on either side of the referee and the referee raises the arm of the wrestler to declare the winner.
9. **Regardless of win or lose** – after wrestler shakes opponent hand, ref's hand, opponents' coaches' hand, and wrestler coaches' hand – in that order – no exceptions.
 - Please practice this with your wrestler. Sportsmanship is key. If your wrestler gets into this pattern, then when he wins or loses, he will follow conduct standards.

Steps of challenging a Ref's call:

1. A call was made that does not align with what the coach had seen, at mat side.
2. The coach confers with the head coach to deliberate and gauge the offense/mistake/or whatever.
3. Coaches decide either to challenge or not.
4. Parents must display their maintaining composure, or the call will not be challenged. The reason for this, we want to represent ourselves appropriately on the mat, in school, at home, and in the stands. Challenges are intense, nerve wracking for everyone involved and will only go smoothly if everyone is composed and focused.
5. We will wait patiently and honorably until the decision is made by refs to either accept or decline our challenge.
6. In the event the challenge is accepted to be valid, we will act respectable.
7. In the event the challenge is declined, the head coach will have a short debrief to help shine light on the ref's decision and work toward understanding and acceptance with a few talking points.

Match Scoring & Terminology

Take Down: from the neutral or standing position, when a wrestler gets behind or on top of the opponent in control on the mat.

Escape: Getting out from underneath the opponent to a standing or neutral position facing him/her

Reversal: Getting out from underneath, and getting behind or on top of an opponent in one maneuver

Pin: when a wrestler's shoulders are held on the mat.

Near Fall: Holding the opponent's shoulders to the mat for less than one second or holding his/her shoulders within four inches of the mat for one second or longer or holding one shoulder to the mat and the other at a 45-degree angle.

Near Fall: Holding a near fall for five consecutive seconds.

Illegal holds: like clasping, touching hands together when holding an opponent on the ground, roughness, technical fouls.

Abusive and/or Unsportsmanlike Conduct: Deduct 1 Team point.

Flagrant Misconduct: Disqualify and deduct 1 Team point.

Win by Pin: A pin ends the match with a Win going to the wrestler who pinned his opponent.

Technical Fall: Awarded to the wrestler who has a margin of victory of fifteen or more points than the opponent.

Win by Decisions: Awarded to the wrestler who has more than the opponent after 3 periods. A major decision is awarded if the margin of victory is 8-14 points more than the opponent in team dual tournaments.

Move	Point Value
Take Down	+2
Escape	+1
Reversal	+2
Near Fall (2 cons. seconds)	+2
Near Fall (5 cons. seconds)	+3

WOODBURY YOUTH WRESTLING

Singlet Rental Form 2023- 2024



Complete the following information if you'd like to rent a singlet for the season.

Wrestler's Name(s):

Parent's Name(s):

E-mail Address for Invoice:

Circle Singlet Size(s):

<i>Size</i>	<i>Weight (lbs.)</i>
Youth-S	55-70
Youth-M	70-85
Youth-L	85-100
Adult-XS	100-115

Details:

- One-time rental charge of \$70, Due Nov. 16th
- Upon season completion please return singlet(s) to Coaches
- Once returned, you will be reimbursed the \$70, via the original form of payment