



INFORMATION GUIDELINES/RULES FOR 2021 – 2022 SEASON

Welcome to the 2021-2022 season of wrestling. It is good to be able to get back on the mats. Given our current ongoing state of “normalcy” around the country, there are some changes this year that in previous years did not exist. These changes were concessions we had to make in order to be allowed a season and facility use by the district. We are not in control of these changes, nor are they up for debate or discussion. The important thing to remember is that this was what was necessary to allow our children to have a season in the greatest sport.

A little background first. The program has been around for 26-27 years and is solely 100% volunteer based. It takes volunteers with a passion for both the sport and encouraging children to succeed in the sport to be successful. There will be times throughout the season where we are requesting volunteers to sign up and help. Mostly this comes with tournaments that we host.

This year we have been awarded 4 tournaments to host. As those get closer – we will have sign-ups for volunteers posted electronically through sign-up genius. The tournaments we host are our way of fundraising for the program so we can continue to operate. Historically, our club runs some of the most successful and organized tournaments. Our tournaments for this year are:

- November 6th – Round Robin #2 – Open to everyone
- November 27th – Turkey Tournament – First/Second year/beginner wrestlers only
- December 4th – Varsity Duals – select Varsity wrestlers only
- January 15th – Sub Divisions – select JV and Varsity wrestlers only

The rest of the schedule will be posted on SportsEngine and communicated throughout the season. You may also find the complete schedule at www.pcjwl.weebly.com.

Season runs October 4th until January 29th for JV/Varsity Wrestlers. All other wrestlers the last tournament will be January 8th, however, some especially beginners opt to conclude their season in November after the Turkey Tournament. Even if you are no longer competing in tournaments, you are still welcome to come to practices and continue to grow/develop.

HEAD COACHES

This season’s head coaches are:
Lee Ricker – Advanced Group

Joe Chandler – Beginner/Intermediate
Jesse Schweickert – 5/6 years old

COMMUNICATIONS (MOST IMPORTANT)

Please ensure you are connected through SportsEngine and have downloaded the app to your device so that you receive up to date communications. In addition to SportsEngine, we will communicate on the website, through Facebook, and via email. If you are not receiving any communications, please let us know.

GENERAL RULES

- Temperature or symptoms present will result in the person(s) being sent home until a negative test can be confirmed
- We will accept a negative test result from an approved at home test such as Binax which has been FDA approved under an EUA. This is to avoid overwhelming the medical system which is going to be strained and burdened here soon as is. Additionally, they won't test under certain circumstances and therefore if you still need one the cost is not covered by health and has to be paid out of pocket. Usually at least \$100 so weekly testing is not feasible.
- If a parent/volunteer/athlete tests positive they will not be permitted back until they can prove a negative test result and must quarantine in accordance with CDC guidelines. Proof with the at home test requires identification with a date/time stamp photo and the test result
- COVID waivers will be signed and attestation forms completed for parents/volunteers/coaches and athletes

PRACTICES

Practices will run Mon, Wed, Thur from 5:30pm to 6:30pm for those 5/6 years old and beginner/intermediate group (based on experience). There are times where we will not have practice due to facility availability or practice facility may need to be changed. This will be communicated as far in advance as we have notice.

Advanced Group practice is Mon, Wed, Thurs from 6:45pm – 8:00pm. Your wrestler will not be allowed into the facility prior to 6:45pm but they do need to have temperature checks done before hand so please have them there around 6:30pm.

Location Lakeridge Middle School

Other Rules regarding practices

- Closed to spectators/parents This is subject to change at any time.
- Anyone entering the facility will have their temperature checked and checked for symptoms prior to entry. Parents do not leave until your athlete is cleared to enter
- Masks required for everyone including wrestlers
- There will be a break between the two practice groups to allow sanitizing of mats
- No entry to the facility until the first practice group has left the building
- Sanitizer will be available at all times
- Athletes will be in small groups for practices and spaced out as much as possible

- Please ensure your wrestler has a water bottle with them as the fountains in the school are currently shut off

TOURNAMENT GUIDELINES PER USAWA Wrestling and PCJWL

- Spectators are limited to 1 per family. Attestation form and temperature check to be completed upon entry. All of which is done outside prior to entering the facility. (This is subject to change. Do not be alarmed by this and please email us with questions)
- Masks worn at all times with the exception of wrestlers in competition at the current moment but that is subject to change
- Spectators are not allowed on the mats or the floor, only wrestlers and coaches and only one coach per wrestler when competing and one coach and wrestler on deck. All other wrestlers will have to be in the stands until they are up.
- Tournaments will be broken and ran by age groups this year. 8 and under will run 7am - 11am/12pm and 9 and Over will run 12/1pm to finish. This will allow for sanitizing mats and surfaces between groups. Weigh-ins are typically an hour before the tournament begins. 7am for the 8 and unders and roughly 12pm or 1pm for the 9 and overs.
- No siblings will be allowed as spectators this year
- No camping out on the floor next to bleachers for spectators. All spectators will have to remain in the stands, with masks, distanced, and there will be a rope where spectators will not be allowed to cross.
- One way entry to gym and one way exit
- No crossing over mats, coaches will have to walk around to go from one mat to another.

GEAR

Wrestling is a sport which requires very little gear/equipment. Your wrestler will need:

- Wrestling shoes
- Singlet (Rentals will be handed out beginning the week of October 20th)
- Headgear

OPTIONAL GEAR

- Defense/KS or another type brand of Body Wipes or Foam
- Mouthguards (Required if you have braces)
- Knee pads
- Hair Covers (Required for long hair)

You can find your gear needs on Amazon, at Dick's Sporting Goods (although usually limited in store), and at Suplay.com.

WEIGHT CLASSES FOR LEAGUE COMPETITION

Eight and under 42,46,50,54,58,63,69,78,90,110

Nine and over 57,60,63,66,69,73,77,81,86,91,96,103,110,120,145,175

Your athlete will be paired at round robins as closely to age/weight and skill level as possible.

MATCHES

All scoring matches will be comprised of three periods with length as follows:

Eight and under - 60 / 60 / 60 seconds

Nine and Over - 90 / 60 / 60 seconds

CHALLENGE NIGHTS – JV/VARISTY TEAM

There are specific tournaments that are “league” tournaments and designated for only JV and Varsity wrestlers, similar to how high school operates. JV and Varsity wrestlers are determined through Challenge Nights. Unfortunately, because of the rules on weigh-ins and competitions at that weight level which have to be completed to qualify, we are only able to have challenges one time for the JV and Varsity spots. Challenge nights will be a week or two before Thanksgiving and held during practice. There are no make-ups so if you want your wrestler to challenge, please make sure you are at practice those nights. The commitment for the JV and Varsity level takes their season into mid to late January. If you cannot commit to all those dates, then we ask you hold off on challenging for one of those spots. More information to follow.

SPIRIT WEAR

You may purchase spirit wear/club gear through the website at anytime and it will ship directly to you. There are some awesome items available. Go to the webpage and click on the Squad Locker Shop Now button.

We are excited to have you back if you are a returning family, and welcome all the new families to the program this season. While it will be different, it should still be the best time of the year. Wrestling is a community and while there is a lot to learn, once you catch on it is very rewarding.

Please feel free to email any questions/concerns at anytime or speak to us before or after practice.

END OF SEASON

Each year after the league championship tournament, we hold a banquet to celebrate and recognize all the wrestlers and coaches/volunteers. There are special awards presented during this time and a slide show. It is generally a fun time for all. Details on this will follow at a later date but generally is late January to early February.

Noble Merrifield – Andrea Martin
Co-Directors
Sumnerjrpanthers@gmail.com