

# Beaver Dam Youth Wrestling Handbook

The purpose of this handbook is to provide parents/guardians with general information about the club, how it is run, and what to expect during the wrestling season.

## **Club Information:**

Website: [www.bdyw.org](http://www.bdyw.org)

Email: [board@bdyw.org](mailto:board@bdyw.org)

Facebook: <https://www.facebook.com/bdywrestling/?fref=ts>

## **BDYW Organization Information and Mission:**

This club was founded in November 2012 with the intention of supervising, sponsoring and financially assisting a disciplined and competitive program of wrestling for our youth. We want to promote interest in wrestling among parents and youth of the City of Beaver Dam. The program is intended for youth ages 4k-8<sup>th</sup> grade, to educate them on the sport of wrestling and help to build the fundamental wrestling skills they will need to compete in the upper grade levels. Our program feeds into our Middle and High School wrestling programs. We are a non-profit organization, made up of volunteers in the community who have a passion for our youth and for wrestling.

There are innumerable reasons kids enjoy wrestling and multiple benefits from participation in the sport of wrestling. One of the major benefits of wrestling is the ability to meet a challenge and never let it “beat you”. Our wrestlers learn that dedication, hard work and practice reduces mistakes and increases personal success. They develop a mental toughness and a work ethic that enables them to excel and achieve victory. This essential requirement of wrestling is critical to success in every sport as well as in academics and life.

Our goal as a youth club is to teach character development, mental toughness, respect for authority, and perseverance to our youth, as well as wrestling techniques and skills they can use both on and off the mat.

## **Practice Information**

**Practice Location:** Beaver Dam High School South Gym

**Practice Days and Times:** Please consult our website/Facebook page for specifics. Practice times are typically Monday and Wednesday from 5:45-7:00 for ages 4k-2<sup>nd</sup> grade, and 7:00-8:30 for 3<sup>rd</sup>-8<sup>th</sup> grade, although they do vary throughout the season. As the season winds down in late February for the younger wrestlers, practice times will be adjusted for those intending to go to state qualifiers.

**Greco Roman/Freestyle Program:** This optional program is for the 3-8<sup>th</sup> grade wrestler who wants to continue their wrestling after the Folkstyle season has ended, and further their wrestling skills by learning new techniques used in the Freestyle and Greco Roman styles of wrestling. Practice times and dates, as well as fees, are determined each year prior to the start of the program. Typically, this session will start in April and run through late May. Please see our head coach if you are interested in participating in this program extension.

## **Practice Pick-up/Drop-off**

Wrestlers are expected to arrive early enough to change into their wrestling shoes prior to practice. It is **NOT** the responsibility of the coaches to watch your children before or after practice. For those youth who need to stay before or after their practice times for various reasons, please make sure they understand that they are expected to stay inside the gym and not be a hindrance or distraction to other wrestlers who are practicing.

Please be reminded that changing shoes should be done **BEFORE** going on the mat. In order to keep our mats in good shape and make them long-lasting, **NO STREET SHOES ARE ALLOWED ON THE MATS**. If you do not own a pair of wrestling shoes, please have a separate pair of tennis shoes that you keep clean for use during practice.

## **Practice Cancellation**

We will hold practice if at all possible. However, there are times throughout the season when practice is cancelled due to holidays or the gym being used by the high school for other purposes. In case of inclement weather or other cancellations, we try to post to our Facebook page and will send out email blasts to our members. Please watch for these, or contact our board at 920-319-8727 or [board@bdyw.org](mailto:board@bdyw.org) or on Facebook.

## Your Financial Obligations:

- Season tuition payable according to the fee schedule for that year
- You are responsible to have and maintain an active USA wrestling card for each wrestler for the season. This can be obtained at paid for at [www.usawrestling.com](http://www.usawrestling.com) The fee is around \$40 and could increase.
- Should you choose to have your wrestler participate in any tournaments throughout the year, you are responsible for signing up and paying tournament fees.
- BDYW hosts one tournament a year. Each family is asked to volunteer for one opportunity during this event.
- Shoes, headgear, and singlet(for tournaments) at your own cost. See information on renting team singlets below.

## Season Tuition

Annual Membership fees and information will be available online [www.bdyw.org](http://www.bdyw.org) and we do send out flyers with registration information in the fall to the public schools in Beaver Dam. Annual membership fees may fluctuate from year-to-year. Membership fees include use of the BDHS gym for practices, registration for the wrestler to our annual BDYW GOYA tournament, and a t-shirt. **It does NOT include any other tournament fees or the mandatory USA Wrestling Membership Cards, unless specified.**

## USA Wrestling Membership Cards

The Beaver Dam Youth Wrestling Club is sanctioned by USA Wrestling and therefore all club wrestlers MUST have a USA Wrestling Card prior to practicing for insurance purposes. If they DO NOT have their USA Card, they WILL NOT be allowed to participate in practice. This is mandated for insurance purposes. The cost of the card is approximately \$40. In order to obtain a USA Card you need to visit [www.usawmembership.com](http://www.usawmembership.com) and create an account for each wrestler. If you already have your account created, simply renew your membership each year. Please select our specific Club name: **Beaver Dam Youth Wrestling Club** so we may track your membership IDs online. Should you have further questions about this topic or need help registering online, please see one of our board members and we will be happy to help you out.

## Fundraising/Where does my money go??

In order to make it more affordable for all families to experience wrestling, we have tried to keep our membership fees and clothing costs to a minimum. To make this possible we do not include the expenses needed to run the club in our tuition fees. Instead, we do hold occasional fundraisers(our annual GOYA tournament, annual summer golf outing, brat fries, 50/50 raffles, manage HS wrestling tournament concessions) throughout the year to raise funds for the necessary things our club needs, such as expenses related to running tournaments, dual meets, concession stands, equipment for our wrestlers (mats, singlets, etc), supplies to keep our mats in good condition and clean, contributions to the BDHS for use of their equipment, etc. We do encourage parents and families to participate and help in these events as they are able. Additionally, we are always looking for local businesses to sponsor our events/club. Please contact one of the board members if you or your business is willing to sponsor/donate!

## Annual GOYA Youth Tournament

In December of every year, we have our annual GOYA Youth Tournament. This is our biggest event that we sponsor/organize during the year and one of our main fundraisers. We host 300 wrestlers and their families for this event, and in order for the tournament to run smoothly and successfully, it is critical that we have LOTS of parental involvement/volunteerism. **One member from each family will be required to work at this event for a period of time.** It is absolutely critical to the success of this event. We will have a volunteer sign up sheet during registration, and have it available during the practices in December. PLEASE sign up to help, even if it's for a limited time, the more volunteers we have, the easier it will be on everyone. We do our best to make sure you are able to see your child wrestle during the tournament, but again, more volunteers makes this challenge more attainable.

Every youth who is a member of our club is welcome and encouraged to attend our annual GOYA tournament. This is included in your membership/tuition fee. Because of this fact, **please be understanding...while we strive to make sure that every BDYW wrestler has a coach matside during at least one of their matches, given the number of BDYW wrestlers at this particular tournament, it is not going to be possible for our limited number of coaches to catch every wrestler's match. Parents are encouraged to be matside and "coach" – Give encouragement and be positive.**

## Parental Involvement/Coaching:

### **Coaching at Practices:**

We strongly encourage parents who are interested in coaching to join us on the mats at practice to help guide the wrestlers through the instruction given. With having young wrestlers in our program, the extra attention/help is much appreciated and essential for their success. **HOWEVER, for the safety of all our youth, we do require a background check to be completed prior to any adults stepping foot on our mats.** To facilitate this, please get in contact with our Head Coach, Jason Neuberger, or our Safety Coordinator, Kathy McCormack to let them know of your interest and they will direct you on how to complete a background check. If there is a financial conflict, please let us know, and BDYW will be happy to sponsor the background check for you if you would like to assist at practices.

### **Coaching at Tournaments:**

Parents are responsible to coach their own wrestlers mat-side for most tournament matches. If you don't know the wrestling lingo, just giving words of encouragement and support will go a long way. Although our coaches will make every attempt to make it to a minimum of one match per wrestler at the tournaments they attend, we cannot promise that coaches will be available at every tournament. If you are interested in joining our official coaching team to coach other youth in the club at tournaments, please speak with our Head Coach. Any questions, please email [board@bdyw.org](mailto:board@bdyw.org) or contact our Head Coach.

## Behavioral Expectations of our Youth Wrestlers at practice

We expect all our wrestlers to show respect for authority by giving their full attention to the coaches during practice times. They are expected to refrain from activities that are disruptive to the coaches and other wrestlers in the room. Expectations of our wrestlers during practice include:

- Stay quiet, sit up and focus during instruction by coaches
- Do not climb on the wall mats and other equipment in the room/gym
- Rambunctious wrestling, profanity, horseplay, and fighting is not tolerated
- Push your drill partner to work hard and focus during practice, and be the best drill partner you can be for your teammate.

With respect in mind for all our youth wrestlers during practices, if a wrestler cannot follow the rules and is a distraction to other wrestler or is causing disturbance, we will implement the following course of action:

- Our coaches/safety coordinators will work with the wrestler to make sure they understand what is expected of them.

- If they continue to be a disruption, the wrestler's parents/guardians will be contacted and asked to stay in the gym during practice to intercede if necessary so practice is not interrupted.

- If the disruption continues after that point, the wrestler will be asked to be removed from practice.

We have at least one safety coordinator/board member observing each practice to ensure safety/behavior requirements are met and to provide a neutral perspective on situations that may arise, and/or address concerns during practice.

**BDYW also strives to have a positive representation of our club in our community and beyond, therefore, we ask that all our members/youth conduct themselves with integrity, positivity, and honesty at tournaments.**

### **Code of Conduct at tournaments:**

The coaches want to stress that our youth who attend tournaments are representing our team and what we stand for. This does not stop with the wrestler, but includes parents and spectators as well. BDYW will represent itself in good character and sportsmanship, win or lose – on and off the mat. Our coaches will emphasize G.O.Y.A.(GIVE ONLY YOUR ALL) and “I AM A WINNER BECAUSE I TRY MY HARDEST” starting in our practices, and they will expect it of our youth at tournaments. We hope it will expand to our wrestlers' every day lives as well.

- Be a good sport ALL THE TIME. It is human nature to want to win but if we do not win, be gracious in your loss. When winning, remember your opponent...be respectful and a good sport.
- Don't cry on the wrestling mat when you lose. Everyone wants to win, but there is always someone that loses. After the match, congratulate your opponent and their coach, leave the mat with your chin up. If you need to gather your composure, do so away from the mat, then find your coach when you are ready and discuss your match.
- Treat all teammates with respect. They are your wrestling family and should be treated as such at all times.
- Support your teammates during their matches when you're not wrestling.

## **Tournament & Practice Attire:**

**Practices:** T-shirt, shorts, wrestling shoes/tennis shoes, headgear

**Tournaments:** Singlet (*we have a limited supply available for a \$50 deposit, refundable upon the return of the singlet in good condition*) headgear, wrestling shoes/tennis shoes.

**Additional girls attire for tournaments:** hair-cap, t-shirt underneath singlet.

\*\*\*\*Street shoes are NOT allowed on the mats, and WRESTLING SHOES SHOULD NEVER BE WORN OUTSIDE. If you choose to use tennis shoes, please have a 2<sup>nd</sup> pair specifically for the mats.

The club has a limited number of shoes/headgear that are donated to us to assist low income families. Please contact one of our board members or our Apparel Director for more info.

## **Team Singlets:**

We do have a supply of team singlets that are available for rental for the season for those wrestlers who plan to attend tournaments with our club. Please see our clothing director to pick up one of these singlets. We do require a \$50 deposit that is refundable upon the return of the singlet in good condition. Loaned out singlets remain the property of BDYW and BDYW reserves the right to retain the \$50 fee, should the singlet be returned in poor condition.

## **Health Guidelines (for Ringworm)**

Ringworm is a highly contagious fungal infection of the skin. It is more common in males. Ringworm can affect many parts of the body (head, arms, chest, neck, etc.). The fungi, or parasites, feed on the body's perspiration. Ringworm doesn't always appear in the shape of a ring; it can appear as a rash or a swollen blister with reddening.

Ringworm MUST be treated or it will keep spreading.

It is EXTREMELY important that ALL wrestlers shower with an antibacterial soap as soon as possible after each practice or tournament. Any clothing worn before showering should be washed immediately to prevent the spread of ringworm.

If your child does break out with ringworm, please inform the coaches immediately. This is important so we can also keep the other team members and the high school coaches and teams informed to take preventative measures.

**IMPORTANT NOTE:** Lamisil cream is one of the over-the-counter medicines used to treat ringworm. If the ringworm spreads or does not heal, the doctor will have to issue an oral prescription to treat it.

## **Tournaments:**

Towards the beginning of the season, we will be providing a list of tournaments in the area that our youth usually attend. However, you are not limited to attending only those listed. There are many youth tournaments in WI throughout the wrestling season. Tournament attendance is **NOT MANDATORY**. There are wrestlers that attend every tournament and others that attend only a few. We encourage all our youth to attend tournaments on weekends for fun and for the experience of competing against other youth. However, it is up to the parents to decide how many their child can handle. Often, young wrestlers will get “burnt out” and overwhelmed attending tournaments every weekend for 3 months.

You are responsible for registering your child for each tournament they plan to attend. One of our board members will be happy to assist you, should you need help with the registration process. Typically, the tournaments try to pair wrestlers up based off of weight, age, and experience levels.

At most of our listed tournaments we usually have a good group of wrestlers from BDYW attending. Our coaches strive to make it to as many of these tournaments as they can as well, however, many of our core coaching team also coach for the high school and are required to attend weekend tournaments with the high school, therefore, we cannot promise that coaches will be available at every tournament. We strongly encourage parents to coach their wrestlers mat-side for most tournament matches. If nothing else, be supportive and encouraging to them. Costs related to attending tournaments include the cost of the wrestlers registration (usually \$15-\$20), and spectator admission fees (\$1-\$3 per person). Any questions, please email [board@bdyw.org](mailto:board@bdyw.org) or contact our Head Coach.

What you will need to sign your child up for a tournament:

- Your USA Wrestling Card #
- Know the weight/age group of your child(birth year or grade depending on the tournament)
- Pay the tournament fee (usually varies from \$15-\$20 per wrestler)
- Most Tournaments require pre-registration on-line using a system called TrackWrestling. The website is [www.trackwrestling.com](http://www.trackwrestling.com) . You will need to create an account at TrackWrestling before registering for the first tournament. The basic TrackWrestling registration is free.

## What to expect at your first tournament

Tournament day can be confusing for new wrestling families. Parents will be required to ensure their wrestler is registered properly (correct age/weight), has the required equipment (head gear, shoes, singlet, team shirt/shorts), and knows when/where the matches will take place. Coaches will be at most meets to assist in this, but it is the parents' responsibility to guide their wrestler throughout the day, during and between matches. The typical tournament runs as follows:

### **Registration/Check-in**

Registration/Check-in usually occurs an hour or two before wrestling begins. Most of the time you will have registered online/by mail already. So when you arrive, **you will need to check in and possibly weigh in** if the tournament is not doing an honor system. Find the table/area for your child's grade level. You may need to show your USA card. **They will do a nail check**-make sure your wrestlers nails are clipped short, and **they will have each wrestler strip down to his/her singlet for quick a skin check** to make sure there are no obvious rashes, marks, etc. If weigh-ins are applicable, your wrestler will need to be in your singlet only for that as well. Gross discrepancies in your wrestler's weight from pre-registration may cause your wrestler to be disqualified. This is done so that wrestlers are not mindfully registering at a much lower weight dishonestly.

Once you are checked in, find a spot in the gym for the day and wait for the brackets to be posted.

### **Team Warm-up**

This will be done as a group about 45 minutes prior to wrestling. It will be lead by the older wrestlers and coaches, but parents are welcome to take part.

### **Bracketing**

This can feel like the longest part of tournament day for both the wrestler and the parents. About half the time bracketing is done prior to tournament day – and only “no-shows” have to be accounted for and re-bracketed. In this case, wrestling can start fairly quickly after registration check-in is closed. The other half of the time, bracketing is done after check-in and weigh-ins are concluded. This is a very complex process, and can take an hour or two, which means you will need to prepare for this. Wrestlers can have a light breakfast, warm-up, have video games along, bring homework, etc. to help pass the time. You will need to stay in the gym area or wrestling facility because once bracketed, wrestling will begin immediately.

## Reading the Bracket Sheets

When brackets are posted (either online at [www.trackwrestling.com](http://www.trackwrestling.com) or in a hallway at the facility), **find the bracket sheet with your child's name on it.** They will be grouped by grade level and weight class. The bracket sheets determine who your child will wrestle and in what format (4 man, 5 man, round robin -etc).

**Take a picture of the bracket sheet, OR write down the Mat letter/#, Bracket letter/#, and each 1<sup>st</sup> or 2<sup>nd</sup> match your child will wrestle.**

- **It will say the mat and the bracket number/letter on the bracket sheet at the top: i.e. Mat 1 Bracket E.** This is where your child will wrestle. It will also say the weight class that they are in at the top.
- Then look at the different rounds - there will usually be 3-4 rounds with 2 matches in each round to allow each wrestler in that bracket an opportunity to wrestle each other. **Note whether your child will wrestle the 1<sup>st</sup> or the 2<sup>nd</sup> match of each round,** so you know when to have him ready to go.

In the gym, each mat is labeled with a Mat # and a Bracket Letter. **Locate the Mat your child will wrestle on, and then watch for your bracket letter to come up.** They will cycle through in order. **\*\*\*Your child needs to be mat side 2 brackets ahead of time to get ready/warm-up at the table.**

## Bout Numbers

Some tournaments use bout numbers instead of bracket numbers. In this case, a number is assigned to each match – and none are repeated. This will be a sequential system and should be easy to determine when your wrestler's match is up.

## Coaching Requirement

Every wrestler should have a coach mat side while they wrestle. If coaches are unavailable, it is the parents' responsibility to fill this role. Coaches will try to make at least one of your wrestler's matches each tournament. Pay attention to how the coaches "coach" your wrestler during a match, it helps when it is time for you to coach solo!!

## Wrestling Time

When it's time for your child to wrestle, he will need to approach the table matside and give them his name. Put on an ankle band and he's ready for when the ref says "Go!"

When the match is finished, the two wrestlers will remove the ankle bands, shake hands, the winner is declared, and then **IT IS IMPORTANT FOR YOUR WRESTLER TO ALWAYS GO AND SHAKE THE HAND OF THE OPPONENT'S COACH, WHETHER YOUR CHILD WON OR LOST.** If your child won the match, have him

go back to the mat-side table to sign his name on the bout sheet and collect a pin if necessary.

## **Finishing the matches/Awards**

**When the final round is complete for your child's bracket, stick together as a group with your bracket and make your way to the awards area as instructed.** All the wrestlers in your bracket will need to be together in order for them to receive their awards. Bring your camera!

## **Tournament Types**

There are many types of tournaments: round robin, double elimination, etc. Most weekend tournaments are round robin tournaments in which your wrestler will be guaranteed from 2 to 5 matches. All wrestlers will wrestle each other at least one time and rankings are based on their win/loss record.

In a double elimination tournament, a traditional bracket with bout numbers will be posted. If your wrestler wins/loses their match they will either move to the winners or losers side of the bracket. They will continue to wrestle until they have lost two matches. Be sure to check the brackets before leaving as larger tournaments may wrestle for 7th and 8th place.

If you are unsure about the format of the tournament – please ask!!

Tournaments may be run by bout numbers or a bullpen format. In a bout number format, the bracket will usually be a 3-digit number. This number indicates which mat and bout the wrestler will wrestle. The mat or bout number may change so you will need to listen for any changes. In a bullpen tournament, the announcer will indicate when a group of wrestlers will need to go to the “bullpen”. A bullpen is when a selected group of wrestlers meet in a room and come out together. They may wrestle on any mat so you must continually look for your wrestler to figure out where they will wrestle that particular match.