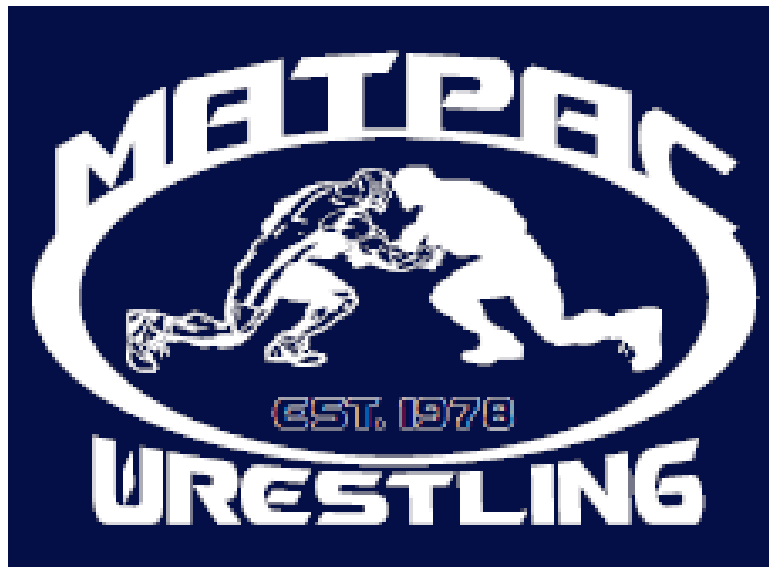


Parents



Handbook

MATPAC Wrestling Club Welcomes You!

We're glad to have you as a member and hope you have a lot of fun.

If you have any questions, we will be happy to visit with you. We would love to have you as a parent volunteer. Any assistance is appreciated. Please ask how you can contribute.

All are welcome; All kids are encouraged to join from pre-school through grade 12. Wrestling is a sport in which both genders can participate. The text of this manual may refer to boy, him, he, or his. It was written this way for simplicity. Its intended interpretation is for all genders.

This booklet was designed to help explain our program, especially to new members. Please file it away for future reference during our wrestling season. The Board of Directors reserves the right to modify this handbook and rules at any time.

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COACHES:

Head Coach - Jeff Schumacher - 701-471-9237

BOARD OF DIRECTORS:

Dyke Boese – President

Mark Lardy – Vice President

Jeremy Jangula – Treasurer

Jeff Schumacher – Head Coach

Chad Renner – Board Member

Richie Steidler – Board Member

MATPAC Wrestling Council (Dallas Heid, Jeb Williams, Amber Sandness) – Board Member

DUES

Registration dues are due on the first practice of every month. Please pay your dues before this time, if this isn't possible, please let a board member or coach know asap. You pay your dues online only on our web site. To help encourage participation in wrestling if you bring a new kid and they sign up for a month you will get ½ off next month's dues and if you bring in two kids you will get one month FREE!! (Max of 2 referrals per month)

FUNDING

The MATPAC will have fundraisers during the year. These fundraisers provide money to be used to defray much of the costs of running our club, scholarships, and reimbursements. Unlike many youth sports clubs, it is NOT a requirement of MATPAC team members to participate in the fundraisers, but in order to continue the success of our club it is highly encouraged.

SCHOLARSHIPS/Reimbursement Program

Scholarships are available for youth to participate with the MATPAC Wrestling Club. Registration fees, bus fees, expenses for overnight trips, and equipment may be covered by a scholarship. The mission of the Scholarship Program is to help youth participate and reduce barriers to become involved in these organized activities for youth who would otherwise not be able to participate due to limited financial resources and to help increase participation in larger tournaments. Please direct all questions and requests by writing to any board member.

MATPAC Scholarship/Reimbursement Program

(This document is to be used as a guideline and the board has the right to make adjustments as they see fit. **If any of the requirements below don't fit the situation or request please just submit a letter to the board with your request**)

Kids Scholarship Program;

- \$100 scholarships are available to any MATPAC paid member to help cover tournament costs that meet the following criteria. It's recommended and suggested MATPAC scholarship recipients where the MATPAC singlet to help promote MATPAC at these events and to help show their thanks for the support.
 1. Tournaments must be a "national", "regional", or a tournament that requires the athlete to qualify to take part and it must be more than 250 miles from Bismarck ND.
 2. Athlete must submit a written request to the board of directors and coaching staff of MATPAC Wrestling Club.
 1. Written requests should include the athlete's name, tournament they went to, results, and comments about the tournament/performance.

MATPAC Alumni (HS and College) – Specific Information;

- ** this program requires the athlete to submit a written request to the board of directors and coaching staff of MATPAC Wrestling Club that answers the following questions; 1) athlete's name, tournament they went to, results, and comments about the tournament/performance 2) History with MATPAC Wrestling Club 3) What type of fundraising they have taken part in with MATPAC (if any) 4) How they have helped MATPAC Wrestling Club (practices, tournaments, school kids' program, referee etc...).
- Alumni athletes attending events that are under 1,000 miles away are eligible for the standard \$100 scholarship if they meet 1 of the criteria below in 2.1 through 2.3.
- Alumni athletes attending events that over 1,000 miles away have the following opportunities to earn scholarship money in addition to the \$100 scholarship program stated above to help pay for the high transportation costs of these tournaments.
 1. For each consecutive year they attend a tournament they can receive an additional \$100 (example student attends their junior and senior year, their senior year they will get \$300 (\$100 scholarship plus \$100 for each year); a student that attends freshmen, sophomore, junior, and senior years will get \$500 their senior year (\$100 scholarship plus \$100 for each year they go)).
 2. They can obtain an additional \$50 for each of these items that are met (max of \$100)
 1. Paid member of MATPAC Wrestling Club
 2. Take part in the MATPAC fundraising events
 3. Help out with the MATPAC kids wrestling program (practices, working tournaments, coaching, etc...).
 3. The maximum amount to be paid out to an individual for these tournaments is \$500.
- ** Recommend and suggested that MATPAC scholarship recipients where the MATPAC singlet to help promote MATPAC at these events and to show their thanks for the support.

Fuel Reimbursement:

** this program is to help encourage MATPAC athletes and parents to car pool and allow all athletes to attend tournaments when their parents that may not be able to attend.

- Families that provide transportation for at least two additional MATPAC athletes other than their family members may submit their gas receipts to the board for reimbursement.
 1. The tournament must be more than 250 miles from Bismarck ND
 2. All athletes must be paid members of MATPAC Wrestling Club **or** alumni MATPAC athletes that meet 1 of the criteria in steps 2.1 through 2.3 above.

PRACTICES

Practices are usually held on Mondays 6 to 7:30, Tuesdays and Thursdays for advanced wrestlers grade 4 through 12, 7:00 to 8:30pm unless otherwise notified. Pre-school through Grade 3 wrestling practice is Tuesday and Thursday from 6:00 pm to 7:00 pm unless otherwise notified. Practices are held at the MATPAC Wrestling Facility located at 2600 East Rosser Ave. The wrestler should wear clothes with no zippers or buttons, etc. and clean tennis shoes or wrestling shoes (*example: sweatpants/shorts and a t-shirt*). The practice session begins with exercise and warm-ups, followed by instruction and drills. If possible, it's also a good idea to write their name on the back of their shirt. **Only coaches and wrestlers are allowed in the wrestling room.** This is to help the wrestlers focus on the instruction from the coaches rather than their parents. **All wrestlers must bath immediately after practice to help minimize the spread of skin infections.**

EQUIPMENT AND CLOTHING NEEDED:

Practice:

Shorts

T-shirt

White Socks

Clean tennis shoes or wrestling shoes

Kneepads (optional – available at sporting goods stores)

Head Gear (encouraged – available at sporting goods stores)

Tournaments and dual meets

Singlet. (team singlet's available for purchase or rent)

Warm-ups (team warm-ups available for purchase)

Wrestling shoes

Kneepads (optional – available at sporting goods stores)

Head Gear (required – available at sporting goods stores)

TOURNAMENT COMPETITION

If your child decides he wants to wrestle in a tournament, he will be wrestling with an opponent matched by grade level and weight (*or age and weight*). Wrestlers are typically matched with opponents within 5 pounds of their own weight. If the tournament pairs wrestlers by age, then the age group each wrestler competes in is determined by the year of their birth, not their grade in school.

Our Coaches and Wrestlers attend wrestling tournaments nearly every weekend throughout the season. Wrestling clubs in the area sponsor these competitions. Tournament participation is strictly by personal choice. Each week and monthly, an information sheet will be emailed out which explains what tournament our coaches will be attending the following weekend. These tournaments will also be posted on our Calendar and coaches will attend those that start with “USAW – “. With the exception of “state” and national tournaments, wrestlers will weigh in on Thursday after practice. Entry fees must be collected for the tournament at this time.

Tournament information can also be found on the MATPAC website

(<http://www.matpacwrestling.org>).

Our club usually hosts a tournament each year to help publicize the sport of wrestling and also serves as a source of funds for our club. The tournament requires a lot of help and we would appreciate everyone’s support and assistance.

We encourage wrestlers to wear our team singlet at all tournaments. Team singlet’s can be purchased or rented from the club and helps unite us as a team and helps the coaches find your athlete when they are wrestling. Once purchased, they are yours to keep (and can be worn year after year). If rented you will receive your deposit (minus \$10) when you return it in good condition.

TYPICAL TOURNAMENT ROUTINE

1. Before each tournament, bathe and cut fingernails.
2. Remember to bring your wrestler’s; (1) USA registration card for USAW tournaments or their AAU registration card if it’s an AAU tournament, (2) wrestling singlet (3) head gear, and (4) shoes. It’s also a good idea to have a copy of their birth certificate with.
3. Most tournaments allow weigh-ins to be done at practice (typically, Thursday before the tourney). The main exception is at “state” and “national” tournaments. At tournaments requiring on-site weigh-ins, arrive at the tournament, find appropriate registration table by grade level or by year of birth. Register and pay fee if you haven’t already. Go to the scales to be weighed. Their weight will possibly be written on the wrestler’s body and on the weight slip. A weigh-in official will also visually check your skin (for skin ailments) and check your fingernail length.
4. Be sure to eat before you wrestle. Concessions are usually offered at the wrestling site, but fast food or family restaurants are nearby or you can bring your meal and eat in the cafeteria. Athletes are naturally nervous so we recommend non greasy foods before tournaments. We also recommend high carbohydrate foods before tournaments. During this time, the pairing is done by tournament officials. If you have any questions on how the pairing is done, please ask a coach.

5. Wrestling brackets are usually posted with competition beginning shortly after. Find your wrestling chart by looking for your (1) age group or class group, (2) weight, and (3) your name on the chart. At scratch tournaments, the weights are listed as A, B, C, etc., with the smaller weights at the beginning of the alphabet.
6. Warm-up and exercise will be conducted before the tournament as a team together. We will loosen up before wrestling by doing calisthenics and practice moves to help reduce injury and prepare our body.
7. Listen to the announcer for your age group or class group to be called. *Example:* Eight and under weight group A, report to mat #2. A MATPAC Coach will also report to mat #2. At national tournaments you will most likely go by bout numbers in sequential order. Please ask a MATPAC coach or parent if you have any questions or are confused.
8. Try to plan your eating and drinking around your match time (lunch, snacks, etc.). Try not to eat right before you wrestle. Give your body time to digest. Refreshments are for sale after wrestling begins. Many times you may bring your own food and drink.
9. Some tournaments are round robin; which means you wrestle everybody in your grouping. Some tournaments use championship brackets and are double elimination; which means the wrestler will keep wrestling until he has two losses. If he loses two matches, please do not go home until you have checked with pairing to be sure your son has been eliminated or has qualified for an award. Typical awards are medals, plaques or trophies and are given out at the end of the tournament.

Dual Tournaments

Dual tournaments are held between clubs and each club fills each weight class (usual classes; 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 103, 112, 119, 130, and HWT) with an athlete between K – 6th grade. So a 2nd grader could be matched up with an older athlete if they are the same weight. Your team gets points by winning matches by different amount of points or pins. Example of points;

Victory Condition	Number of Team Points Awarded
Fall (Pin)	6
Technical Fall (15pts)	5
Major Decision (8 to 14pts)	4
Decision (1 to 7pts)	3

Weight classes are determined by wrestling each other at practice. Your athlete must sign up on the sheet located in the 3-ring binder at the front of the wrestling room (west wall). Wrestle offs are determined by;

1. Wrestle offs are three one-minute periods using high school rules
2. Once a wrestler holds a spot on the team the challenging wrestler must beat that wrestler twice in a row to take the spot from them.

**** Wrestlers should bath after every tournament competition**

INTERNET SITES AND LINKS

Here are some links that you may want to visit to keep an eye on area tournament schedules and news. Look for things like youth, opens and schedules.

MATPAC Web Page – <http://www.matpacwrestling.org> and the MATPAC Facebook Page

Look at this site for a tournament calendar, announcements for hotel, travel, practice changes etc... and general information about the club.

Dakota Grappler - <http://www.dakotagrappler.com> - Go to the message board link

North Dakota USA Wrestling - <http://www.usawnd.com>

USA Wrestling – <http://www.themat.com> - go to the “events” tab

Trackwrestling - <http://www.trackwrestling.com>

This site is used for registration at a lot of tournaments. It will keep a history and profile of your athlete and also serves for “seeding” some tournaments.

WHY PARTICIPATE IN WRESTLING?

Few sports require total use of the body and wrestling develops this with all the following benefits:

1. Greater physiological development
2. Flexibility
3. Body awareness
4. Strength and leverage
5. Balance
6. Coordination and reaction time
7. Speed
8. Reduced body fat
9. Self-Discipline

Wrestling in schools and clubs is a sport of individual participation functioning within the framework of team concepts. Each athlete has the potential to succeed depending on the time and dedication they put in. This aspect contributes to the development of life-long patterns of responsible behavior including respect for others regardless of social or racial origin. A young person involved in wrestling can be expected to display increasing self-confidence and appreciation of their self-worth, and develop analytical and adaptive skills.

Wrestling is **fun** and like other athletic pursuits, all the family can participate in various ways; from supporting the kids and their clubs to becoming a qualified referee.

WHAT IS WRESTLING?

There are a number of various styles of wrestling. What we do in organized High School wrestling in the USA is called American *Folkstyle* wrestling and MATPAC teaches this style the majority of the year up to the end of March. The styles that are taught all around the world (and what is seen at the Olympics), are *Freestyle* and *Greco-Roman*. There are organized programs in the USA that are strictly these two types of wrestling from the youth level, right on up to the Olympic teams and beyond. We introduce our club to Freestyle and Greco-Roman in the month of April through June.

CODE OF CONDUCT FOR COACHES

- ✓ Properly plan the activities for practice, meets and tournaments.
- ✓ Provide proper instruction
- ✓ Provide safe physical environment
- ✓ Provide adequate and proper equipment
- ✓ Evaluate athletes for injury or incapacity
- ✓ Supervise the activity closely
- ✓ Warn of inherent risks
- ✓ Require each wrestler to give their best effort
- ✓ Treat each wrestler and family with respect
- ✓ Coaches should show good sportsmanship at all times.

CONSEQUENCES FOR COACHES

1. Verbal warning and/or written warning
2. Tournament suspensions
3. Removal from coaching

PARENTS CODE OF CONDUCT

- ✓ Parents should make sure that all fees are paid on time.
- ✓ Parents must turn in all necessary forms promptly.
- ✓ Parents must equip their wrestler properly so they can participate in all practices and matches.
- ✓ Go over the Wrestlers Code of Conduct and ensure wrestler understands what is expected of them.
- ✓ Parents should keep abreast of all information pertinent to their wrestler's practices and tournament schedule.
- ✓ Bring any issues to the coaches as soon as possible – away from the wrestlers.
- ✓ Parents should get their wrestler to practices and tournaments at prescribed times.
- ✓ Parents should be encouraging and not be critical of their wrestler; coach and teach.

- ✓ Parents should try, as much as possible, to be available to assist in the Wrestling Program and team functions as requested.
- ✓ Parents should try to promote the emotional and physical well-being of the athletes ahead of any personal desire to win.
- ✓ Remember that your child wrestles for his enjoyment, not yours.
- ✓ Encourage good sportsmanship through your actions, by demonstrating positive support for all wrestlers.
- ✓ Respect the property and equipment used at any sports facility, both home and away.
- ✓ Support and encourage the wrestlers to always give their best effort.
- ✓ Provide support for coaches and officials working with the wrestlers to provide a positive experience for all.
- ✓ Demand my wrestler treat all wrestlers, coaches, officials, parents, and spectators respect regardless of race, creed, color, sex, or ability.
- ✓ Treat all wrestlers, coaches, officials, parents, and spectators with dignity and in language, attitude, behavior, and mannerisms.
- ✓ Inform the coach of any physical disability or ailment that may affect the safety of the wrestler or the safety of others.

CONSEQUENCE FOR PARENTS

1. Verbal warning and/or written warning
2. Tournaments/Practice Suspension
3. Removal

WRESTLERS CODE OF CONDUCT

- ✓ Have fun!
- ✓ Always give their best effort.
- ✓ Be on time and attend every practice possible – with the required gear.
- ✓ Maintain a “can-do” attitude.
- ✓ Always take responsibility for their actions
- ✓ It is NEVER the referee’s fault!
- ✓ It is not the coach’s fault.
- ✓ It is not your parent’s fault.
- ✓ Show respect for the coaches, referees, parents, and other wrestlers.
- ✓ Always shake hands with your opponent before and after the match
- ✓ Always shake the referee’s hand after the match
- ✓ Pay attention! We have to make the most of our practice time.
- ✓ Do not talk when the coaches are talking.
- ✓ Not to engage in horseplay – that is how people get hurt.

- ✓ Dangerous “TV moves” will not be tolerated.
- ✓ Always demonstrate good sportsmanship.
- ✓ Control temper.
- ✓ Respect the property and equipment used at any sports facility, both home and away.
- ✓ No talking bad about other wrestlers or their families on the team.
- ✓ No form of “hazing” or “initiation” of other wrestlers regardless of how insignificant it may seem.
- ✓ No obscene gestures or language.
- ✓ No pinching, scratching, biting, punching, poking, tripping, ball-grabbing, chinning in the back, or pushing off allowed.

CONSEQUENCES FOR WRESTLERS

1. Verbal warning and/or written warning.
2. Excused from practices for 2 weeks.
3. Removal from MATPAC Wrestling program.

GRIEVANCE PROCEDURE

It is possible that conditions arise when a member feels that a situation is unfair or unjust. This situation may be with a particular coach, team, or the wrestling program in general. You should attempt to resolve the issue informally by speaking with the coaches. It is recommended that this be done after you have considered the situation and your perspective for at least 24 hours. You can choose to do this face to face, by mail, or via Email. It will be the coaches’ discretion as to whether or not to address anonymous grievances.

FOR THE PARENT – A WINNING ATTITUDE

Keep winning in perspective. Be fair at all times and stand up for your wrestler when necessary. They expect this, but do it quietly and respectfully in private discussions with coaches or mat officials.

Winning is important. If we are not trying to win, then we are not really competing. But keep it in correct perspective. Winning and losing are a part of life and important lessons can be learned. If you want your child to win at all costs, you’re in trouble. If you ever get to the point where you don’t care about losing, you’re also in trouble.

One lesson in life is to learn to live with both, and if we as parents can not control ourselves and be good sports, then how will we ever teach it to our children? The sport of wrestling is one of the best places to learn these valuable lessons

FOR THE WRESTLER – WHAT IS WINNING?

In our wonderful competitive world of amateur wrestling, what is winning? It is important that all the competitors know the answer.

Is winning a gold medal real winning?

Yes, if a gold medal is won at the Olympic Games that is winning. But that can not happen to everyone and winning any other kind of gold medal just means that, at that time, and in that place, you were the best there, which is nice, but not necessarily “winning”. Is beating the other fellow really winning?

Maybe, maybe not. Perhaps he isn’t as well trained as you, or as strong as you, or as good at wrestling as you – so this can not be winning.

Well, then, what is winning?

Real winning is clear to see. Winning is improving...learning...trying. Winning is the first time you are able to do a good butcher in competition. It is finishing the match strong and well. It is performing better than you have ever performed before.

Winning is working hard...listening and paying attention...applying what you hear from your coach. It is doing better every time, and striving with all your might.

Winning is never giving into a feeling of being tired...winning can happen to everybody.

"It is hard to fail, but it is worse never to have tried to succeed"