

# Waterford Wrestling Club

2011-2012 Season



## Home of the Captains Parent Handbook

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

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# Our Mission

Welcome to the Waterford Wrestling Club (WWC)! We are very excited that you have chosen our club for your wrestler(s). Our mission is to give youth wrestlers the opportunity to learn the sport of wrestling through a positive environment and a structured progression system. Waterford Wrestling Club's mission includes the development of sportsmanship and character through dedication, discipline, work ethic and respect for all of life's challenges.

# Our Values

1. Encourage good sportsmanship and pride in our TEAM!
2. Provide a fun environment that also challenges our wrestlers to be the best that they can be in whatever they do.
3. Positively influence character development by emphasizing good habits and attitudes.
4. Enhance the overall fitness levels of our youth by developing their strength, agility, balance, flexibility, and wrestling skills.
5. Foster a sense of personal achievement by helping wrestlers set goals, and work towards meeting these goals.
6. Prepare our wrestlers to become more competitive as they mature, and provide them the skills to succeed on the local and state levels.
7. Provide qualified adult leadership and a safe and healthy environment for our TEAM.
8. Provide an atmosphere that encourages parent/family involvement in the club.
9. Be Champions in all that we do!

# Contact Information

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c/o Waterford Kettering High School  
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Waterford MI 48329

Website: [www.waterfordwrestlingclub.com](http://www.waterfordwrestlingclub.com)  
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## 2011-2012 Board of Directors

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*New/Vacant Fundraising Chairperson	*New/Vacant Membership Chairperson

Monthly Board meetings are held throughout the calendar year.  
All are welcome to attend.

# Club Registration

The WWC wrestling season will consist of 2 sessions.

**Session 1:** First day of wrestling practice through the first MMWA Tournament

- **Cost:** \$50
  - This cost will cover:
    - Waterford Wrestling Club T-shirt and shorts
    - Approximately 13 practices
- Wrestlers must be in club uniform (club T-shirt and shorts or singlet) for all tournaments

**Session 2:** Begins the first practice after the first MMWA Tournament through the state wrestling finals

- **Cost:** \$50
- Wrestlers must be in club uniform (club T-shirt and shorts or singlet) for all tournaments
  - Singlet rental will be \$65 with \$40 being returned at the end of the season.

NOTE: Scholarships are available to those in need. Please contact our club secretary for details.

## Communication

We have several means of communication: our website, monthly parent meetings, emails, an information board, and Facebook. We typically update our website each Sunday evening with upcoming events. This will include club events, any changes to practice schedules, tournaments, and opportunities to watch Waterford High School Wrestling Tournaments.

We will provide you and your wrestler with general information and updates during the last 5 minutes of each practice, and send you an email with the subject line “**WWC Update**” each Sunday evening to the email address you provide us on your registration form.

In the event that a practice has been cancelled ahead of time, we will post the cancellation on our website AND send out an email.

**Note:** If Waterford Kettering High School is closed due to weather, then wrestling practice is automatically cancelled.

# Equipment

All wrestlers are required to wear wrestling shoes. Good wrestlers are in constant motion and having good traction on the mat prevents injuries. Wrestling shoes should NOT be worn outside. This will help keep the wrestling room clean and prevent damage to the wrestling mats.

A wrestler's uniform is called a singlet and is usually worn at tournaments. During practice, a wrestler will typically wear a T-shirt and shorts or sweatpants; however, they must not be loose fitting or have buttons, zippers or other items that could cause injury to a wrestler or damage to the wrestling mat. We encourage all wrestlers to dress appropriately as the wrestling room can get quite warm.

Headgear is not required during practice, but recommend. Headgear must be worn at tournaments.

Any wrestler with hair below their shoulders needs to wear a hairnet during tournaments. The coach will determine if a hairnet is required during practice.

Any wrestler with braces will be required to wear a mouth guard. Mouth guards are optional for other wrestlers, but recommended for wrestlers who have their permanent teeth.

You may check with our Equipment Manager for used shoes and headgear. Wrestlers who wish to donate used shoes or headgear may do so by notifying the Equipment Manager. If you take anything from the donation box, you should treat them with disinfectant/antiseptic or wash them with a mild detergent in hot water and hang them to dry before using them.

Wrestling equipment (i.e. headgear, kneepads, shoes, hygiene kits, etc.) is available at most local sporting goods stores. Wrestling equipment will also be available for purchase at most tournaments.

# Practice Room Rules

- The Head Coach rules the practice room.
- No street shoes in the practice room, change your shoes prior to entering.
- All wrestlers must sign-in before entering the wrestling room
- Stop talking when the coach blows the whistle.
- Parents are asked to stay out of the practice room unless you have volunteered to be a Parent-Coach. This will keep distractions to a minimum.
- Parent-Coaches are not allowed in the practice room until they have read and agreed to follow the Parent-Coach Code of Conduct.
- Bring water.
- Take bathroom breaks before practice in order to limit interruptions in the practice room.
- Bathe after every practice – no exceptions (refer to section on personal hygiene).
- First-aid kit is located in the training room.

## Practice Schedule

We have a Monday, Tuesday, and Thursday practice schedule. Each practice lasts an hour and a half (6:30-8:00). Mondays are dedicated to Novice and young wrestlers. Tuesdays are to support our advanced wrestlers and is by invitation only. Thursdays are open to all levels of wrestlers. The breakdown of days helps to ensure that the coaches will be able to address the needs of each individual wrestler.

## Personal Hygiene

It is very important that your wrestler bathe after each practice and tournament.

A skin and nail check will be done prior to each tournament by a tournament official. If there are any suspicious mark(s) on a wrestler, they will not be permitted to wrestle. To avoid this situation, if you notice a suspicious mark on your wrestler at any time during the season, please have the Physician Release Form (see attachment) completed. The Physician Release Form should also be filled out if your wrestler has a chronic skin condition, but is not contagious. This form should be brought to the tournaments in-case the tournament official questions the mark(s).

# Tournaments

Tournament participation is optional. Some wrestlers aren't ready to face an opponent and should only participate if they want to. Each weekend there is at least one Novice and one Open tournament offered by the two wrestling associations our club belongs to MMWA (our main association) and MYWA. Open tournaments are open to all levels of wrestlers. Novice tournaments are open to new wrestlers or wrestlers who meet the MMWA or MYWA requirements listed below. The requirements are different for each association.

A Wrestler's age on December 31<sup>st</sup> will determine their age group for the entire season. You should bring a copy of your wrestler's birth certificate to all tournaments in case your wrestler's age is challenged.

Their weight at weigh-in determines their weight class. Weight classes have a three pound range, BUT wrestlers can be moved up a weight class by a tournament official if needed for the tournament.

Signing up for tournaments will take place with our WWC Tournament Director during practice right outside the practice room.

## ***MMWA: Mid-Michigan Wrestling Association***

[www.mmwa.com](http://www.mmwa.com)

- MMWA season begins in January and runs through March (10 weeks).
- MMWA tournaments cost \$9.00. You must sign-up with the Tournament Director by Thursday the week prior to the tournament weekend. The tournament fee must be paid at the time of sign-up.

### **The day of the tournament:**

- All wrestlers weigh in the morning of the meet. Age groups 5/6, 7/8 and 9/10 weigh-in from 7:00am to 8:00am. All other age groups weigh in from 8:00am to 9:00am. The meet usually begins around 9:30am with the singing of the National Anthem.
- Wrestlers are required to wear headgear and a singlet or t-shirt and shorts.
- All wrestlers must go to staging prior to their match. An announcer will call the wrestling age groups to staging. Go to staging prepared to wrestle. In staging, you will be paired with a wrestler from your age and weight group and sent out to the "tower" where you will be given a mat number.

- Wrestling begins with the 5/6 age group. While they are wrestling, they will call the 7/8 age group to staging followed by the 9/10 age group. Once the first round is complete, they will begin the second round in the same order. After the 9/10 age group has wrestled for the second time, the rest of the age groups (ages 11 and up) will begin to wrestle.
- If your wrestler has a bye during the first two rounds you MUST go to staging when their age group is called to receive your bout slip to turn in to the head table. ALWAYS remember to sign the bout slip prior to placing it at the head table.
- Most tournaments are usually double elimination (two losses), BUT always check the chart and with your coach before leaving the tournament.
- Medals are given for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place.
- MMWA wrestlers are no longer considered a Novice if any ONE of the following criteria is met.
  - They have received 1 first place medal in an Open Tournament with 3 or more wrestlers on the chart.
  - They have received 2 second place medals in an Open Tournament with 3 or more wrestlers on the chart.
  - They have received 2 first place medals in a Novice Tournament with 3 or more wrestlers on the chart.
  - A total of 5 medals.
  - Third place medals do not count toward the 5 medal count if obtained in a Novice Tournament. It does count in an Open Tournament if there are 4 or more wrestlers on the chart.
  - If a coach feels a wrestler is too advanced to wrestle at a Novice Tournament regardless of their medal count.

***\*Your medal count carries over  
to the next year or years.\****

## ***MYWA- Michigan Youth Wrestling Association***

**[www.myway.com](http://www.myway.com)**

- MYWA season begins in December and runs through March (14 weeks).
- MYWA tournament costs vary, but average \$12.00. You are able to sign-up for tournaments until Thursday the week of the tournament. Tournament fees are to be paid at the time of weigh-in. Parents may sign up their own wrestler online, however, if you do so, please let us know so we can prepare a tournament roster for the coaches. If you would like to sign up your wrestler yourself and don't know how, please ask.

## **The night before the tournament:**

- Wrestlers weigh in at a satellite location. All MYWA tournaments require that you weigh in prior to the day of the tournament. You must be pre-registered. You will pay the tournament fee. Nails and skin will be checked at weigh-in.

## **The day of the tournament:**

- There are no weigh ins on the day of the tournament.
- All MYWA tournaments will use the mat-side pairing method to stage matches. Wrestlers will compete on the same mat for the duration of the tournament. Posted wall charts will list the match number of each bout.
- Wrestlers are required to wear headgear and a singlet or t-shirt and shorts.
- Tournaments are double elimination (two losses). After one loss you are sent to the “losers” bracket. If you lose again you are usually eliminated, BUT always check the chart and with your coach before you leave.
- Medals are given out for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> place.
- Novices are considered first and second year wrestlers. Experience in other leagues does not count towards this restriction.

# Tournament Survival for Parents

Tournaments are an all day affair so come prepared!

- Wrestling is a sport where age matters (to some). It is highly suggested that you have a copy of your wrestler’s birth certificate with you at every tournament.
- Wrestlers should trim their nails prior to the tournament. It is suggested that you have nail clippers with you just in case.
- There is an admission fee for each family member (wrestlers who are participating are free).
- Arrive for weigh-in (MMWA) or ready to wrestle (MYWA) with all of your gear.
- Wrestlers don’t usually eat prior to weigh-in. Breakfast is usually offered at the wrestling site. A good idea is to bring a cooler of food for your family to munch on throughout this very long day.
- Warm-up! The mats are open up to a half-hour prior to the start of each tournament. This gives wrestlers a chance to stretch and practice moves. Also, check out the competition.
- During the tournament, listen for your child’s age group to be called to staging (MMWA) or watch the bout number (MYWA). You don’t want to miss a match. Please let your coach know when your child is going to staging or the bout number is approaching.

- Two coaches are allowed for each wrestler at matside. Usually only one coach will be with your wrestler. This will allow a parent to sit next to the coach and watch. It's a good idea to bring your video camera or take pictures as you will be up-front and close to the action.
- Your adrenaline will be going during the match so please be aware of this so your emotions don't hinder your wrestler's coaching instructions during the match. Remember, this is a difficult, physical sport and your child is trying his or her best. Please provide kind and encouraging remarks whether they win or lose. Be positive!
- You may want to bring something for your wrestler to do (DS, books, etc.) as there can be a lot of wait time between matches sitting in the bleachers.
- Some parents bring a blanket to sit on or reading material to help cope with the long day.
- If your child wins a medal, you can purchase a lanyard or stand and get it engraved at most tournaments.
- Remember to bathe your wrestlers after the tournament.

## Parent Volunteers

### **You, as Parents Are a Big Part of Our Success!**

Our club will not be successful without parent volunteers. We want to give you opportunities to get involved in our club, as we will seek parent volunteers to:

- Photograph our wrestlers at tournaments for posting on our website
- Volunteer to be a board member (elections will be held in December)
- Help with our tournament
- Assist in serving as organizers for club events such as fundraisers and our end of year banquet
- Help welcome new parents to the club
- Offer your time and talents
- Share ideas that would improve our club

# Parent-Coaches

There may be a need for Parent-Coaches to assist in the wrestling room during practice and at tournaments.

Please consider being a Parent-Coach if:

- You have wrestling experience.
- You have coaching experience.
- You enjoy working with young people (not just your child).

All Parent-Coaches will be asked to sign a “Parent-Coach Code of Conduct” that will explain all responsibilities and expectations. Parent-Coaches will be subject to coach and board approval.

## Wrestling Positions

**Neutral Position** - The match starts with both contestants standing opposite each other with their lead foot on the green or red area of the starting lines and their other foot even with or behind the lead foot. In the neutral position, neither wrestler has control.

**Defensive Starting Position (aka Referee’s Position)** - The defensive wrestler takes a stationary position at the center of the mat with both hands and knees on the mat, as directed by the referee. The elbows may not touch the mat.

**Offensive Starting Position** - The offensive wrestler is positioned on the right or left side of the opponent with at least one knee on the mat and head on or above the midline of the opponent’s back. One arm is placed loosely around the defensive wrestler’s body perpendicular to the long axis of the body, with the palm of the hand placed loosely against the defensive wrestler’s naval and the palm of the other hand placed on or over the back of the near elbow. One knee is on the mat to the outside of the near leg, not touching the defensive wrestler.

**Stalemate** - When the contestants are interlocked in a position other than a pinning situation in which neither wrestler can improve position, the referee stops the match as soon as possible; wrestling is resumed as for out of bounds.

**Position of Advantage** - A situation in which a wrestler is in control and maintaining restraining power over an opponent. Control is the determining factor. The offensive wrestler is entitled to their advantage until such time as the opponent gains a neutral position or a reversal.

**In Bounds** - Contestants are considered to be in bounds if the supporting parts of either wrestler are inside the inner edge of the boundary lines. A wrestler's supporting points are the parts of the body, touching, or within, the wrestling area that bears the wrestler's weight, other than those parts being used to hold the opponent. (Down on the mat, the usual points of support are the knees, the side of the thigh, the buttocks and the hands). Wrestling continues as long as the supporting parts of either wrestler remain in bounds. When the defensive wrestler's back is exposed to the mat in a pinning situation while at least the supporting points of either wrestler are in bounds, wrestling continues as long as there is a possibility of the offensive wrestler bringing the opponent back in bounds. In this situation, the defensive wrestler's shoulders are the supporting parts. Near-fall points may be earned only while any part of the defensive wrestler's shoulders are in bounds. If there is no action at the edge of the mat and one wrestler is out of bounds, the referee may stop the match. Upon resumption of the match, the contestants begin in the neutral position at the center of the mat if neither wrestler had control. If one wrestler has the advantage, that contestant will take the offensive starting position at the center of the mat, and the opponent will assume the defensive starting position.

## End of Match Scoring

**Fall** - Any part of both shoulders of either wrestler held in contact with the mat for one second constitutes a fall. A fall shall not be awarded unless part of both shoulders are in bounds. If any portion of the body of one of the wrestlers is out of bounds so that the wrestler is disadvantaged, no fall shall be awarded and out of bounds shall be declared. When the match is stopped for out of bounds in a fall situation, the match shall be resumed in the starting position on the mat.

**Technical Fall** - A technical fall occurs when a wrestler has earned a 15-point advantage over an opponent in Folkstyle Wrestling.

**Major Decision** - A major decision occurs when the margin of victory after three periods is 8 through 14 points.

**Decision** - A decision occurs when the margin of victory is fewer than 8 points. A decision also is credited to the wrestler who is awarded the first points in an overtime match that does not end with a fall, default, or disqualification.

**Default** - A default is awarded in a match when one of the wrestlers is unable to continue wrestling for any reason. A default shall be included as a win or loss in each wrestler's season record.

**Disqualification** - A disqualification is a situation in which a contestant is banned from participation in accordance with a pre-determined penalty table. A disqualification shall be included as a win or loss in each wrestler's season record.

**Forfeit** - A forfeit is received by a wrestler when the opponent for any reason, fails to appear for the match. In order to receive a forfeit or medical forfeit, the non-forfeiting wrestler must be dressed in a wrestling uniform and appear on the mat. A forfeit or medical forfeit shall be included as a win in the victor's season record. In the event of injury or illness, a contestant may declare a medical forfeit, which counts as a win, but not as a loss on record.

## General Wrestling Scoring Procedures

(See Attachment for "Official Wrestling Signals")

**Takedown (2 points)** - From a neutral position, a wrestler gains control over their opponent down on the mat while the supporting parts of either wrestler are inbounds.

**Escape (1 point)** - When a defensive (bottom) wrestler gains a neutral position and his opponent has lost control while at least one wrestler is inbounds.

**Reversal (2 points)** - When the defensive wrestler comes from the bottom position and gains control of his opponent wither on the mat or in a rear standing position, while the supporting points of either wrestler are inbounds.

**Near Fall (2 or 3 points)** - When any part of both shoulders of the defensive wrestler are held for at least 2 seconds within 4 inches of the mat OR when one shoulder is touching the mat with the other shoulder held at an angle of 45 degrees or less. If near fall criteria are met for 2 continuous seconds, 2 points are awarded when the defensive wrestler is out of the predicament. If near fall criteria is met for 5 continuous seconds a 3 point near fall is awarded when the defensive wrestler is out of the near fall situation.

**Penalty (1 point)** - Usually novice wrestlers are given warnings before any points are awarded. A wrestler is awarded point(s) for technical violations or infractions (illegal holds, unnecessary roughness, un-sportsman-like conduct, or stalling) of rules committed by his opponent.

# Wrestling Terminology

**Sprawl** - A defensive counter attack on legs, falling forwards with your legs going back.

**Wrist Control** - Control your opponent's wrist.

**Hand Control** - Control your opponent's hand.

**Shoot** - Making an attempt for a takedown.

**Escape** - Defensive wrestler escapes for points from controlling wrestler.

**Takedown** - Wrestler has taken his opponent down to the mat and gained control by being on top and behind the arms of opponent.

**Breakdown** - Wrestler has opponent flat on his belly.

**Reversal** - Defensive wrestler gained control.

**Neutral Position** - Both wrestlers standing.

**Referee's Position or Base Position** - Wrestler is on his hands and knees and his opponent is on top of him.

**Pin** - Wrestler has succeeded in turning over his opponent to the mat and keeping part of both of his opponent's shoulders to the mat for 2 continuous seconds or less. Resulting in completion and winning of the match.

**Fall** - Pin

**Cross Face** - Forearm is placed on the near side of the opponent's face to maneuver him for control.

**Optional Start** - In referee's position the offensive man is standing up with 2 hands on the defensive man's back shaped like a V usually to let him go to neutral but not always.

**Stalling** - Offensive or defensive wrestler fails to attempt to gain control or go for the pin.

**Stance** - Correct standing position.

# Parent's Code of Conduct

The mission of the Waterford Wrestling Club is to develop confidence, self-esteem, and sportsmanship, while promoting physical and moral character development to all participants. To ensure the appropriate atmosphere for these activities, the club has adopted a zero tolerance policy in the enforcement of the Waterford Wrestling Club Parent's Code of Conduct.

- I hereby pledge to provide positive support, care, and encouragement for my child participating in the Waterford Wrestling Club by following the Parent's Code of Conduct.
- I (and my guests) will encourage good sportsmanship by demonstrating positive support for wrestlers, coaches, and officials at every meet, match, or practice, or any other Waterford Wrestling Club sponsored event.
- I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, wrestler, or parent such as booing and taunting; refusing to shake hands; using profane language or gestures.
- I will place the emotional and physical well being of my child ahead of my personal desire to win.
- I will never ridicule or yell at my child or other participant for making a mistake or losing a match.
- I will insist that my child play in a safe and healthy environment.
- I will require that my child's coach (including Parent-Coach) uphold their Code of Conduct.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I will remember that the tournament is for youth- not adults.
- I will ask my child to treat other wrestlers, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.
- WWC athletes are students first. While WWC serves as an arena for the student-athlete to display his/her talents, student athletes must in turn, be willing to accept the responsibility to self, to team, and to school.

# Coaches' Code of Conduct

As a coach, I will commit to exemplify the club's mission and values. I will put the well-being of our TEAM as a top priority by committing to the following principles:

- I will provide a safe physical environment.
- I will serve as a positive role model to our wrestlers and hold myself to the same high standards of conduct as I do of our wrestlers.
- I will role model personal conduct by refraining from profanity, disrespectful conduct and the use of alcohol or tobacco in front of our wrestlers or other situations where my conduct could undermine our positive impact as a role model.
- I will promote safe competition by putting safety and health considerations above the desire to win; never permit our wrestlers to intentionally injure any person or engage in reckless behavior that might cause injury to themselves or others.
- I will seek out competitive opportunities for our wrestlers consistent with their abilities.
- I will teach, coach, and encourage all of our wrestlers to seek their potential and bring out the champion in each wrestler.
- I will properly plan the activities for practice.
- I will provide proper instruction.
- I will provide adequate and proper equipment.
- I will evaluate athletes for injury or incapacity.
- I will supervise the activities closely.
- I will warn of inherent risks.
- I will require each wrestler give their best effort.
- I will treat each wrestler and family with respect.
- I will provide appropriate emergency assistance.
- I will show good sportsmanship at all times.
- I will address any wrestler's inappropriate behavior in private with the wrestler and, if necessary, their family.

# Parent-Coach Code of Conduct

As a parent-coach, I will commit to exemplify the club's mission and values. I will put the well-being of our TEAM as a top priority by committing to the following principles:

- I follow the direction of our head coaches.
- I understand that I am here to support ALL wrestlers.
- If I choose to only coach my wrestler, I will be asked to no longer participate as a Parent-Coach.
- I will provide proper instruction given to me by the head coach.
- I will serve as a positive role model to our wrestlers and hold myself to the same high standards of conduct as I do of our wrestlers.
- I will role model personal conduct by refraining from profanity, disrespectful conduct and the use of alcohol or tobacco in front of our wrestlers or other situations where my conduct could undermine our positive impact as a role model.
- I will promote safe competition by putting safety and health considerations above the desire to win; never permit our wrestlers to intentionally injure any person or engage in reckless behavior that might cause injury to themselves or others.
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- I will teach, coach, and encourage all of our wrestlers to seek their potential and bring out the champion in each wrestler.
- I will evaluate wrestlers for injury or incapacity.
- I will supervise the activities closely.
- I will require each wrestler give their best effort.
- I will treat each wrestler and family with respect.
- I will show good sportsmanship at all times.
- I will address any wrestler's inappropriate behavior in private with the wrestler and, if necessary, their family.