

# 2009 - 2010 Parent Guide



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## OVERVIEW

Youth wrestling is a challenging and intense physical activity where children are introduced to the concepts of competition, goal setting, winning and losing, sportsmanship, and team work.

### Fee Schedule\*:

Registration Fee     \$25.00/child \$50/family

Equipment Deposit   \$35.00 (Refundable upon return of equipment in satisfactory condition)

Equipment Rental     \$10.00 (Head gear & footwear is available for seasonal rent)

\*Checks should be made payable to LAMR

- The first practice for the 2009/10 season will be held on *[insert date & time]*.
- Practice will be held weekly on Tuesday and Thursday from 5:30 p.m. to 7:00 p.m. for all grades. Additional practices may be added throughout the season.
- There is a mandatory parents meeting at 6:00pm on the night of the first practice.**
- A practice & tournament calendar is available at [www.lakesareamatrats.org](http://www.lakesareamatrats.org). If you don't have internet access you can obtain a copy of the Calendar from the group Secretary. Please attend as many practices as you are able; we encourage parental involvement.
- All tournaments are optional; participation is up to family discretion. Please talk to Coach Roy or Coach Brian if you want your wrestler to attend a tournament but you are unable to attend due to a conflict.
- Communications to parents are distributed at practice, via email, posted on the website, or via a calling tree. Please check for this media often so you are aware of any changes to schedule or upcoming events.
- Please do not be afraid to ask the coaches, officers, or other parents if you need help in any way.
- Please complete and return the following documents, along with a check for registration, rental & singlet at the first night of practice:  
Registration Form; NYWA Registration Form; Behavior Policy; Sportsmanship Promise; and Equipment Request

Any questions: Call Roy Swenson @ 232-2791 or Brian Rubner @ 821-2737.

### 2009-2010 Board Members

President:

Vice President:

Secretary:

Treasurer:

### Coaches

Roy Swenson: 232-2791

Brian Rubner: 821-2737

#### Frequently used information

Guillotine website: [www.thequillotine.com](http://www.thequillotine.com)

Mat Rats website: [www.mat-rats.com](http://www.mat-rats.com)

MN/USA website: [www.mnusawrestling.org](http://www.mnusawrestling.org)

NYWA website: [www.nywa-mn.com](http://www.nywa-mn.com)

# Rules

## Objective

The primary objective in folkstyle wrestling is to gain control of your opponent and to ultimately pin your opponent. A pin occurs the instant when both of your opponent's shoulders touch the mat.

## Match Basics

Wrestling matches consist of three periods. Periods can vary in length from one minute in duration for younger age groups, to as long as three minutes for college wrestling. Either wrestler can win the match at any time if they are able to pin their opponent or develop a lead of more than 15 points. Otherwise, the wrestler that can accumulate the most points by the end of the third period (or after overtime in the case of a tie) wins the match.

There are only two positions from which referees start, or continue a match. The first is neutral position, with both wrestlers standing and facing each other. The other is the referee's position, where one wrestler starts on his hands and knees down on the mat, and the other starts on top, behind and in control. The first period always begins in the neutral position. Each wrestler has their choice in one of the remaining periods, to choose to start from top or bottom referee's position, or in the neutral position. If the action must be stopped before the end of a period, the referee restarts the wrestlers in the starting position that best reflects the position the wrestlers were in when the action was stopped.

## Scoring

The scoring system is rather simple. **Pins** occur when one wrestler causes the other wrestler's shoulder blades to touch the mat at the same time. When a pin occurs, the match is over. **Takedowns** (when from a neutral position one wrestler is able to bring the other to the mat and gain control) are worth two points. **Escapes** (when the bottom wrestler is able to break free from the top wrestler and revert back to a neutral position) are worth one point. **Reversals**, (when a wrestler on the bottom is able to reverse the control so that the opponent is on the bottom) are worth two points.

**Back points** (also called **near fall**) are awarded when one wrestler comes close to pinning the other (i.e. exposing the other wrestler's back) and are worth two or three points depending on the length of time that the opponent's back is exposed. In addition, penalty points can be awarded when the opposing wrestler performs illegal moves or is penalized for excessive stalling.

Competition is conducted in a manner as to promote and require good sportsmanship. Competitors are expected to show respect to opponents, officials and coaches regardless of the outcome of their match. Both wrestlers are required to shake hands before and after the match. It is also common practice for each wrestler to shake the hand of their opponent's coach after the match.

**Officials**

Officiating is more objective than subjective in that it does not require judging, as with sports such as gymnastics or figure skating. However, situations can and do occur that are subject to interpretation. Those situations most often involve out of bounds calls, determination of when/if control is sufficient to award points, and determination of when/if stalling or penalties apply.

**Equipment**

Basic wrestling equipment includes a headgear, wrestling shoes, and a singlet. Wrestling shoes offer more ankle support than the traditional shoe and are designed lightweight and tight to the foot to promote freedom of movement. Headgear can prevent outer ear injuries and bruises during practice and competition. The standard wrestling uniform, known as a singlet, is designed to fit snug to the body so that it does not restrict the movement of either wrestler. Kneepads are sometimes worn by choice.

## Conduct of Practice

Before practice, the athletes enter the gym and store their clothing, boots and outside shoes along the wall (wrestler should not wear outside shoes on the mat). It is extremely important parents help to create an environment for our coaches to be successful in teaching our children. All parents and kids not participating in practice must not be disruptive. Kids disrupting practice will be asked to leave. During practice all kids' ages Pre-K thru 3rd grade must be accompanied by a parent or guardian and it is encouraged that parents of older children are also present.

Practice consists of warm-up, drilling, situations and live wrestling. Each activity is conducted with attention to the developmental stage and attention span of the different age groups. *Warm-ups* are stationary with the kids following a leader through a routine of standing and sitting stretches. Try to remember if your child is putting their hands or feet in the wrong position and work on this at home.

*Drilling* follows the warm-up. Drills focus on the key motion of the moves that will be reviewed later in practice. Some drills are done individually and some with partners. Discuss with your child the need to stay focused on the motion and allow the partner the chance to do their drills too. Being a good partner is the most important part of "instruction of moves" part of practice. After meeting in a group and watching the coach demonstrate the move a few times, the athletes pair up into groups of two and find an open area of the mat. One wrestler is assigned to do the move. The other is the "dummy". The athletes assigned to do the move should be allowed to complete the move with the correct resistance from the "dummy". When called back to the demonstration circle, the wrestlers should stop what they're doing and gather around the coach.

*Situation* is live wrestling with both wrestlers starting in a certain position. The wrestlers "go live" for a short spurt. For instance, one wrestler will be on their back, the other one on top in pinning position. Parents watching from the side should help put the kids' arms/feet/bodies in the correct positions if needed. Situation allows athletes to practice key positions and moves they might not normally get into in a match.

*Live wrestling* simulates the actual tournament experience. It typically involves 5-10 minutes of practice and occurs in pairs. Wrestlers will find and partner and open area on the mat. Wrestlers should be instructed to find someone of about the same size and ability. Wrestlers not finding a partner can tell the coach who can help pair them up. If your child is obviously mismatched, please bring this to the attention of the coach. The wrestlers will change partners often and should try to wrestle many partners.

## Conduct of Tournaments

Tournaments take place on weekends. Athletes are encouraged to attend as many other tournaments as practical. Some weekends have tournaments on Friday night, Saturday and Sunday. A list of tournaments is available on the following website: [www.theguillotine.com](http://www.theguillotine.com). A list of tournaments that the coaches plan to attend is detailed in the LAMR calendar.

### Registering at a Tournament

Tournaments will be at the town's high school unless noted on the Tournament Schedule. Wrestlers are responsible for their own transportation.

1. Arrive early during the time the wrestler's grade is scheduled to "weigh-in". A registration table is typically encountered after entering the school. A registration slip is given to the parent for the child's name, grade (specify preschool or kindergarten if this applies, as some tournaments have separate PreK-K division) and sign the release.
2. Follow the signs to the weigh-in area. Your child will step on a scale and the worker will fill the weight blank. They will check the child's fingernails and skin for rash.
3. Starting with Pre-K, the wrestlers will be called over the gym's sound system to a "staging area". In the staging area, each wrestler will be called with three other wrestlers to form a group. Typically the wrestlers are staged lightest to heaviest but not all tournaments follow this pattern.
4. Leaders will take the groups to a table on the mat section where they will wrestle. Wrestlers must remain at mat side until their whole bracket has completed wrestling. At that time they are usually led by a mat side parent to the awards table.

# Lakes Area Mat Rats

## Registration Form Grades K-6<sup>th</sup>

Wrestler Name \_\_\_\_\_

Wrestler Grade \_\_\_\_\_

Parent(s) Name(s) \_\_\_\_\_

Mailing Address \_\_\_\_\_

Home # \_\_\_\_\_ Cell # \_\_\_\_\_

Work # \_\_\_\_\_ Cell # \_\_\_\_\_

Email Address \_\_\_\_\_

Please visit [lakesareamatrats.org](http://lakesareamatrats.org) for information about practice, tournaments, and club news.

I have access to the internet       I do not have access to the internet

I/We, the parents or legal guardian of the above named wrestler hereby give my/our consent for his/her participation in any and all youth wrestling activities during the current season. I/we assume all risks and hazards relating to, or incidental to, such participation, including, but not limited to, transportation to and from the activities. I/we do hereby waive, release, absolve, indemnify, and agree to hold harmless the board members, sponsors, volunteers, coaches, and other participants for and from any claim arising or any injury or damage to my/our participant on or off the property. By signing below I am confirming that I have read the rules, behavior policy, and sportsmanship promise guidelines with my wrestler. I agree to comply with all program guidelines. I give permission for photographs of my/our wrestler to be posted on the Lakes Area Mat Rats website and other media, as it relates to the sport of wrestling.

Parent(s) Signature \_\_\_\_\_ Date \_\_\_\_\_

### Fee Schedule:

**Registration Fee<sup>1</sup>    \$25.00/child    \$50/family**

**Equipment Deposit    \$35.00 (Refundable upon return of equipment in satisfactory condition)**

**Equipment Rental    \$10.00 (Head gear & footwear is available for seasonal rent)**

<sup>1</sup> Required in conjunction with Registration Form



## Behavior Policy

The Lakes Area Mat Rats Wrestling Club has set the standard for our members to always be respectful of others and to have the positive attitude of dedicated champions. In order to achieve this, all wrestlers must be respectful and listen to the coaches while they are instructing them during practices, and at tournaments. Our wrestlers will show proper respect to other parents and volunteers, who make the wrestling program and tournaments possible.

Parents/guardians are encouraged to participate, and involve themselves in any capacity with which they feel comfortable. Parents/guardians, please see that your wrestlers arrive at practice on time. We prefer that a parent remain at practice for the duration. If you have a conflicting engagement and cannot stay through practice, please ensure that you arrive at least 15 minutes before practice adjourns to pick up your wrestler. Horseplay before, during, and after practices is not acceptable conduct. Any damages to property during any wrestling function by a member of this club will be the responsibility of the parents/guardians of the wrestler.

During tournaments, each wrestler is expected to shake their opponents hand in a true sportsmanship manner. A referee's decision is final and will be respected. Only a coach may question the call, and only the coach may discuss it with the referee or head table. Each wrestler is expected to shake the hand of the opponent's coach after every match, no matter the outcome of the match. Examples of behavior that will not be tolerated include, but are not limited to; the throwing of head gear, biting, or verbally abusive talk towards anyone.

To help control the spreading of any skin disease, it is the responsibility of the parents/guardians to insure that their wrestlers shower as soon as possible after all practices and tournaments. Wrestlers are required to wear a clean singlet to tournaments and clean workout clothing for each practice. Do not wear your singlet to practice unless instructed to do so by the coaches or officers. Take care when laundering your singlet and be sure to hang dry only. Wrestling shoes shall be clean, and are to be worn only indoors for wrestling. It is the responsibility of the parent/guardian to see that medical attention is given to any questionable skin problems, and to bring it to the attention of the coaches.

Accademic growth is critical for our wrestlers. It is the expectation of the Mat Rats that the wrestlers' show constant improvement and apply the work ethic learned on the mat to their academic endeavors. Parents who have concerns over school or grades should share these concerns with the coaches who will try to work with the parent to help their wrestler be successful in school.

The Mat Rats has no tolerance for bullying. If you have concerns that a Mat Rat may be bullying another kid please talk to one of the coaches.

Any violation from these rules could result in expulsion from the club. Expulsion from the club will result in forfeiture of any reimbursements, or any other benefits otherwise inherited as being a member of the Lakes Area Mat Rats. With your support, we can all help our wrestlers have a successful season.

I \_\_\_\_\_(wrestler) have read these rules and agree to abide by them.

I/we \_\_\_\_\_ (parent/guardian) have read these rules and agree to abide by them and to support and encourage our wrestlers.

# Sportsmanship Promise

The Lakes Area Mat Rats encourage fair play and sportsmanship. Sportsmanship is the ability to play by the rules to win without gloating, to lose without complaining and to treat your opponent with respect.

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## Wrestler's Promise

1. I promise to be courteous, polite and respectful to all Mat Rat coaches and parents.
2. I promise to be courteous to all tournament staff. I understand that the referee's word is final in the conduct of a tournament.
3. I promise to be courteous to my opponent. At the conclusion of the match I will shake hands with my opponent and their coach.
4. I promise to follow the rules of wrestling in both spirit and letter.

I \_\_\_\_\_ have read the **Wrestler's Promise** and agree to abide by it.

## Parent's promise

1. I agree to make Wrestling fun for my child/children.
2. I promise to treat coaches and tournament personnel with respect. If I disagree with a referee's decision I will communicate that with a LAMR coach. I will not argue with a referee on the mat.
3. I will be respectful and polite to the parents of other wrestlers.
4. I promise to praise my child for his/her effort.

I \_\_\_\_\_ have read the **Parent's Promise** and agree to abide by it.

# Equipment Request

Fees:

\$35 Equipment Deposit (refunded after equipment is returned in satisfactory condition)

\$10 Equipment Rental (headgear and shoes)

Wrestler's Name \_\_\_\_\_

Grade \_\_\_\_\_

Singlet size \_\_\_\_\_

Shoe size \_\_\_\_\_

Headgear            Yes            No

I understand that I am responsible for the care and condition of LAMR Singlet. I understand that my deposit will be returned to me when I return the singlet in satisfactory condition at the end of the season. I understand that if I choose to rent headgear and shoes I am responsible for their care and condition while they are rented to my wrestler. I understand that I need to return the headgear and/or shoes at the end of the season. Failure to return the items or failure to return them in satisfactory condition may result in a forfeiture of my equipment deposit.

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

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LAMR use only

Registration            \$            cash/check# \_\_\_\_\_

Singlet Deposit            \$            cash/check# \_\_\_\_\_

Equipment rental            \$            cash/check# \_\_\_\_\_