

MAIZE WRESTLING CLUB - NEW PARENT NOTES - 2023-2024 SEASON



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WEEKLY ANNOUNCEMENTS

- PRACTICE SCHEDULE, UPCOMING TOURNAMENTS, DEADLINES, ETC
 - POSTED ON FACEBOOK PAGE EACH WEEK (MAIZE WRESTLING CLUB)
 - POSTED ON WEBSITE EACH WEEK (www.maizewrestling.com)
 - WEEKLY EMAILS SENT OUT AS WELL ONCE WE GET INTO SEASON
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MESSAGE FROM THE COACHING STAFF

- **ABSOLUTELY NO CHILD ABUSE WILL BE TOLERATED! ZERO TOLERANCE WITH THIS.**
 - WE ARE A WRESTLING CLUB AND HAVE HIGH EXPECTATIONS. PART OF THIS IS BUY-IN FROM THE WRESTLERS AND PARENTS. SLEEP, NUTRITION, AND EXTRA WORK WILL BENEFIT YOUR WRESTLER.
 - WE RUN A TOUGH CLUB, AND IT MAY NOT BE FOR EVERYONE.
 - WEEKDAYS ARE FOR LEARNING AND IMPROVEMENT. WE'LL HAVE FUN ON THE WEEKENDS.
 - LEARNING IS KEY... 1% BETTER EVERY DAY!.
 - WRESTLING IS A LIFESTYLE!
 - PARENT EXPECTATIONS
 - HELP REINFORCE LEARNING AT HOME AND HELP OUT WHEN ASKED
 - MUST HAVE WRESTLING LEADER CARD (COACH'S CARD) TO HELP DURING PRACTICE AND/OR ON THE WEEKENDS. CONTACT A CLUB REPRESENTATIVE FOR MORE INFORMATION.
 - A LOT OF GAINS CAN BE MADE AT HOME.
 - HELP YOUR WRESTLERS IMPROVE ON THE TECHNIQUE THAT THEY ARE LEARNING IN THE PRACTICE ROOM.
 - SPEND 15-30 MINUTES EACH NIGHT GOING OVER THE BASIC STUFF.
 - STAND-UPS, STANCE, PUSH-UPS, SIT-UPS, PULL-UPS, ETC.
 - THEY'LL THANK YOU LATER.
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BATTLE OF THE BELT

- BATTLE OF THE BELT - MAIZE TOURNAMENT - KANSAS STAR ARENA
 - PARENTS EXPECTED TO VOLUNTEER - WILL TRAIN ON HOW TO RUN TABLES, ETC
 - FEBRUARY 2-3, 2024
 - LARGEST AND TOUGHEST EVENT IN THE STATE OF KANSAS
 - SET-UP: THURSDAY, FEBRUARY 1, 2024
 - 1ST DAY: FRIDAY, FEBRUARY 2, 2024
 - 2ND DAY: SATURDAY, FEBRUARY 3, 2024
 - TEAR DOWN: IMMEDIATELY FOLLOWING THE TOURNAMENT, FEBRUARY 3, 2024
 - OVER 2100 ENTRIES LAST SEASON WITH 9 STATES REPRESENTED
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ATHLETE/COACH MEMBERSHIPS

ALL ATHLETES AND COACHES MUST HAVE A CURRENT USA WRESTLING MEMBERSHIP TO BE ON THE MATS, BOTH FOR PRACTICE AND COMPETITION. THESE ARE GOOD FROM SEPTEMBER 1-AUGUST 31.

- ATHLETES – USA WRESTLING ATHLETE MEMBERSHIP
- COACHES – USA WRESTLING LEADER MEMBERSHIP
- USA WRESTLING MEMBERSHIPS: www.usawmembership.com
- PLEASE EMAIL A COPY OF YOUR ATHLETE'S MEMBERSHIP TO maizewrestlings@gmail.com AFTER PURCHASING FOR OUR CLUB RECORDS.

PRACTICE INFORMATION

START DATES

LEVEL 1 - MONDAY, NOVEMBER 13, 2023

LEVEL 2 - MONDAY, NOVEMBER 6, 2023

LEVEL 3 - MONDAY, NOVEMBER 6, 2023

- PLEASE PICK UP EACH NIGHT AFTER PRACTICE; SHOES, CLOTHES, TRASH, WATER BOTTLE, ETC.
- WRESTLERS MUST HAVE WRESTLING SHOES, HEAD GEAR, AND WATER AT EVERY PRACTICE.
- NO CUT OFF T-SHIRTS, PANTS WITH ZIPPERS, BAGGY LOOSE CLOTHING AT PRACTICES.

ROOM BREAKDOWNS		PRACTICE DAYS				PRACTICE TIMES
		MON	TUES	WED	THURS	
LEVEL 1	NOVICE	MSHS	MSHS		MSHS	6:10-7:40pm
LEVEL 2 (LITTLES)	INTERMEDIATE	MHS FEMA	MHS FEMA		MHS FEMA	6:30-8:00pm
LEVEL 2 (BIGS)	INTERMEDIATE	MHS FEMA	MHS FEMA		MHS FEMA	6:30-8:00pm
LEVEL 3	ADVANCED	MHS	MHS		MHS	6:15-8:00pm

MHS = MAIZE HIGH SCHOOL MSHS = MAIZE SOUTH HIGH SCHOOL MHS FEMA = MAIZE HIGH SCHOOL FEMA ROOM

- **LEVEL 1 - NOVICE**
 - NOVICE 1ST/2ND YEAR KIDS, AS WELL AS THOSE STILL STRUGGLING TO GRASP BASIC TECHNIQUE
 - LEVEL 1 NOVICE WRESTLERS MUST MAKE AT LEAST 2 PRACTICES A WEEK
 - WE WILL TAKE ANY HELP WE CAN GET IN THE LEVEL 1 ROOM, DURING PRACTICES ESPECIALLY
- **LEVEL 2 (LITTLES) - INTERMEDIATE**
 - INTERMEDIATE LEVEL KIDS THAT HAVE GRASPED THE BASIC TECHNIQUES
 - EXPECTATIONS BEGIN TO INCREASE IN THIS ROOM
 - SMALLER WRESTLERS IN LEVEL 2 ROOM
- **LEVEL 2 (BIGS) - INTERMEDIATE**
 - INTERMEDIATE LEVEL KIDS THAT HAVE GRASPED THE BASIC TECHNIQUES
 - EXPECTATIONS BEGIN TO INCREASE IN THIS ROOM
 - BIGGER WRESTLERS IN LEVEL 2 ROOM
- **LEVEL 3 - ADVANCED**
 - ADVANCED/ELITE LEVEL KIDS
 - LARGE EMPHASIS ON NATIONAL LEVEL TRAINING AND CONTINUED INCREASE IN EXPECTATIONS
 - FOR UPPER LEVEL ROOMS, THERE WILL BE SOME CIRCUIT TRAINING INVOLVED IN PRACTICES.
- REGULAR PRACTICE ATTENDANCE IS REQUIRED AND CANNOT BE MISSED FOR OTHER SPORTS
 - MISSING NOT ONLY SETS YOUR ATHLETE BACK, BUT SETS HIS/HER PARTNERS BACK.
 - PLEASE EMAIL A COACH IF YOUR WRESTLER WILL NOT BE AT PRACTICE
- A SIGN UP FOR WEEKLY "MAT CLEANERS" WILL GO OUT SOON. DUTIES ENTAIL SPRAYING THE MATS DOWN AND MOPPING THEM AT THE CONCLUSION OF EACH PRACTICE. THIS CAN BE 2-3 PEOPLE.
- WRESTLERS WILL BE MOVED OUT OF CURRENT ROOM AND PLACED IN LEVEL APPROPRIATE ROOM IF THEY ARE NOT GRASPING TECHNIQUE/INFO OR WORKING HARD.

TOURNAMENT INFORMATION

AGE & WEIGHT DIVISIONS (AGE AS OF AUGUST 31ST OF COMPETITION YEAR)

6U	9/1/2016 - 8/31/2018+	40, 43, 46, 49, 52, 55, 58, 61, 64, 67, 70, 73, 76, 80, 88, 95, 110, 125, 140
8U	9/1/2014 - 8/31/2016	40, 43, 46, 49, 52, 55, 58, 61, 64, 67, 70, 73, 76, 80, 88, 95, 110, 125, 140
10U	9/1/2012 - 8/31/2014	52, 55, 58, 61, 64, 67, 70, 73, 76, 79, 82, 85, 90, 95, 100, 110, 120, 130, 150, 170, 190
12U	9/1/2010 - 8/31/2012	64, 68, 72, 76, 80, 84, 88, 92, 96, 100, 105, 110, 115, 120, 130, 140, 150, 165, 190, 215, 240, 265
14U	9/1/2008 - 8/31/2010	75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 150, 155, 160, 165, 175, 205, 235, 265

- **INFORMATION**

- A COMPLETE LIST OF TOURNAMENTS, FLYERS, AND DATES CAN BE FOUND ON OUR WEBSITE
- WE WILL POST TOURNAMENT INFO A COUPLE OF WEEKS OUT FOR PLANNING PURPOSES ON OUR WEBSITE AND ON FACEBOOK

- **REGISTRATIONS**

- NEARLY ALL KANSAS TOURNAMENTS UTILIZE TRACKWRESTLING FOR REGISTRATIONS
- WE WILL HAVE REGISTRATION LINKS ON THE HOME PAGE OF OUR WEBSITE EACH WEEK
 - **www.maizewrestling.com** -- REGISTER HERE AND THE CLUB WILL REGISTER THE TEAM AS A WHOLE ON EVENT SITE
 - TRACKWRESTLING: **www.trackwrestling.com**
 - FLOARENA: **https://arena.flowrestling.org/**

- **WEIGH-INS**

- EITHER ONSITE OR HOMESITE (MAIZE ROOM) -- WE WILL POST WITH WEEKLY ANNOUNCEMENTS
- MUST BE IN SINGLET DURING WEIGH-INS
- SKIN CHECKS, NAIL CHECKS, AND HAIR CHECKS WILL BE CONDUCTED PRIOR TO WEIGHING IN
- WRESTLER MUST MAKE REGISTERED WEIGHT AT WEIGH-INS -- NO ALLOWANCE

- **TOURNAMENT ATTIRE**

- CLUB SINGLETS WILL BE MANDATORY FOR ALL TOURNAMENTS UNTIL MEDAL MATCHES.
- WRESTLING SHOES, HEADGEAR, AND A COMPETITION SINGLET/2 PIECE UNIFORM ARE REQUIRED
- WRESTLERS NEED TO HAVE A HOODIE ON PRIOR TO MATCHES TO STAY WARM
- NO RUNNING AROUND THE TOURNAMENTS IN SINGLET ONLY -- OUR CLUB DOES NOT DO THIS!

- **TOURNAMENT WARM-UPS**

- THE CLUB WILL NOTIFY EVERYONE OF WARM-UP TIMES PRIOR TO THE START OF EACH TOURNAMENT
- TEAM WARM-UPS ARE REQUIRED AT EACH OFFICIAL TEAM EVENT

- **SKIN CONDITIONS**

- MAKE SURE WRESTLER SHOWERS AFTER EACH PRACTICE - USE ANTIBACTERIAL SOAP
- WATCH FOR ANY SKIN LESIONS - WRESTLER MUST BE CLEARED BEFORE ALLOWED ON MATS
 - RINGWORM - ORAL OR TOPICAL TREATMENT FOR 72 HOURS ON SKIN, 14 DAYS ON SCALP
 - IMPETIGO - LESIONS MUST BE SCABBED OVER, ORAL ANTIBIOTICS FOR 3 DAYS
 - MOLLUSCUM - SPREADS EASILY IF OPEN SORES - MUST SEE DOCTOR AND GET CLEARED
- SKIN FORMS AVAILABLE ONLINE UNDER "TOURNAMENT FLYERS." HAVE IN HAND AT WEIGH-INS

PLEASE FIND A COACH AT PRACTICE IF SUSPECT ANY OF THE ABOVE ON YOUR WRESTLER
