

*Prior Lake Wrestling Club*

**WELCOME  
PARENTS**

**2023-2024**



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# Agenda

- Overview of Prior Lake Wrestling
- Important Dates
- Practices
- Communication
- Tournament Information
- PL Youth Team
- Equipment
- Sponsorship
- End of the Year Picnic



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# Overview of Prior Lake Wrestling

## **MISSION:**

Promote excellence in wrestling and positively influence the lives of kids in the Prior Lake and Savage communities, by developing a commitment to wrestling through a fun and affordable team-oriented experience at practices and competitions, emphasizing sportsmanship, teamwork, skill building, physical conditioning, goal setting, a competitive spirit, hard work and a winning attitude. Our goal is to help guide our athletes to become the best and prepare them to face all of life's challenges

## **PLWC GOALS & EXPECTATIONS:**

### **Coaches**

- Professional, organized & fair
- Foster a challenging but fun environment
- Positive role models for the kids

### **Wrestlers**

- Have fun!!!
- Try their best
- Never give up
- Be a role model for the younger kids

### **Parents**

- Supportive and encouraging
- If you're not sure, ask!
- Be an active member



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# *Important Dates- Mark your Calendars!*

- ★ Fundraising event is **Saturday, November 18th.** This is the one day we have to raise funds for our program. The event starts at 10:00am and ends around 2pm with hosted pizza at The Pointe by the PLWC. Each family is expected to participate and sell a certain number of coupon books. The Fundraising deposit is \$200. You won't have to write this check when you participate on the 18th.
- **January 11th PL Varsity meet – Youth Night**
  - Youth get in FREE with PL Wrestling shirt.
- **December 10th - Prior Lake Team Tournament**
  - Parent Volunteers needed to have successful tournament (signup-genius)
- **January 6th - Prior Lake Individual Tournament**
  - Parent Volunteers needed to have successful tournament (signup-genius)
- **Friday February 2nd – Highway 13 Dual @ New Prague**
  - Youth & Middle School kids wrestle New Prague kids prior to the JV/Varsity matches
- **December 1st PL Varsity meet- Alumni Night**
- **January 25th PL Varsity meet– Parent/Senior Night**
- **March 14-17 - MN/USA Youth State Tournament**
  - Mayo Civic Center - Rochester, MN



# Practice Schdeule

## Session 1 (pre k & kindergarten)

- **Monday & Wednesday:** 6:00 - 7:00 p.m.
  - Prior Lake High School wrestling room
- **Friday:** 5:00-6:00 p.m.
  - La Bodega 16861 Welcome Ave SE, Prior Lake, MN 55372
  - this practice will include wrestling-specific strength & agility training

All parents are welcome to watch practices in the wrestling room. If there are young children present, please limit any distractions during instruction.

All kids (both wrestlers and siblings) must be accompanied by an adult if they want to use the walkway in the Gold Gym.

**\*the practice schedule for the season will be posted on the sportsengine app**

**\*\*If you wrestler is sick or does not attend school that day, please, PLEASE *do not* bring them to practice!! The same thing goes for siblings.**

# Practice Schedule

## Session 2 (1st & 2nd & beginner 3rd graders)

- **Tuesday & Thursday:** 6:00-7:00 p.m. at the Prior Lake High School wrestling room
- **Wednesday:** 7:00- 8:00 p.m. at the Prior Lake High School wrestling room
  - this practice will include wrestling-specific strength & agility training

All parents are welcome to watch practices in the wrestling room. If there are young children present, please limit any distractions during instruction.

All kids (both wrestlers and siblings) must be accompanied by an adult if they want to use the walkway in the Gold Gym.

**\*the practice schedule for the season will be posted on the sportsengine app**

**\*\*If you wrestler is sick or does not attend school that day, please, PLEASE *do not* bring them to practice!! The same thing goes for siblings.**

# Practice Schedule

## Session 3 (3rd-5th graders)

- **Monday, Tuesday & Thursday: 7-8:30 p.m.**
  - Prior Lake High School wrestling room
  - Monday practice will include wrestling-specific strength & agility training

Only coaches & wrestlers will be allowed in the room for these practices

All kids (both wrestlers and siblings) must be accompanied by an adult if they want to use the walkway in the Gold Gym.

**\*the practice schedule for the season will be posted on the sportsengine app**

**\*\*If you wrestler is sick or does not attend school that day, please, PLEASE *do not* bring them to practice!! The same thing goes for siblings.**

# Communication

**Weekly communication will come via email through SportsEngine & include:**

- Practice updates for the week ahead
- What tournaments to attend
- Recognition of youth wrestlers

**We are also hoping to use the SportsEngine app to communicate to parents in each practice session**

**Website [www.priorlakewrestlingclub.org](http://www.priorlakewrestlingclub.org)**

**Email [plwrestling@gmail.com](mailto:plwrestling@gmail.com)**

**Important Phone Numbers**

**Stacy Putman    507-273-3821**  
**Scott Congdon    952-994-7145**

**VP-Youth Admin**  
**VP-Youth Coaching**





# Prior Lake Tournaments

## Team Tournament December 10th -

- Same weekend as the Ron Edwards HS tournament
- 8 Club team tournament hosted in the Gold Gym
- Admissions, Concessions, Set up & Take down Parent Volunteers needed (signup genius)

## Individual Tournament January 6th

- Great beginners tournament
- Hosted in the Gold Gym
- 91 positions to fill for parent volunteers (signup genius)



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# Open Tournament Structure

A list of open tournaments can be found for the entire year on [The Guillotine](#)

Emails will be sent out weekly about tournaments close by

We hope to utilize the SportsEngine app to let parents know which tournaments coaches will be at each month & which tournaments other wrestlers are going to attend.

# Open Tournaments 101

## **What do I do when I get there?**

- Registration table – pay family admission and fee to wrestle
- Will get a form to fill out – name/club/age/grade – sometimes skill level
- Take form and go to weigh-ins

## **What happens between registration and wrestling?**

- Go to the gym and find some PL friends to sit with
- Kids can warm up on the mats
- Mats will be cleared and they will begin to call the kids to “staging” (usually where you weighed in) by grade
- At staging you will be put into your brackets and be sent to mats

## **What happens when wrestling is done?**

- Stay with your bracket
- The table workers will compile the results and send you to awards as a group

## **After the tournament**

- At the next practice:
  - Write down the number of pins your child had during the weekend – they will be recognized during practice and receive “pins”
  - Write down your child’s record on the stat sheets for tracking for end of year awards



# PLWC Youth Team

Each year the the PLWC team attends several different tournaments. The team consists of 16 kids at weights from 45 lbs to HWT. All wrestlers from Pre-K through 6<sup>th</sup> grade are eligible to wrestle for the Youth team. Coaches will determine team members.

## Youth Team Schedule

December 3rd	New Prague
December 10th	Prior Lake
January 21st	“the Brawl” STMA
February 4th	Anoka
March 14th	MN/USA Team State

## **Wrestle-offs:**

- Prior to any team tournament your wrestler can wrestle-off against any team member to earn a spot.
- You must indicate to Coach Blake well in advance if your son wants to wrestle off for a spot
- Wrestle-offs will take place during practice or at other specified dates



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# Equipment

## **Equipment for rent: \$125 deposit check for Singlet & Headgear**

- Singlet - limited number available right now
- Headgear - **\$60 deposit check** if just renting headgear

\*Deposit checks are shred once gear is returned.

## **Equipment Handout dates:**

- Week of November 20th
- Week of November 28th

## **Wrestling Shoes:**

- There are a limited number of shoes available if anyone needs a pair.
- Please turn in an old pair if possible for the younger kids.

**\*\*The old lightning singlets are for sale for just \$15.  
Sizes and quantities are limited.**



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# Fan Store

This year we will have a store through GameOne open all year round.

To order click the link below. The password is wrestling

[Prior Lake Youth Wrestling Custom Apparel and Merchandise - Game One \(game-one.com\)](#)

# Stats -

## **Purpose of stats:**

- Keep records for those that want to
- Recording stats is not mandatory

**Benefit of stats:** End of year awards & career awards are given out at the annual youth wrestling picnic

## **Ways To Submit Stats:**

1. Complete paper slips that will be at the wrestling table during practices held at the high school
2. Email [plwrestling@gmail.com](mailto:plwrestling@gmail.com) & include the following information
  - Wrestler's name
  - tournament name
  - tournament date
  - Place the wrestler earned
  - Number of wins
  - Number of pins

# Sponsorship



**Help support all levels of PLWC!!**

Your support helps us keep our program running. Our annual budget helps pay for practice space, coaching, equipment, uniforms, tournament entry fees, travel expenses and scholarships.

## **Friends & Family Sponsorships**

### **\$25-\$1000+**

A great way to show your support the team, club, & community. We will list your name in the PLHS Wrestling Program as a “friends & family sponsor”.

### **Non-Cash Donations**

Donations are gladly accepted to support various club events. The net value of all non-cash donations will be added to any cash donations to determine your sponsorship level.

Please contact Chad LeMair for more information  
612.328.8136  
[CHAD@ABOVEALLHARDWOODFLOORS.COM](mailto:CHAD@ABOVEALLHARDWOODFLOORS.COM)





# Out of Town Weekend

## **Objective:**

- Give the kids a chance to have fun as a group away from Prior Lake
- Give the parents a chance to get to know each other better

## **When:**

- TBD
- A block of rooms will be reserved and information will be provided in the near future

## **What is Paid For:**

1. Entry fee for wrestlers and Coaches at the tournament
2. Pizza party at night

# *Volunteer Hours*

**The parents help make our program successful!**

**Volunteer Expectations: \$250 deposit check required!**

- 6 hours per family

**Volunteer Opportunities:**

1. Prior Lake Tournaments (signup genius)
2. Mat Washing-counts as 30 minutes (signup genius)

**\$250 deposit check destroyed once requirement is fulfilled**



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# End of Year Picnic

Our end of year picnic is usually held in May. Details will be communicated to families as soon as we have them.

## **What we recognize during the picnic**

- Wrap up the season and recognize kids/parents/coaches
- High school wrestlers are on hand to present awards for
  - 5 wins trophy
  - 15 wins trophy
  - 25 wins trophy
  - 50 wins plaque
  - Career milestones
    - 100 wins – PLWC jacket
    - 200 wins – PLWC duffle bag
    - 300 wins - TBD
    - 400 wins - TBD



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*Thank you*

# Questions?



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