

Welcome to the 2019-2020 Wrestling Season

www.centennialwrestling.org



Introductions

Board of Directors

- ▶ President: Curtis Theis
- ▶ Vice President: Jenn Bettinger (Interim)
- ▶ Secretary: Ronnie Whiting
- ▶ Treasurer: Michelle Cook
- ▶ Fundraising: Tony Grygelko
- ▶ High School Head Coach: Parker Betts
- ▶ Middle School Head Coach: Aiston DeGeest
- ▶ Middle School Director: Brian Person
- ▶ High School Director: Parker Betts
- ▶ Youth Director: Scot Wick
- ▶ Apparel: Kim Sundseth
- ▶ Committees: Youth, Middle School, Tournament, Fundraising, Communications and Marketing
- ▶ Monthly Board Meeting: Third Tuesday of the Month at 7PM

Youth Coaches

- ▶ Jon Fehrmann - Head Coach
- ▶ Ryan Molitor - Head Coach
- ▶ Parent Volunteers Coaches
 - ▶ Tony Grygelko
 - ▶ Scot Wick



Important Dates

▶ Youth Night

- ▶ Thursday, December 12th
 - ▶ 10-15 Youth Matches before Varsity
 - ▶ Kids stand with Varsity for National Anthem

▶ Photo Night

- ▶ Wednesday, December 18th

▶ Wednesday Practices

- ▶ Wednesday, December 11th
- ▶ Wednesday, December 18th
- ▶ Wednesday, January 15th

▶ No Practice

- ▶ Thursday, November 28th
- ▶ Thursday, December 12th (Youth Night)
- ▶ Thursday, December 19th
- ▶ Tuesday, Dec 24th
- ▶ Thursday, Dec 26th
- ▶ Tuesday, Dec 31st
- ▶ Thursday, January 16th

▶ Centennial Youth Home Tournament

- ▶ Sunday, January 5th

▶ MN State Youth Wrestling Tournament

- ▶ Friday - Sunday, March 6-8th

▶ End of the Season Banquet

- ▶ March TBD



Methods of Communication

- ▶ SportsEngine App
 - ▶ Instant Chat Feature
 - ▶ Practice Schedule
 - ▶ Tournament Schedule - RSVP Feature
- ▶ Announcements in Practice
- ▶ Weekly Emails
- ▶ Centennial Wrestling Website
 - ▶ www.centennialwrestling.org
- ▶ **Follow us on Twitter & Facebook**
 - ▶ Facebook: Centennial Wrestling Association
 - ▶ Twitter: www.twitter.com/Cougwrestling

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Season Review

▶ Season Options

- ▶ Full Season: November 5th - March 5th
 - ▶ 4 hrs volunteer time per family or \$100
- ▶ First Half Season: November 5th - January 5th
 - ▶ 4 hrs volunteer time per family or \$100
- ▶ Second Half Season: January 7th - February 27th
 - ▶ No volunteer time required

▶ Practice Sessions

- ▶ First Session: 6-7pm
 - ▶ Class Room 1: Beginners (Prek - 2nd Graders)
 - ▶ Class Room 2: Intermediate (1st - 2nd Graders with 1-2 years of experience)
- ▶ Second Session: 7-8:30pm
 - ▶ Class Room 1: Beginners (3rd - 5th Graders)
 - ▶ Class Room 2: Advanced (2nd Grade - 5th Graders)



Practice Info

▶ Wrestler Expectations

- ▶ Have fun, work hard and be a good listener
- ▶ Maintain a positive attitude and encourage one another
- ▶ Demonstrate good sportsmanship
- ▶ Be a leader in/out of the wrestling room

▶ Parent Expectations

- ▶ Parents can observe practice, however, please avoid creating distractions.
 - ▶ Ok to sit in hallway or cafeteria
- ▶ Every wrestler will likely cry at some point. Encourage your wrestler. Remind them to keep fighting and that you are proud of them.
- ▶ Make sure your wrestler shower every night after practice.
- ▶ Keep fingernails trimmed

▶ What to Bring/Wear

- ▶ Water Bottle and Wrestling Gear (Clean Shoes)
 - ▶ Recommendation: Wrestling Shoes and Headgear
 - ▶ Shoes: Asics, Adidas and Nike (\$30 - \$50 New)
 - ▶ Headgear: Cliff Keen Signature or Tornado Styles (\$40 New)

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Tournament Info

MN USA State Folkstyle Qualifier

Sunday, January 5, 2020

Centennial High School 10:30am Start

4757 North Road, Circle Pines



Weigh-ins:	8:30am - 9:30am Peewee, Bantams & Intermediate 9am - 10am Novice & Schoolboy
Start time:	10:30am Start
Registration:	\$15 per wrestler USA Wrestling Cards required - will be available onsite Admission: \$5 Adults, \$2 Students, 5 and under free
Format:	4 wrestler round robin when possible
Divisions:	6U Peewee 2014 - 2015 8U Bantam 2012 - 2013 10U Intermediate 2010 - 2011 12U Novice 2008 - 2009 14U Schoolboy/girl 2006 - 2007
Concessions:	Available onsite
Awards:	Medals for 1st - 4th place



Contact: Scot Wick | Scot_Wick@yahoo.com | 612-242-9001

- ▶ Participation in tournaments is NOT required
- ▶ Typical Tournament
 - ▶ Register and Pay Entry Fee \$12-\$15
 - ▶ Weigh-ins and skin and finger nail checks
 - ▶ Team Warm up
 - ▶ Staging - 4 Man Brackets by weight and birth year
 - ▶ Wrestle - 3 matches all on the same mat
 - ▶ Award Podium
 - ▶ Medals or Trophies
- ▶ Coaches will be at Selected Tournaments



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Tournament Info (Continued)

▶ Tournament Types:

▶ Open Tournaments

- ▶ 4 person bracket (3 matches) by Grade and lbs

▶ MN/USA Qualifier Tournaments

- ▶ 4 person bracket (3 matches) by Birth Year and lbs

▶ MNUSA Wrestling Divisions

- ▶ 6U PeeWee - 2014 - 2015
- ▶ 8U Bantam: 2012 - 2013
- ▶ 10U Intermediate: 2010 - 2011
- ▶ 12U Novice: 2008 - 2009
- ▶ 14U Schoolboy/girl: 2006 - 2007

- ▶ **Qualifiers “qualify” your wrestler for entrance to the state tournament based on points (30 pts needed)**

- ▶ Need to bring your MNUSA Card. The Club purchases for you.

▶ State Tournament - Rochester, MN - March 6th - 8th

- ▶ Minimum 16 person bracket
- ▶ Block of Rooms will be reserved



Tournament Info (Continued)

▶ What to wear to a tournament

- ▶ **MNUSA Qualifiers and Opens:** Clean shoes, gym shorts and t-shirt are ok.
 - ▶ Recommend wrestling shoes and headgear. Majority of the kids will be wearing a singlet, shorts/t-shirt, wrestling shoes and headgear.
- ▶ State Tournament does require: Wrestling Shoes, Headgear and Singlet or Shorts/t-shirt

▶ Tournament Website Resources

- ▶ www.theguillotine.com
- ▶ www.mnusawrestling.org
- ▶ www.trackwrestling.com
- ▶ www.centennialwrestling.org

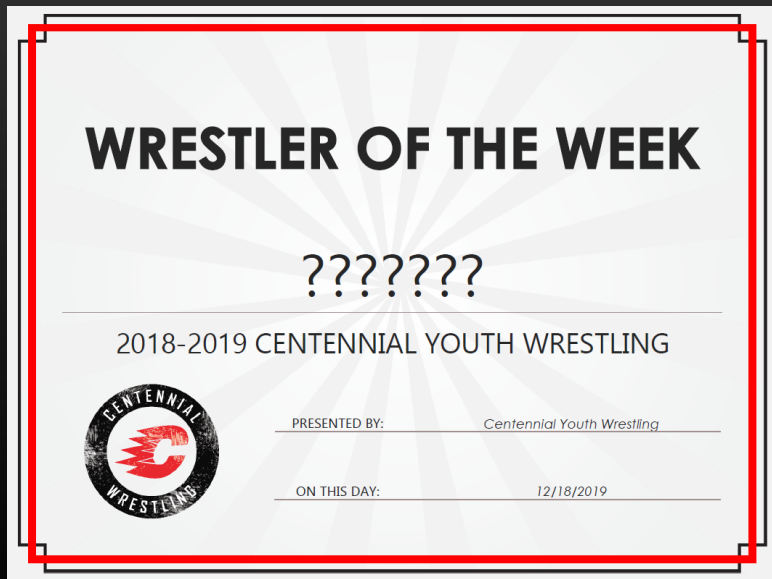


Weekly Recognition

▶ Wrestler of the Week

- ▶ Will be issued at the beginning of practice on Tuesdays
- ▶ At least one wrestler from each class per week
- ▶ General objective criteria: hard worker, good partner, first tournament, first win, upset win, good sportsmanship, etc.

▶ Tournament PINS



Volunteer Time (DIBS)

- ▶ 4 hrs required per family or \$100 transaction will occur in March
 - ▶ Sunday, Jan 5th Youth Tournament
 - ▶ Saturday, Jan 11th High School Tournament
 - ▶ Thursday, Nov 21st and Tuesday, Dec 10th Middle School Tournament
- ▶ Sign up for Volunteer time at the following:
https://www.centennialwrestling.org/dib_sessions

Click on More then Dibs

ITEM	CREDITS	LOCATION	ATHLETE	FULFILLER	STATUS	DATE/TIME	CATEGORY
Concession Worker-1st Shift	4	-	-	-	Unclaimed	01/06/2020, 7:30am CST - 11:30am	-
Concession Worker-1st Shift	4	-	-	-	Unclaimed	01/06/2020, 7:30am CST - 11:30am	-
Concession Worker-1st Shift	4	-	-	-	Unclaimed	01/06/2020, 7:30am CST - 11:30am	-
Concession Worker-1st Shift	4	-	-	-	Unclaimed	01/06/2020, 7:30am CST - 11:30am	-
Front Table Admission-1st Shift	4	-	-	-	Unclaimed	01/06/2020, 8:00am CST - 12:00pm	-
Front Table Admission-1st Shift	4	-	-	-	Unclaimed	01/06/2020, 8:00am CST - 12:00pm	-
Front Table Admission-1st Shift	4	-	-	-	Unclaimed	01/06/2020, 8:00am CST - 12:00pm	-
Front Table Admission-1st Shift	4	-	-	-	Unclaimed	01/06/2020, 8:00am CST - 12:00pm	-

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Apparel

- ▶ Order all Gear at the following: <https://www.centennialwrestling.org/apparel>
- ▶ Contact Kim Sundseth for all your apparel needs and questions
 - ▶ Kim.Sundseth@gmail.com
- ▶ Wrestling Specific Gear - Takedown Sportswear
- ▶ Fan Gear
 - ▶ Athletic Outfitters
 - ▶ BSN Sportswear
- ▶ Free Centennial Wrestling T-shirts
 - ▶ Camp T-shirt: All camp kids who signed up for a season option
 - ▶ Photo T-shirt: All kids who signed up the full or first half season

TAKEDOWN
SPORTSWEAR
770-995-1395
TAKEDOWNSHOP.COM
CENTENNIAL HIGH SCHOOL
WRESTLING



	POS	HS	MS	HS	WS	JUN	AD	ADJ	PRICE	20	30	50	100	TOTAL
JACKETS									\$60	\$70	\$75			
TRIPLE SHORTS									\$45	\$55	\$55			
CLUB CHAMPIONSHIP*									\$55	\$65	\$65			
SINGETS									\$14					

*Includes Payment due by November 1st 2016 for all quantities or full season registration**

NAME: _____ PHONE: _____
 SCHOOL: _____ WRESTLER'S NAME: _____
 BILLING ZIP: _____

*Includes Payment due by November 1st 2016 for all quantities or full season registration**
 ORDER # _____
 ORDER IS NON-REFUNDABLE & PREPAID SHIPMENTS
 12202 ORANGE GROVE, SEASIDE, IN 45410
 TOTAL ORDER PRICE \$



SportsEngine App

▶ Download the SportsEngine Mobile App

- ▶ The SportsEngine mobile app is available for iOS and Android devices and is available on the Apple App Store and on Google Play.

▶ On an iOS Device

- ▶ On your device, open the App Store.
- ▶ Search for SportsEngine.
- ▶ Tap the Get button to begin installing the app.
- ▶ Open the app on your device.
- ▶ On the Settings tab, tap Account and tap the Sign In button to sign into your SportsEngine account.

▶ On an Android Device

- ▶ On your device, open Google Play.
- ▶ Search for SportsEngine.
- ▶ Tap the Install button to begin installing the app.
- ▶ Open the app on your device.
- ▶ On the Settings tab, tap Account and tap the Sign In button to sign into your SportsEngine account.

▶ Add link for SportsEngine

- ▶ <https://sportsengine.page.link/RzAzr1rUH4u3LbE99>



Get Involved!

- ▶ It's your club
- ▶ Recruit new wrestlers
- ▶ Board member positions will be open following this season
- ▶ Volunteer hours - critical to the success of the club & our tournament

Thank you!

Questions?

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Backup-MNUSA Card



The screenshot shows a web browser window with the URL <https://www.mnusawrestling.org/page/show/1028665-how-to-print-your-membership-card>. The browser's address bar and search bar are visible. The website's navigation menu includes Home, Calendar, News/Results, Divisions, Membership, Events, RTS Info, Apparel, About Us, and More +. The main content area features a header with the Minnesota USA Wrestling logo and a navigation bar with links for Club Membership, Membership Updates, How To Print Your Card, General Information, and More +. The main heading is "How To Print Your Membership Card" under the sub-heading "PRINT YOUR USA MEMBERSHIP CARD". The text provides instructions on how to print the card after purchase, mentioning the website www.usawmembership.com and the need to use an ID and password. The page is decorated with a blue background featuring white stars and a yellow lightning bolt graphic with the word "STORM" in red.

Minnesota USA Wrestling

Home Calendar News/Results Divisions Membership Events RTS Info Apparel About Us More +

MEMBERSHIP > Club Membership Membership Updates How To Print Your Card General Information More +

The Official Site of
MINNESOTA USA WRESTLING

How To Print Your Membership Card

PRINT YOUR USA MEMBERSHIP CARD

Once you have purchased your membership card on-site at a tournament and it has been entered into the system (typically 1-2 days from the date of tournament) you should use your ID and password to access the USAW Membership website www.usawmembership.com and then go in and print your card. This is the process now used to print your card. USAW does not send an email with codes and information about getting your card. You print your own Wrestler's and Coach's cards.

You can print your card within a few seconds of having purchased your memberships when you purchase your membership on-line.

Once you have your ID and password, go to www.usawmembership.com In the login box you enter your id on the first line, and your password on the second line. The password is case sensitive. On the path that you choose there is a link that indicates "Print my card (M)", Click on it and print your cards.

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Backup-SportsEngine

https://sportngin.desk.com/customer/en/portal/articles/2917488-guardians?b_id=15976

Guardians

Family members of an athlete can be added as **Guardians** to view the team schedule, RSVP to games and events, message team members, and edit the athlete's profile.

Add a Guardian from the Mobile App

- Step 1:** Log in to the SportsEngine mobile app.
- Step 2:** Tap **Account** from the bottom menu.
- Step 3:** Select the athletes that the person will be a guardian for.
- Step 4:** Tap the **Guardians** tab.
- Step 5:** Tap the plus sign (+) or **Add Guardians**.
- Step 6:** Enter the new guardian's **Email Address**.
- Step 7:** Tap the **Checkmark** to send an invite to the guardian.

The invited guardian will appear on the **Guardians** tab as **Pending** until they accept their invite in their Dashboard. You can resend a guardian invite at any time by tapping **Resend** next to the guardians name. You will receive an email when the guardian has accepted the invite.

