

WELCOME TO WBL WRESTLING

Thanks for giving us an opportunity to introduce and coach your child in Folkstyle, Greco/Roman and Freestyle wrestling.

In this packet you will find information that you will need for the entire wrestling season, from basic wrestling information to important dates and contact information.

If you have any questions, concerns, comments or suggestions, check our website or reach out to us and let us know.

YOUR involvement and commitment is critical for our continued success.

GoBears!!

Head Coach:

Donny Longendyke

Email: wbyouthwrestling@gmail.com

Assistance Coach(es):

Coach Isaac

Coach Cordell

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Practice Schedule is on the Website - wblwrestling.org

Time: 6:00pm to 7:00pm Pre-K through 2nd grade

Time: 7:05pm to 8:30pm 3rd grade through 5th grade

Place: North Campus Field House, Gym 5

During November 1st through March 21st season wrestlers will learn the basic skills needed for folkstyle wrestling. During March 26th through May 9th season wrestlers will learn the basic skills needed for Freestyle & Greco/Roman. The skills learned at this level apply to many areas of life and sport. Skills such as: balance, coordination, mental and physical strength, determination, hard work, personal responsibility, and positive character. We will work on body control, coordination, wrestling positions, and overall athleticism.

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Wrestling Season

Equipment:

Wrestling requires the very basics for getting started at a practice. T-shirt, shorts with NO pockets, clean wrestling shoes, water bottle and headgear are all you need. As your wrestler advances you may invest in a wrestling singlet.

Hygiene:

To reduce the risk of skin infections in all athletes practicing or completing:

- ❖ Wear clean clothes to each practice.
- ❖ Take a hot, soapy shower right when you get home from practice or tournaments.
- ❖ If you see something on your skin that doesn't look normal - SHOW THE COACH!
- ❖ If you suspect you may have a skin infection, you should see a doctor as soon as possible.

See a Board Member or the Coach to get a form for the doctor to fill out.

- ❖ Random skin checks will be performed at practices throughout the season.
- ❖ If you are SICK, please do NOT come to practice.

What to expect at

Practice

Our coaches focus on teaching the sport of wrestling and its fundamentals.

We focus on growing the kids physically and emotionally rather than develop youth wrestling champions.

Practices are structured to teach and sharpen physical wrestling skills, work on mental problem solving during a match, and keep things fun.

At practices it is not uncommon for parents to stick around and either socialize or watch their wrestler.

Rules for Practice

1. Show up at least 10 minutes early, dressed and prepared to start.
2. There is to be NO horseplay before, during, or after practice.
3. Do not leave the practice area without a coach's permission.
4. Report all injuries immediately to a coach.
5. Respect your teammates. (No name-calling or bullying).
6. Be positive and never say "I can't."

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YOUTH WRESTLING PARENT EXPECTATIONS

In an effort to provide a competitive, yet fun atmosphere for Youth Wrestlers, we are asking all families to read and abide by the following guidelines:

1. Have Fun! That is what we will be trying to do! We will try to challenge your child to reach past their “comfort level” and improve as a wrestler, and thus, a person.

Good sportsmanship must be maintained before, during, and after any matches by parents and wrestlers.

2. Be your child’s best fan. Be positive and support your child unconditionally. Every child learns wrestling skills at a different pace.

3. Leave the coaching to the coaches.

You have entrusted the care of your child to these coaches, and they need to be free to do their job. Performance usually declines when a wrestler is confused from directions from too many sources. Advice or observations after the match is concluded should be kept positive and free of criticism.

4. Volunteer in some aspect for the annual wrestling tournaments held at White Bear Lake High School. It will be arranged so that you don’t miss your child’s matches.

We always need table help, concessions, setup/cleanup, entry/registration help, and awards distribution.

5. Parents and wrestlers must refrain from castigating, denigrating, or providing any other non-constructive feedback to wrestlers, coaches, officials or spectators.

A violation of this provision will result in a warning or a request that the parent and/or wrestler leave the practice or the match. (Including any and all tournaments whether the wrestler has already paid to wrestle or not).

6. Use of profanity by any wrestler, parent or spectator will result in the immediate removal of the offending person using the profane language from the practice or match. Such behavior is also grounds for suspension or expulsion from WBL Youth Wrestling Program, after review by the WBL Wrestling Booster Club Board of Directors.

- ❖ For these purposes, “profanity” is defined as commonly known “swear” or “curse” words, and do not include words that would be considered profane due to religious connotations.

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7. Any threats or violent physical contact by wrestlers, parents or spectators against other wrestlers, coaches, officials, or spectators will result in the immediate removal of the offending person from the practice or match.

- ❖ Such behavior is also grounds for suspension or expulsion from WBL Youth Wrestling Program after review by WBL Wrestling Booster Club Board of Directors.

8. Due to the unique nature of wrestling and the format in which wrestling tournaments are conducted, behavior expectations can be enforced by any WBL Youth Wrestling Coach, President, or Commissioner of the WBL Wrestling Booster Club Board of Directors. Hearings and/or appeals, if any, will be handled by the WBL Wrestling Club Board of Directors.

9. WBL youth wrestlers and their families are considered guests at WBL High School. We ask that you respect both the space and the other teams accessing the area. The wrestling area houses storage for many other sports. Please step aside and/or move belongings so other athletes can gain access to their respective equipment rooms during youth practices.

10. Volunteer coaching and volunteer services: volunteers must abide by any reasonable requests, changes, and decisions (all referred to as “instructions”) made by non-volunteer coaches, the WBL Youth Subcommittee, and the WBL Wrestling Booster Club Board of Directors in regards to volunteer involvement and responsibilities. Volunteer coaches and volunteers engaged with club activities may be asked to sign an agreement maintained by the WBL Wrestling Booster Club.

Any violation or refusal to abide by these instructions may result in the dismissal from role in volunteer activities, suspension from practices and/or competitions as determined by the WBL Wrestling Booster Club of Directors.

11. Last, but not least please refrain from sitting on or by the mats during practice. This is the wrestler’s field/court/course. You won’t find parents sitting on the pitching mound during practice, so please do not sit on or by the mats.

We want the wrestlers to be listening and engaged in what the Coaches are teaching. We understand that parents want to watch their child and the progress they are making. All conversations need to be away from the mats, only the ones talking to the wrestlers are the coaches.

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Fundraising

All levels of our wrestling organization participate in fundraising activities, which you are now a member of.

The funds are used to provide needed equipment, top notch coaches and gym time among other needed things. We host a yearly Golf Tournament, Cornhole Tournament, Donatelli's Pasta Dinner, Wreath Selling, Youth Tournament and more. Information will be sent out about each event as they are scheduled.

Bear USA Tournament

Date: Saturday January 6th

Location: North Campus Field House Campus

Time: Weigh-Ins Start at 8:00am

Price: 17.00 per wrestlers - MUST HAVE USA CARD

We will need Volunteers for the set up, take down, concessions stand, registration, admissions, weigh-in/skin checks, medal table.

The High School kids will be running the mats.

This tournament is a great first tournament to go to.

** Price is subject to change due to MN USA Wrestling.**

Bear OPEN Tournament

Date: Sunday March 10th

Location: North Campus Field House Campus

Time: Weigh-Ins Start at 8:00am

Price: 15.00 per wrestlers

We will need Volunteers for the set up, take down, concessions stand, registration, admissions, weigh-in/skin checks, medal table.

The High School kids will be running the mats.

This tournament is a great first tournament to go to.

Donatelli's Pasta Dinner

High School Pasta Dinner is November 13th, South Campus starting at 4:30pm to 7:30pm

Youth's Pasta Dinner is in February 26th, South Campus Cafeteria starting 5 pm until 7:30pm

Wreath Selling

Wreath Order Forms will come out in October

Wreath Forms & Money are DUE November 17th,

Pick up is November 26th at Noon at North Campus

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Culver's Fundraiser

Looking to set up something up in January

Cornhole Tournament

Looking to have it in August of 2024

Golf Tournament

July 8th, 2024

Folkstyle Wrestling

Let's talk a little bit about what exactly is "Folkstyle" and how do you keep score?

Folkstyle scoring focuses mainly on changes in "control".

Taking an opponent down to the mat (takedown), escaping from (escape) or 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 don't encourage escapes or reversals.

The scoring for Folkstyle wrestling is as follows:

- ❖ Two points are scored by "taking down" - basically, the wrestler who scored the take down is in control of the other wrestler.
- ❖ Now that a takedown occurred the wrestler in control (top wrestler) trying to score a near fall or working for a pin (also called a fall). A near fall means the top wrestler is exposing his/her opponents back to the mat almost in a pinning position. A pin is also called a "fall". This is why in this position it is called a "near fall".
 - If the wrestler holds their opponent for 2-4 seconds they score 2 points.
 - If the wrestler holds their opponent for 5 seconds, they score 3 points.
 - If the wrestler holds their opponent for 2 seconds flat on their back, they have pinned the opponent and the match is over.
- ❖ When the match is over, wrestlers shake hands. As a courtesy, wrestlers should shake the hand of his opponent's coach after a match before returning to his coach. For more information on rules and scoring see the links on the last page of this packet

The Freestyle and Greco-Roman season practices will follow the Folkstyle season. Practice dates and times will be announced as those seasons get closer. This season is optional but is available to ALL WRESTLERS. When you signed up this was included in your wrestling fee. Typical season is March through June.

Freestyle Wrestling

Freestyle Wrestling, athletes are permitted to grab opponents below the waist and use their legs for both attacking and defensive moves.

In Freestyle Wrestling, the main aim is to tackle an opponent and place their shoulders firmly on the mat for a couple of seconds – which is known as a “pin” or “fall” and will result in a victory. However, an athlete can also win a fight in a variety of other ways.

Scoring

There is a very specific points system used in Freestyle Wrestling, with the more complex and difficult moves scoring higher values than the simpler ones. Wrestlers are also awarded points for adopting an offensive approach and taking the fight to their opponent.

Takedown (2 - 5 points)

Takedowns can score anywhere between two and five points. These are moves that involve at least three points of contact (e.g. two arms, one knee) and vary in value depending on execution and style. For example, a high scoring takedown will be one that involves a strong throw from a standing position that lifts an opponent’s legs above their head.

Reversal (1 point)

A “reversal” is when a wrestler manages to outfox their opponent and turn a defensive position into an attacking one. One point is awarded to the wrestler who manages to achieve a reversal during the fight.

Exposure (2-3 points):

Exposure or the “danger position” can score a wrestler two or three points. This is when a wrestler puts his/her opponent on their back for a few seconds. The number of points scored will depend on the effectiveness, execution and length of the exposure move.

Penalty (1-2 points)

In Freestyle Wrestling, an athlete may also be penalized if they flee a hold, back away over the mat, or take a timeout when they are not forced to because of bleeding. If a wrestler persistently offends they will be cautioned. Three cautions can lead to disqualification. A wrestler is entitled to challenge cautions, which will either be upheld or overturned by the judges.

Out of Bounds (1 point)

If a wrestler places one foot outside of the designated fight area, their opponent will be awarded an “Out of Bounds” point.

Greco/Roman Wrestling

Greco-Roman Wrestling is a combat sport performed on a circular mat. Participants are required to use their upper bodies to execute a variety of different moves to pin their opponent and/or score points in order to win the fight

The objective of Greco-Roman Wrestling is to defeat the opponent over three rounds (all two minutes in length) using a variety of upper-body techniques.

Scoring

Greco-Roman Wrestling involves a very specific scoring criteria with different points values attributed to different moves.

Takedown (2 - 5 points)

A “takedown” is when a wrestler hauls his opponent to the ground from a standing position. Takedowns can score anywhere between 2 and 5 points, depending on their technicality, cleanliness and control. For example, if a wrestler can lift an opponent high off the mat in an effective way that sends legs directly above the head, he will often score 5 points. A more opportunistic takedown with less control (from the side or stomach) will score 2 points.

Reversal (1 point)

If a wrestler is in a defensive position on the mat and can overcome this to gain an attacking advantage, they are awarded a point for a “reversal”.

Exposure (2-3 points)

2 to 3 points can also be awarded for “exposure”. This is when a wrestler exposes his opponent's back to the mat for several seconds. Again, technicality and execution will be considered in terms of the exact number of points scored.

Penalty (1-2 points)

If a wrestler takes a time-out that was not forced by bleeding, their opponent will be awarded a Penalty point. These types of points may also be awarded to opponents if a wrestler breaks the rules in any way, such as using illegal moves like striking or grabbing below the waist. Occasionally, the referee will caution a wrestler or disqualify them completely for repeat offenses.

Out of Bounds (1 point)

If a wrestler places one foot outside of the designated flight area, their opponent will be awarded an “Out of Bounds” point.

Tournaments

Weekend tournaments are where the kids are able to put what they learn at practice into live competition. During practice we will announce what tournaments we as a club plan to attend (you can choose to attend those tournaments or any of the other listed tournaments). What tournaments Coaches will be at will also be posted on our website (wblwrestling.org) and an email will be sent out.

We will try to announce at least one to two tournaments per month – and you can attend none, one every once in a while or compete in two every weekend. It is up to you and your wrestler.

Finding a Tournament

GO to The Guillotine (www.theguillotine.com)

Go to Events Tab

Click Event Calendar.

The two key details to find are when weigh-ins are and when wrestling begins. When you arrive onsite (at any time during the weigh-ins time slot) you will have to pay for the wrestler (typically \$10-\$17) and for any spectators (\$2-\$7). ** Prices are subject to each Club.

You then go to the check-in table to register your wrestler. This is usually by age/birth year. From the check-in station you will head down to the weigh-in room. Here your wrestler will get his skin checked for contagious infections and nails checked for length (no scratching!). Then they get on the scale.

The scale makes sure that once they get to the mat, they are wrestling with other kids of the same age and weight, usually skill is **NOT** a deciding factor in **USA run tournaments**, but usually **DOES** play a part in **OPEN tournaments (non-USA tournament)**.

Now that weigh-ins are done, head out to the gym to relax and get your wrestler warmed up and ready for his match.

Look for other **WBL BEAR** parents to sit with so we can support your wrestler.

At some point there will be an announcement calling the wrestlers to staging, which is just an area where they are going to pair the wrestlers together. Once at staging, listen for your child's name. Once called they will be with the other 3 wrestlers that are going to be in their wrestling group (wrestling bracket).

They then will be led out to the mat that they will compete on. At the mat your wrestler will compete with the other 3 in a round robin bracket. Their bout will get called (usually by one of the table workers) and they will get on the mat and begin wrestling.

Once all of the matches in the bracket are done, you will head to awards.

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Wrestlers will get an award depending on how they place and what the host tournament is giving as an award (metal/shirt/trophy/etc).

Once they have their award all wrestlers in the bracket will get on a podium -- TAKE PICTURES!!!

WHAT is a USA Card

A USA Wrestling card is **proof of membership**. All participants at USAW sanctioned events must have a current USAW membership. Valid for athletes wishing to compete in USA Wrestling sanctioned events and chartered clubs. Athletes must purchase membership annually for insurance purposes. The membership year runs from September 1 to August 31.

WHY do you need a USA Wrestling card?

USA Wrestling, the organization that regulates all wrestling in the United States, requires that all wrestlers purchase a USA Wrestling Card Membership before participating in any USA Wrestling sanctioned events, including club practices, camps, clinics, etc.

Helpful Links

- Find out about local Open/State Qualifier tournaments:
<https://theguillotine.com/open-tournament-calendar/>
- To purchase your MN/USA membership card: www.usawmembership.com
- Rules for Folkstyle:
 - www.usym.org
 - www.mnusawrestling.org
- MN Wrestling and State Tournament information: www.mnusawrestling.org
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A parent can request a hardcopy of this agreement in writing or locate it on our website. During season registration, this handbook and agreement is included and agreed to during the registration process. If you select 'yes' on the online registration form, under the section "By Clicking Yes, I am stating that I have read the WBL Wrestling Handbook and I am agreeing to abide by the Parent Expectations," you do not have to sign a hard copy of this agreement.

Child Name _____

Parent Name _____ Date _____

Parent Signature _____

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Parent Name _____ Date _____

Parent Signature _____

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