



"Our Tradition is Building"

Parent Information for 2023-2024 Youth/Club
Season

Registration

- Online registration at <http://www.saukprairiewrestling.com>
 - Information saves for consecutive years making it easier.
- Cost is \$40 affiliated and \$50 non-affiliated. Also required is a current [USA Wrestling Membership](#) (\$50 - instructions for this included during registration). There is a \$10 sibling discount for multiple wrestlers.
- Option to purchase additional T Shirts for very cheap to show your support
 - Shirts will be distributed at practice
 - \$10 (\$12 for XXL and XXXL)



Practice Schedule

- Typically Tuesdays and Thursdays at HS
 - 5:45-6:30 4K-3rd Grade (unless 3 or more years experience)
 - 6:30-7:30 4th-8th Grade (or 3 or more years experience)
 - All changes will be reflected on the SportsEngine/ Website Calendar
- Parents are allowed to remain in the school and need to pick up wrestlers promptly
 - Attempt to keep hallway clear for other sports



SportsEngine App

Download the free app

- All Communications
- All Schedules
- RSVP function
- Photo/Video Upload
- News



- If any issues, email us at SaukPrairieWrestlingClub@GMail.com



Drop off/Pickup

- Drop off a bit early to ensure prompt start time
- Pick up on time
- If rides are needed, you can use the chat function in SportsEngine
- Clean all equipment/clothing



Hygiene

- Proper hygiene is crucial to prevent the spread of bacteria (ring worm, impetigo, etc.).
- Regular showering and cleaning of clothing/wrestling gear are requested/highly recommended.
- Street shoes are not to be worn on the wrestling mats at any time. We have a limited number of donated wrestling shoes if needed (ask a coach).
- Defense wipes are an option, but are not intended to replace showering but rather to cleanse the skin when you are unable to take a shower within four hours of training or competing. This four hour period is the critical window for contagions to develop.
- In addition, we recommend the use of Defense Soap or similar products during showers. This can be purchased online.
- You can find more information regarding Defense Wipes at <https://www.defensesoap.com/product/defense-body-wipes/>



Competitions/Tournaments

- Tournaments are not required, but are available
- 3 tournaments are included with registration in addition to our home tournament. Club paid tournaments will be indicated on the schedule
- Tournaments are usually Saturdays or Sundays
- If they qualify, registration for State is Reimbursed
- If participating in tournaments, please get a singlet one of the coaches (return at end of season)



Fundraisers

- Fundraisers are an extremely important part of the success of our wrestling club.
- Funds raised are used for equipment needs, coaches training and certifications, camp clinicians, tournament entry fees, etc.
- Our main fundraisers are the Raffle Ticket Sales, our home tournaments, and FlipGive (app).



Volunteering

Each family has volunteer expectation (unless paid the opt out fee)

Minimum of 2 shifts at the High School Eagle Invite/Qualifier.
High School parents to do the same at the Youth Tournament.

Please sign up for shifts on our website under the link “Dibs.”

Friends are encouraged to volunteer as well.



Additional ways to stay connected

- Visit our website at www.SaukPrairieWrestling.com
 - Join our mailing list
- Like us on [Facebook](#)
- Attend SPWC Board Meetings
 - 1st Wednesday each month at 6pm (September – April)
 - Location will be included on website calendar



Trackwrestling

- Used at most tournaments
 - Assigns bout numbers and mats
 - List brackets
 - Tracks results

How to use Trackwrestling

<https://www.youtube.com/watch?v=ZnwByCuSnRg>



Thank you for your support



Appendix



FAQ's

Q: What is a USA Membership

A: USA Membership provides the club and the wrestlers with additional insurance coverage should there be an injury.

Q: What age range is club wrestling

A: Pre-K thru 8th grade

Q: What is the difference between Middle School and Club Wrestling?

A: Middle School is a short season that is affiliated with the school.

Club is additional practices and opportunities for competition that is not affiliated with the school. Wrestlers can do both, but there is separate registration.

Q: What options are there for girls

A: Girls can participate in co-ed practices.



WRESTLING

FAQ's

Q: What should the wrestlers wear?

A: For practices, wrestlers should wear a t-shirt and shorts/sweats along with their wrestling shoes and headgear (optional). For competitions, wrestlers should wear a singlet. The club provides singlets for wrestlers to use for the season with the expectation that they will be washed and returned at the end of the season.

