



Minimum participation requirements for Beginner Level Wrestlers at MWC

MWC coaches and volunteers want your child's first wrestling experience to be a positive one, and both mental and physical readiness are critical to success. The following is a list of basic requirements for young wrestlers to participate in MWC Beginner Level practices. Since all children mature at different rates, some 5 and 6-year-olds may exhibit all of these requirements, while others won't be ready until they're older. If a wrestler is deemed by the coaching staff to not be ready, they are encouraged to come back and try again next season.

1. Understand and follow coaches' instructions with a good attitude.
2. Adequately (not perfectly) perform the exercises and techniques in warmups and the practice program (i.e., must have sufficient strength, coordination, balance, etc.).
3. Avoid talking when coaches are talking.
4. Avoid talking to other wrestlers about anything but wrestling practice during wrestling practice.
5. Assume the "Listening Position" (i.e., stand still without touching others and face the coach with hands folded in front) and quietly pay attention during instructional and demo periods.
6. Stay on the mat for the entire practice, which should last 45 minutes to one hour (no leaving to visit parents, play with siblings, etc.).
7. If a coach needs to correct or discipline a wrestler for misbehavior (e.g., by asking them to stop misbehaving or by sending them to a timeout chair), the wrestler must comply with a good attitude.