

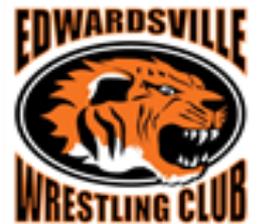
# Edwardsville Wrestling Club Mission Statement

**Enhance the lives of wrestlers and their parents through the sport of wrestling.**



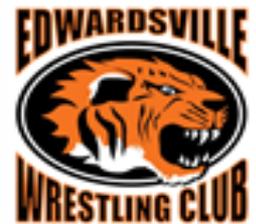
# Edwardsville Wrestling Club Goals

- **Have fun, enjoy the sport of wrestling**
- **Develop quality skills that will allow wrestlers to have success at all levels**
- **Develop solid work ethic in our wrestlers both on and off the mat**
- **Teach our wrestlers to have pride in themselves, their teammates, and our Edwardsville Wrestling Program**
- **Teach our wrestlers to strive for excellence on the wrestling mat and in the classroom**
- **Teach our wrestlers the importance of sportsmanship**



# Edwardsville Wrestling Club Core Values

- We have the responsibility to use the best methods to teach a student-wrestler a lifestyle of high **moral character**. Including but not limited to: teaching correct wrestling techniques, good nutrition, proper and safe weight management and excellence in the classroom
- We have a responsibility **to value all of our wrestlers equally**. We must not discriminate against any wrestler because of age, skill level, race or socioeconomic status. Every wrestler must be provided the same opportunity to learn and practice the techniques that EWC teaches and the lessons that EWC provides.
- EWC has a responsibility to provide the absolute best **environment** to our athletes. We will focus on safety, service and providing the best possible coaches for our wrestlers.

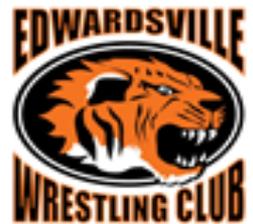


# Edwardsville Wrestling Club Philosophy

**Provide youth, ages 5-14 the opportunity to learn the sport of wrestling in an organized environment. EWC teaches the fundamentals of wrestling not only to prepare wrestlers to excel at the Middle School and High School levels, but also to excel in life. Sportsmanship, discipline, team participation, academic excellence, and service are all emphasized.**

**The focus of the program is to help our wrestlers begin to develop a passion for the sport of wrestling. Our program will emphasize fun, camaraderie, and skill development. We look at the development of our wrestlers as a marathon and not a sprint. Our coaches will work hard to develop our wrestlers at appropriate developmental times.**

**We will not be measuring success of our wrestlers on wins and losses but instead, on how each wrestler develops throughout the season. We will not sacrifice the educational experience and love of the sport to win.**



# Myths of Talent Development

## Institute of Youth Sports at Michigan State University

The following has been developed by internationally renowned coaching development experts, Dr. Dan Gould and Dr. Larry Lauer at institute for youth sports at Michigan State University.

- **Myth 1: Athletic talent can be accurately predicted in youth:** Sport science research shows that it is very difficult to predict who will be a successful elite athlete from their performance as children and youth. It is true that there are some athletic prodigies who excel through all levels of sport. For the vast majority of children, however, early success does not predict later athletic performance.
- **Myth : More is always better!** It takes 10 years or 10,000 hours of practice to develop expertise in any field, including sport. However, these hours must be distributed in different amounts at appropriate developmental times. Too often, youth sports parents and coaches are over training young athletes, which results in more injuries, later losses of motivation and burnout.

# Continue Myths...

- **Myth 3: You cannot have fun if you are going to be good:** Because the development of athletic talent is a long term process, research shows that elite athletes must fall in love with their sport in their early years of involvement. They need programs that emphasize fun, camaraderie, and skill development.
- **Myth 4: Talented individuals need different entry programs and coaching approaches than their less talented counterparts:** There is feeling today that children as young as 6 or 7 need to be placed into special athletic talent development programs. This is not the case. All children should be encouraged to play multiple sports, develop fundamental motor skills, and have time to fall in love with physical activity.

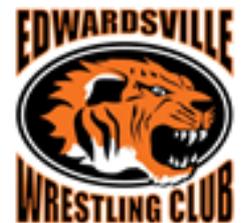
# Helping Our Wrestlers Learn to Love the Sport of Wrestling

*“Happiness is about the journey not the  
destination.”*

*-John Wooden*

*“Embrace the Grind”*

*-Jordan Burroughs*



# Helping Our Wrestlers Learn to Love the Sport of Wrestling.

- Be a positive coach.
- Make practices Fun.
- Let the Kids know how proud you are of them after a tough practice.
- Talk to kids and tell them how great they are doing.
- Keep kids focused on proper technique and not focused on winning .
- Help them learn how to handle tough practices and tough matches.
- Constantly keep your eyes open for wrestlers that need encouragement.

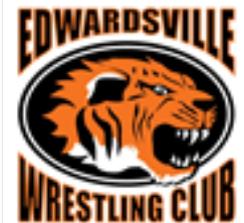
# Dealing With Wins & Losses

“Respond to adversity; don’t react – Three things you control in every situation:

- a. Attitude
- b. Approach
- c. Response

Control the situation, don’t let it control you.”

-Tony Dungy



# Dealing with the Wins and Losses

- Failure is part of life and EWC will help wrestlers successfully deal with losses and disappointments.
- We know that some of our wrestlers will lose more than they win and we have to get them to know that it is okay, we will get better when we continue to learn and develop our technique.
- We need to also help parents with the losses and the wins.
- Winning can present problems as well with both parents and wrestlers.
- Making sure our wrestlers are ready for competition.
- Physical maturity plays a big part in winning and losing. It is not always a level playing field.

# Discipline in the Practice Room

“A coach is someone who  
can give correction without  
causing resentment.”

*-John Wooden*



# Discipline in the practice room

- Coaches need to be strict with our wrestlers.
- Biggest issue with kids is not paying attention.
- Wrestlers need to be on a knee when the coach is teaching.
- Kids will try to be lazy and it is our job as coaches to motivate them.
- Do not allow our wrestlers to bully their teammates.
- Do not be afraid to get parents involved.
- If you have a problem please communicate with me.
- There will be wrestlers that challenge us but they probably need our help the most.

# Safety of Our Wrestlers

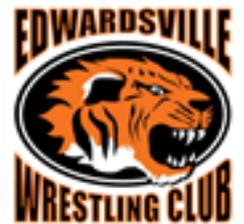
- Before and after practices are when most injuries happen.
- Make sure partners are matched up correctly.
- Watch for kids that are bullies.
- Communicate with parents if an injury happens.
- Make sure all kids have nails clipped.
- Talk to kids about showering and wearing clean workout gear for every practice.
- Keep eyes open for skin infections.
- If possible get CPR certified.

# Responsibilities For Practice

- Take attendance at each practice.
- Watch the lead coaches demonstrate techniques so that you can help teach the skill.
- Make sure your team is organized and focused.
- Make sure the kids are paired up correctly.
- Keep kids excited about working hard.
- Communicate with main coaches about technique. If your team is not getting something let us know.
- Work together with all coaches to make EWC a great club that makes a difference in kids lives.

# Communication

*“Everything has been said before, but since nobody listens we have to keep going back and beginning all over again.” - Mark Twain*



# Communicating to Parents

- If a wrestler misses 3 consecutive practices we need to call and check on him/her.
- If the wrestler is being disruptive and is not responding to you we need to get the parent involved.
- If an injury happens in practice please talk to the parent about what happened.
- Please read the EWC News so that you can help communicate that information to wrestlers and parents.

# What Parents Expect of Our Coaches

- We treat their child with respect.
- We give their child encouragement.
- We are coaches that they and their child can trust, look up to and rely on for support.
- We help their child gain confidence, learn self discipline, and instill positive values.
- We provide enjoyment and a sense of achievement.

# Tournament Conduct

- Warm-up and drill before competition (this should be a mini practice).
- Talk to our wrestlers as much as possible and be positive.
- Before each match make sure that we are talking to them and focusing them in on the match.
- After each match make sure that we talk to them and help them with the outcome.
- Make sure as coaches we are focused not on the wins and losses but how each wrestler performs technique/position.
- Keep a score sheet at each match (i.e.. Get name and team of each opponent).
- Do not argue calls with official.
- We as coaches must model good sportsmanship.
- Dads should not be the main coach in corner.

# Recruiting Wrestlers

- Please spread the word about our sign-ups.
- Be an advocate for the sport of wrestling and talk to parents about EWC.
- Have pride in our wrestling program.
- Keep your eyes open for good athletes and encourage them to wrestle.
- Football, Soccer or Baseball coaches please share our sign-up information with your teams.

# Retaining Wrestlers

- Coaches be good role models (this makes the program attractive to parents).
- Be positive and patient.
- Make wrestling fun for the wrestlers as well as coaches.
- Be energetic and enthusiastic.
- Be liberal with praise.
- Emphasize skill development and improvement while keeping winning a low priority.
- Communicate regularly and thoroughly with parents. Keep them informed. Utilize email, text messaging, website, etc. Do not depend on young wrestlers to remember future event or exactly what they are to tell their parents.
- Be fair and consistent.
- Attempt to make personal verbal contact with each wrestler on the team everyday.

# EWC Important Dates

- October 4<sup>th</sup> first sign-up date
- October 13<sup>th</sup> second sign-up date
- October 16<sup>th</sup> Leadership Academy
- October 31<sup>st</sup> Halloween Parade
- November 2<sup>nd</sup> First EWC Practice
- November 12<sup>th</sup> Edwardsville Wrestling Club 5K
- November 13<sup>th</sup> Copper and Bronze Certification
- November 17<sup>th</sup> Battle of the Bones
- December 3<sup>rd</sup> Beginners Tournament
- December 17<sup>th</sup> EWC Open

# Coaching Requirements

- USA Coaches Card
- Background Check
- Copper Certification
- CPR Certification highly recommended

# EWC Fundraiser

- Edwardsville Wrestling Club 5K & 1 mile fun run November 12<sup>th</sup> 2016
- We need runners.
- We need sponsors.
- We need to encourage our wrestlers to get sponsors and participate in our major fundraiser

# You can make a difference!

**“It's about the journey--mine and yours--and the lives we can touch, the legacy we can leave, and the world we can change for the better.”**

—**Tony Dungy**

