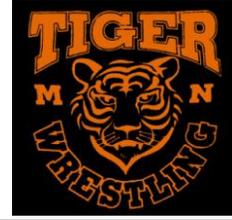


Marple Newtown Junior Tiger Wrestling



General Meet/Practice Information

1. Marple Newtown Jr. Tigers Wrestling, ages 4 to 8th Grade.
2. Members of the Intercounty Wrestling League (ICWL)

MN Jr. Tiger Wrestling Registration

Go to jrtigerwrestling.com to register

Practice Schedule

1. We will practice at the Paxon Hollow Middle School cafeteria on M & W and at Don Guanella Village Gymnasium (Sproul Road, nearest to Wendys) on T & Th
2. Novice & Intermediate Practices: Monday & Wednesday 630-800 PM
3. Intermediate & Advanced Practices: Tuesday & Thursday 630-830 PM
4. For intermediate and advanced wrestlers, we encourage extra practice at Malvern
5. Please arrive 15 minutes before practice
6. Parents, the coaches need help setting up and cleaning the mats. We also need help rolling up and putting away the mats. One or two coaches cannot always set up alone.

Dual Meet Schedule

1. Generally dual meets will be on Saturdays. Typically 4-6 hours of your day.
2. Need to check in on the Sports Engine app by the Wednesday prior to the Saturday dual meet.
3. The coaches meet on Thursday nights with the other team's coaches and match up wrestlers. This process takes hours, therefore important to know that your son/daughter will be present.
4. We understand sickness and other life events occur and you will miss a meet. Please check in with the coaches as soon as you know you will not be able to make it. Simply not showing up is a drain on everyone's patience and effort and it also means wrestlers from the other teams will be without a match. Also see sports engine app below.

Tournaments

1. There are hundreds of wrestling tournaments each year. However, please be wise and pick and choose the best ones for your wrestler. Ask your coaches.

2. MN Jr. Tiger Wrestling will list a several tournaments that we will attend as coaches. Others you will be on your own if you choose to enter.
3. Most tournaments you can wear another singlet, however you will always be representing your team so please keep that in mind (see code of conduct)
4. There is nothing worse than spending 8 hours of your Sunday at a bad tournament or going to a tournament where you wrestler is clearly underqualified for. Do some research and ask your coaches about the tournaments you are interested in.
5. Too many tournaments is not a good thing, in our opinion. Watch out for burnout.
6. First year wrestlers should stick to the two end-of-year "First Year Only Novice Tournament" through Haverford and ICWL. Coaches will let you know.

Wrestler Code of Conduct

1. Wrestlers will shake the opponent's hand after every match, no matter what.
2. Wrestlers will shake the other teams coach's hand after every match, no matter what.
3. No biting, punching, kicking
4. You will lose. Even when you win, the challenges will get harder and you will match up with tougher opponents. Learn to persevere.

Parents Code of Conduct

1. Do not criticize the referees. Many of the officials are young and learning how to officiate, much as your children are learning to wrestle. Please be patient and treat them as if they were your own children.
2. Don't shout over the coaches. Shout encouraging comments, but try not to coach.
3. Don't stand by the opposite teams coach and shout. It makes it difficult for that coach to be heard.
4. During a match there is a lot of screaming and yelling. It would be good for the wrestler to hear their coach, however parent encouragement goes a long way also.
5. Set a good example. This is a sport where many of the wrestlers lose just as much as they win. It's a tough sport and there is a lot of pressure on the wrestler.
6. Remember, there are lot of cell phones with video and cameras out there. People will record your actions and you could be barred from attending events if your actions are serious.
7. Please commit to the team and your wrestler. This support demands dedication and perseverance. Attend all practices that you can, stay with the season, even after dual meets and register for at least 1 or 2 tournaments at your coach's recommendation.
8. Hard work, dedication and cooperation is key. Not all matches will be won, but how they wrestle is important. The league and the coaches consider a good day is when you win a match, lose a match, and have a close match that goes either way.
9. No smoking, drinking alcohol or abusive language during meets or tournaments.
10. Emphasize to children this is important to listen and respect their coaches and the directions the coaches give to them.

Contact Information

1. Head coach Charlie Alexander, 610-496-0019, jrtigerwrestling@gmail.com
2. Advanced Coach Ianny Dimitrov, iantcho.v.dimitrov@gmail.com
3. If you have any program questions, gear, supplies, or want to assist with the booster program, please contact Paul Hopkins, 267-324-4830, paulhopkinsm@gmail.com

Sports Engine App

1. Please download the sports engine app on your phone.
2. Update your contact information so that when we pull up your child on the app both your phone number and your email is listed so that we can contact you quickly.
3. Use the app to chat, note attendance at practice and dual meets.

Skin Care

1. Our program has been good at avoiding many skin rashes and other issues because we preach and remind cleanliness all the time. We also as coaches clean the mats every night before practice
2. All wrestlers should shower, with soap, after every practice, dual meet, and tournament.
3. For long days, such as a tournament, consider bringing body or baby wipes and wipe down every now and then. There are also skin protectant products out there, ask the coaches about them.

Wrestling Gear

1. All matches the wrestler needs a head gear, singlet and wrestling shoes. Mouth guard is optional
2. At practice please wear tight fitting clothing, shorts without pockets, wrestling shoes and bring head gear for live wrestling. Water bottle also.
3. For new and younger wrestlers, we have a lot of re-used gear such as shoes, ask the coaches.

Wrestling Support, Booster, Board

1. The program runs with a loose board and booster program. A small group of coaches and parent-coaches help to run and organize the program, however we are always looking for more help and support from the parents.
2. Where parents can help is organizing registration, planning the end-of-year banquet, planning for the end-of-year wrestler gift, fundraising, sponsorship, school board meetings and community awareness.
3. Please inquire with Paul Hopkins or Charlie Alexander if you are interested in helping. The program is very dependent on community support, fund-raising and parent involvement.