

WOODBURY YOUTH WRESTLING Parent Information 2020-2021

Goals

We have 5 primary goals as a wrestling club:

- Provide a positive, fun-filled experience
- Teach the participants the skills, rules, strategy and discipline of wrestling and encourage good sportsmanship, self-confidence and physical fitness
- Promote healthy and safe physical activity for all participants
- Build character by offering a positive experience, regardless of individual ability, stressing skill development and a positive attitude regardless of winning or losing
- Assist wrestlers in developing a reaching a personal goal. Every wrestler may have a different goal - for some it is to win a national championship and for others it may be to come to practice. Regardless of each wrestler's ambitions, we strive to help them work towards their goal.

As adults we must always keep in mind, regardless of the situation - this is ALL ABOUT THE KIDS. Not just a single kid, not your kid, my kid, the best kid, the worst kid, or a small group of kids – it is about serving each individual child in the program regardless of their ability, athleticism, skills, physical attributes, age, sex, race or any other factor. We, as adults, must always conduct ourselves in a professional and (proper) adult-like manner. Our expectations, attitudes, opinions and all other perceptions must remain in perspective because we are dealing with young kids.

Why Wrestle?

Wrestling is one of the best sports for overall physical development because it involves all muscle groups. This sport improves balance, speed and agility. It strengthens essentially all muscle groups from hips, legs & all the upper body. Wrestling is a sport that can naturally improve one's ability to perform in many other sports.

What is Folkstyle?

Folkstyle Wrestling is a form of wrestling that is practiced mostly in American high schools and colleges. It is also known as collegiate wrestling. The object of Folkstyle Wrestling is to pin your opponent. Failing this, you will want to get as many points as possible.

Folkstyle scoring focuses mainly on changes in control. Taking an opponent down to the mat (takedown), escaping from (escape), reversing control (reversal), or turning an opponent's back (near-fall) to the mat are all scoring situations. This differs from other styles such as Freestyle or Greco Roman, which do not encourage escapes or reversals.

Staying Healthy

The safety and well-being of all students, families and coaches will always be a top priority for Woodbury Youth Wrestling. We want all families to know that we will follow state guidelines as they change to keep our wrestling room open for practice.

WOODBURY YOUTH WRESTLING Parent Information 2020-2021

COVID-19 Preparedness Practice Plan (Return to Play Protocol 2020-2021)

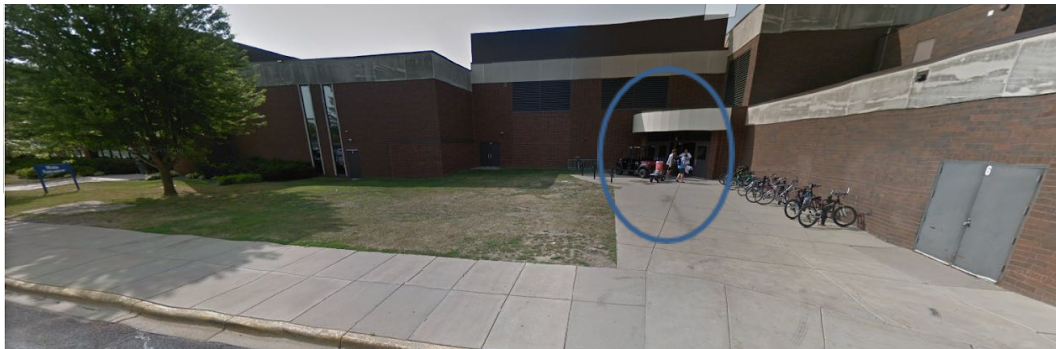
(We will continue to stay in compliance with the MN Dept. of Health and CDC regulations as we learn them)

Please adhere to our new policies set in place regarding COVID-19:

- No athlete should present with signs or symptoms of COVID-19 within the last 14 days.
- If an athlete has had a documented case of COVID-19, the athlete needs a note from a medical professional clearing *the athlete for participation*.

DROP OFF/PICK UP PROCEDURE:

- Wrestlers must be dropped off and picked up by the closest exterior door to the wrestling room. Coaches will open these doors and guide younger kids to the wrestling room.



- Parents will not be allowed to stay due to group size limitations.
- Athletes will need to check in with coach where they will be assessed for symptoms; this may include a temperature check.
- Should an athlete present any symptoms, the parent/guardian will be called to pick up athlete.
- The use of face coverings/masks are required when the wrestler is dropped off and will be put on when finished with practice.

TRAINING PROCEDURE:

- Athletes will use designated area for switching shoes. Spots will be 6ft apart to maintain social distancing.
- All gear is to remain inside athlete's personal bag.
- Athletes will sanitize hands before training.
- Athletes will be assigned a pod of 25, this includes: coaches & wrestlers.
- These pods will be given their own spot on the mat to reduce spread of germs.
- There will be no sharing of clothes, shoes, drinks.
- Water fountains will be unavailable. PLEASE BRING OWN WATER BOTTLE.

AFTER TRAINING:

- Athletes should collect all gear and trash.
- Athletes will sanitize hands at the completion of training.
- Athletes must shower after each training session.
- Athletes should clean all equipment after each training session.
- Coaches will sanitize mats before and after each training session.
- Athletes should meet their parents/guardians outside for pickup

Concussions: Please see the attached "Heads Up" Sheet

WOODBURY YOUTH WRESTLING Parent Information 2020-2021

Skin: Shower or bathe as soon as possible after practice or competition.

Use clean work out clothing for each practice and clean your equipment on a regular basis. Notify your coach about any suspicious skin lesion and have the wrestler evaluated by your health care provider before returning to competition or practice. There is a specific MNUSA form that can be filled out by your provider to ensure wrestlers that are treated and safe to wrestle are allowed to compete. Know that all wrestlers will be required to pass skin checks before competition.

Weight:

Your wrestler will be weighed at tournaments to match him or her appropriately with other wrestlers of similar weight. Woodbury Youth Wrestling **DOES NOT** want you to restrict food or beverages (cutting weight) for your growing children who need nutrition for success. A healthy diet is great for everyone! Consult your pediatrician for healthy eating guidance.

Practices

Where: WHS Wrestling Room

When: Tuesdays and Thursdays (unless otherwise noted in calendar)

Season Begins Thursday, January 5th and goes through March TBD.

- **Session I (Intro) will practice 6:00-7:00p.m.**
- **Session II (Advanced) will practice 7:15-8:30p.m.**

Coaches will teach wrestling technique and create a fun environment that will help develop wrestlers of all levels and ability. Session 1 is geared towards younger and newer wrestlers focusing in the fundamentals of wrestling or looking for a casual athletic experience. Session 2 is geared towards more advanced wrestlers who are looking to compete at higher levels and learn more difficult techniques. The mats will be cleaned between sessions.

Expectations:

Kids are on time and ready to go (wrestling shoes on, shirts tucked in, etc). Kids listen to coaches and watch demonstrations with attention

Costs/Gear

Required Season Fee: \$150

Required MNUSA Membership: \$45

Tournaments have always been optional and will likely be different this year. We will keep you informed.

Singlet for Competition: rented from the club with a \$73 check that will not be cashed unless the singlet is not returned in good condition by the designated time. If your wrestler has concerns about wearing a singlet, please see Coach Logan. Typically girls wear a compression style shirt under their singlet.

Headgear (expect this to range from \$30-\$40). Many tournaments will not require headgear, though it is required at the state tournament and some dual meets.

Wrestling shoes and mouth guards are optional but encouraged.

WOODBURY YOUTH WRESTLING Parent Information 2020-2021

Shorts without pockets and t-shirts are appropriate for practices. Consider bringing a water bottle to practice as well. Practice apparel will be included with registration fee.

State tournament registration: (last year this was \$40/wrestler and \$20 or less for spectators) and additional costs related to hotel/travel. Information will be made available as it is released.

Communication

TeamSnap <https://go.teamsnap.com>

If you have any questions, concerns, comments, or suggestions, be sure to reach out to us & let us know.

Fundraising and Volunteer Needs

Fundraising with Heggies Pizza will be forthcoming. Buyout option will be available.

Typically the state tournament requires our club to supply 3 table workers per session.

Competition and Sportsmanship

There are 2 types of tournaments: Individual Tournaments and Team Dual Tournament.

Individual tournaments consist of both MNUSA qualifier and open tournaments that are often run in similar fashion and every wrestler in our club should be able to get up to 3 matches at an individual tournament. In a Dual Team tournament, one wrestler per team in each weight class wrestles. Points from each match are tallied for the team. Woodbury will attend 3 dual tournaments and the roster of wrestlers per weight class will be determined by coaches.

In pre-COVID years, schools across the state hold tournaments on Saturdays and Sundays and often during breaks. The Woodbury team and coaches have chosen 1 tournament each weekend, communicated the choice via teamsnap and given families the option to pick which tournament and how many are right for your family.

As competitive opportunities arise this year, we will present them to parents with the logistics involved.

You decide which tournaments are right for your family. Consider:

- MNUSA tournaments provide the opportunity to qualify for the state tournament (A MNUSA card is required to wrestle in MNUSA tournaments)
- Location convenience

REGARDLESS OF TOURNAMENT TYPE, WRESTLING MATCHES FOLLOW THE SAME SEQUENCE ON THE MAT:

- Shake referee's hand and opponents prior to wrestling
- The matches are short — each "match" consists of three periods of 1 minute each.
- They will wrestle for 1 minute, stop, another minute, stop, and then the last minute. If a wrestler gets "pinned," or "technical fall" the match ends. A pin will be indicated by the referee slapping their palm on the mat.
- Each maneuver that gives the wrestler an upper hand gets points; getting out of a bad situation gets points too —see "Scoring of Youth Wrestling" below
- Each wrestler has a red or green strap around an ankle. This keeps track of who has which score — color coded on the scoring table (which is where the clock lives too).

WOODBURY YOUTH WRESTLING Parent

Information 2020-2021

- The ref will make hand signals to the scoring table to indicate which color scored points, and how many.
- The wrestler with the most points at the end of the match wins.
- At the end of the match wrestlers stand in the center of the mat on either side of the referee and the referee raises the arm of the wrestler to declare the winner.
- *Regardless of win or lose – after wrestler shakes opponent hand, ref's hand, opponents coaches hand, and wrestler coaches hand – in that order – no exceptions.* Please practice this with your wrestler. Sportsmanship is key. If your wrestler gets into this pattern then when he wins or loses he will follow conduct standards.

HOW INDIVIDUAL MATCHES ARE SCORED:

Take Down: 2 points (*from the neutral or standing position, when a wrestler gets behind or on top of the opponent in control on the mat*)

Escape: 1 point (*Getting out from underneath the opponent to a standing or neutral position facing him/her*)

Reversal: 2 points (*Getting out from underneath, and getting behind or on top of an opponent in one maneuver*)

Near Fall: 2 points (*Holding the opponent's shoulders to the mat for less than one second, or holding his/her shoulders within four inches of the mat for one second or longer, or holding one shoulder to the mat and the other at a 45 degree angle.*)

Near Fall: 3 points (*Holding a 2 point near fall for 5 consecutive seconds.*)

Illegal holds: (like clasping: touching hands together when holding an opponent on the ground), Roughness, Technical Fouls — 1 point awarded to offended wrestler

Abusive and/or Unsportsmanlike Conduct: Deduct 1 Team point

Flagrant Misconduct: Disqualify and deduct 1 Team point.

VICTORY CONDITIONS

Win by Pin: A pin ends the match with a Win going to the wrestler who pinned his opponent. (*A Pin is called when a wrestler's shoulders are held on the mat*)

Technical Fall: Awarded to the wrestler who has a margin of victory of 15 or more points than the opponent

Win by Decisions: Awarded to the wrestler who has more than the opponent after 3 periods. *A major decision is awarded if the margin of victory is 8-14 points more than the opponent in team dual tournaments.*