



**PARENT
HANDBOOK**

2016-2017

Welcome Parents,

Whether this is your first year with a child in our wrestling program or you are a seasoned supporter of your wrestler we would like to take this opportunity to welcome you to our club. We hope you will take every opportunity to get involved in our program. We will be asking specific individuals to help with input on the club and on the advisory committee. If you would like to become more involved please let one of us know.

Jim Gensler will do the majority of the paperwork involved with the club. Derrick Meyers will be the co-treasurer. They can be contacted for any questions you may have regarding tournament registration, fees of any kids, donations, sponsorships, insurance, etc.

Derrick Meyers and Joe Tourdot will be the head coaches this year, if you have any problems, suggestions, or questions regarding practices, tournaments, or anything to do with wrestling, please feel free to call or talk to them after a Tuesday, Wednesday or Thursday practice. Coaches are very important to the success of our program and to the success of your child as a wrestler. All of our coaches are doing so on a voluntary basis, so please keep that in mind at all times.

- The Rochelle Wrestling Club teaches wrestlers not only technique but also sportsmanship. Wrestlers who participate in the RWC program can expect to learn a variety of takedowns, pinning combinations, reversals and escapes. Wrestling provides a great foundation for building strength, balance, quickness, discipline and character. Many of the skills that are learned in wrestling can be used in other sports your child may participate in.
- ^ The RWC program is designed in a way that the beginner as well as the most elite wrestlers can succeed. Depending on ability and desire, wrestlers can choose to attend as few or as many tournaments as they wish. The team will travel to area tournaments on weekends and compete against other teams. If you want to wrestle on Saturday and other tournaments that the coaches might not be going to just check with one of the coaches to find out what you need to do.
- ∨ Individuals will compete against other youngsters who are close in age and weight.

Although you might be new to wrestling, you have a tremendous impact on your wrestler's performance and attitude on the mat.

What can you do?

1. Make sure your son/daughter is at practice on time, reduce junk food eaten, make sure your wrestler gets plenty of rest, and make sure home work is done so practice is not missed.
2. If you want to go over drills or exercises at home, ask the coaches to show you some drills that can be done at home. Your son/daughter can do push-ups, jumping jacks, pull-ups, sit-ups, etc.

*More than ever, the coaches have realized the parents have a lot to do with the success of a wrestling team. We encourage you to be at practices with your wrestler if you are able to, but we need to remind you to **remain quiet** while the coaches are talking and working with the kids. We need help coordinating fundraisers, we will teach you how to keep score, help with our tournament, and many other activities. There is always something that needs to be done. Please volunteer as much as possible.*

How much is the registration fee and what is it spent on?

The fee is \$65 per wrestler, which is non-refundable. The fee includes registration with the IKWF & USA Wrestling, and a club t-shirt. There is a fee that goes directly to the IKWF card which enables each kid to compete in practice and in statewide tournaments while providing liability and secondary medical insurance for the wrestlers, coaches, school district, etc., as you can tell that leaves us very little left over to run the club.

What is this IKWF card? Is it important?

The IKWF card identifies your wrestler's name, team name, and age. It shows that you have insurance. You will not be able to wrestle with out it. We encourage you to keep it with you for all tournaments.

When is our "home" tournament and how can I help?

*We need to make sure that **everyone** helps during our tournament and that it goes well. There will be signup sheets at practice. We cannot always count on weather etc., and this is our **main** fundraising opportunity from year to year. This is how we are able to off set the costs to our membership. We try to keep the fees as low as possible. If you are able to get donations of food or sponsorship or anything else through your employer, friends, or family for the tournament or to help during the wrestling season, please let us know.*

How much is wrestling in a tournament going to cost and when do I need to be there?

*Each tournament is different. However, most will be \$15to \$20 and weigh-ins are typically 6:30 a.m. to 7:30 or 8:00 a.m. Tournaments are usually over by 3:00 p.m. The fee is paid each week (we will let you know the amount and when to turn in the fees for each tournament) and **is not included in the registration fee**. There is an admission charged for spectators at the door of most tournaments - usually \$3.00 to \$5.00 for an adult and \$1.00 to \$2.00 for children.*

What equipment is necessary and where can I get it?

Shoes - we have a very limited number of shoes that you can borrow if your child(ren) size is available. There are several sporting goods stores that carry wrestling shoes at pretty reasonable prices. If you still need help, please let us know. Your child can also earn shoes through the fundraiser this year.

Head Gear - Head gear is available used or we can order it for you. Headgear runs around \$30.00 or so. We will make every effort to have it available before the first tournament or to provide you with headgear to use for that tournament until yours arrive.

Singlet – a deposit of \$50 for the use during the season—which will be refunded at the end of the season. This is part of what our fundraiser and our tournament each year help to cover the expense to purchase and maintain. Each singlet is numbered. It's **your responsibility to return the exact number you were issued. If your wrestlers' singlet is lost, stolen or damaged – there will be a charge of \$75 for the singlet that you will be responsible for paying.**

Match Awards - a "gold" wrestling pin will be given once a wrestler completes their first tournament match. These pins will then be used to add "white beads" for a win and "purple beads" for a pin. This is a method we are using to try and promote attending tournaments, which in turn makes them better wrestlers, and to give an extra incentive for wins and pins. These will be awarded at the first practice following the tournament.

When are practices?

A: Practices will be Tuesday Wednesday and Thursday's from 6:00 to 7:30 p.m.

B: The High School Wrestling room is also part weight room. It is a must for all parents and wrestlers to stay off all the weight lifting equipment!

C: Practices may change slightly based on holidays etc. You will receive a tentative practice and tournament schedule at Parent's Night.

When does the season start?

The first tournament of the season will be on the 1st weekend of December. The Rochelle Wrestling Club will wrestle most Sundays beginning in December. All Age Groups may wrestle to Regional's. Wrestlers 9 & over will wrestle until Regional's and from there they will wrestle only if they qualify for the Sectionals, State or Jr. State meet.

What additional information do I need to know about tournaments?

At IKWF tournaments kids are bracketed by age and weight. First kids are sorted into groups based on age, i.e., 5-6, 7-8, 9-10, 11-12, 13 -14. Next each age group is placed into brackets based on weights. Weight brackets vary but generally kids are within 3 lbs. of each other. Transportation to and from tournaments are the responsibility of the parent(s). Tournaments generally require a weigh-in before 8:00 am. Wrestling usually starts around 9:00 to 9:30 am. Your kid(s) will generally wrestle in no more than 3 matches per tournament (occasionally less) most 8 and under it is 2 matches. Trophies/Medals/Ribbons are awarded the top 3 to 6 kids in each bracket (usually an eight man bracket), this is determined by the tournament directors.

What should my wrestler wear to the first practice? How about after the first practice?

A dirty mat is unhealthy and we try to keep this to a minimum. You may wrestle in your socks until your shoes arrive, but this does make it harder to not slip and slide during moves. You may wear shorts and a t-shirt to practice. Baggy shirts and shorts may cause injury to you and your work out partner. Long pants are not to be worn at practice. All tournaments require wrestling shoes, a singlet, and headgear.

What phone number should I call if I have questions?

If you have a question regarding your wrestler or practices and tournaments, please contact

Joe Tourdot at 815-739-5116

Derrick Meyers at 815-739-7559

Am I allowed on the Mat with my child during a wrestling tournament?

Sorry, only coaches with an IKWF coach's card are allowed on the mats. At some tournaments you may be able to cheer along the side or to take pictures. Most tournaments make you stay seated in the stands. It is very difficult for other parents to see their child wrestle if there are parents down and around the mats so you will get use to hearing them announce for all parents and spectators to please keep the mats clear. There will occasionally be tournaments that are "no coaching" tournaments. This means that the child will not have a coach on the mat if you have additional questions about this, please ask a coach.

Remember – No School ----- No Practice!!!

If we need to cancel practice we will notify you by the following- email, text message, Facebook and or www.rochellewrestlingclub.com/calender.

Important things to remember:

- \$ *Homework from school should be done before practice and is always a priority to the coaches. (Kid's will be tired after practice)*
- \$ *Enter and exit the building via the designated entrance nearest the wrestling room. Street shoes bring unwanted fungus and bacteria onto the wrestling mat. Change shoes off the mat.*
- \$ *We practice disease control and will clean down the mats each night. Common wrestling diseases include impetigo and fungus infections like athlete's foot and ringworm. These diseases are easily controlled by simply bathing with anti-bacterial soap (DIAL). Therefore, it is imperative that all wrestlers shower with anti-bacterial soap immediately upon returning home after all practices and tournaments!*
- \$ *Kids must pay attention during practice. If your child becomes a problem or doesn't have the attention span to actively participate in the practice we will have to make alternative arrangements.*
- \$ *No gum, jewelry, drinks or street shoes allowed on the mats.*
- \$ *Kids must stay in the wrestling room unless excused by a coach, for instance, to go to the bathroom or get a drink of water.*
- \$ *All wrestlers should wear warm clothing when leaving practice. (Kids will be hot and sweaty when walking out into the cold weather)*
- \$ *Please have your wrestler there in time to be dressed, on the mat, and ready to go by the start of practice. All 8 and under please leave the mat at 7:00 and dress outside the wrestling room doors so as not to disturb the rest of the practice.*
- \$ ***We run a tournament, parents are needed the night before to help setup mats and accessories for the event. All parents are needed to volunteer their time all day for various duties on tournament day. Fortunately, we have top notch experienced "Rochelle Tournament Crew" to lead us.***
- \$ *Please pick your wrestler up promptly at the end of practice.*
- \$ *Respect for teammates, coaches, other parents and volunteers will be expected from your wrestler at all times.*
- \$ *Please bring any problem or concern to the immediate attention of one the coaches.*
- \$ *No Fake Tattoo's*

Note from the coaches:

Being physically and mentally strong will help kids be successful in all sports, but it is essential in wrestling. To build physical skills kids should do pushups or practice drills at home on days that there is no practice, e.g., ten pushups between T.V. commercials. Self-confidence is directly proportional to how hard you train! This is true in wrestling as well as everything else in life. Thanks for your support and do not hesitate to contact us with questions or concerns.