

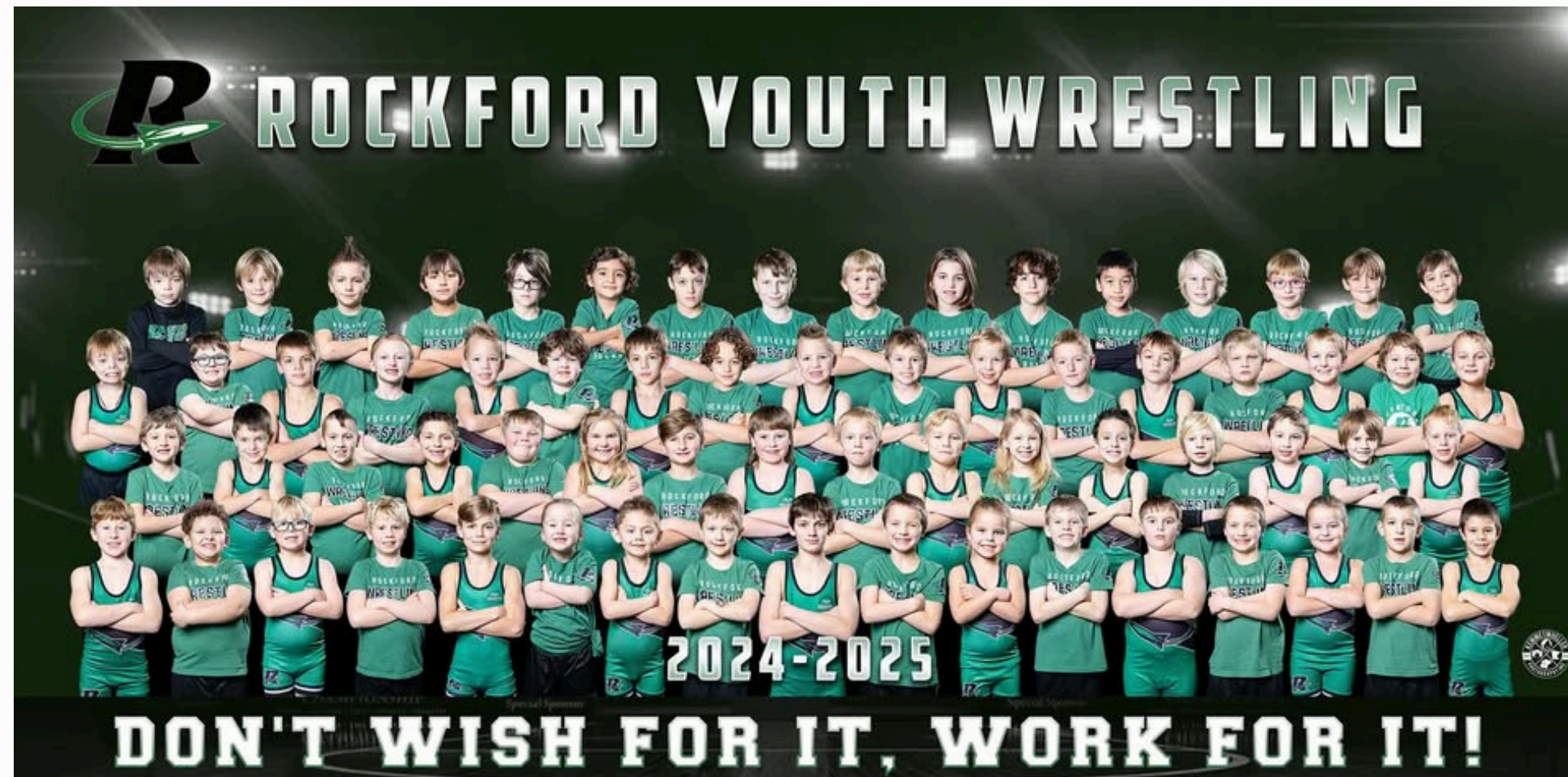
Welcome to Wrestling

Parent Handbook 2025-2026



Program Goals: LIFELONG CHAMPIONS

- ➔ Provide a fun experience to 80+ kids of differing ages and abilities!
- ➔ Teach sportsmanship, discipline, integrity, self-esteem, and physical and mental conditioning!
- ➔ Develop skills in the sport of wrestling that will continue encouraging kids to become successful throughout life.



Coaches

- Todd Bird
- Jon Wawra
- Matt Morrison
- Caleb McEachern
- Joe Radach
- Kevin Schindler
- Keith Wichern
- Benjamin Booker
- Jake Parsley
- Kyle Weyer



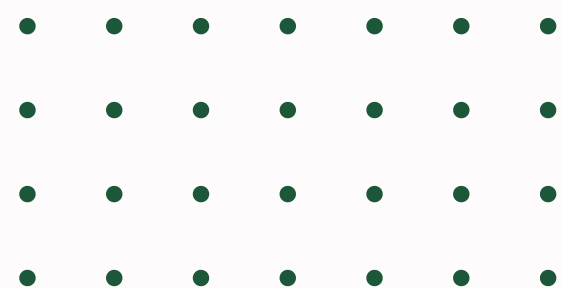
Extra helpers during practice are always welcome- no experience needed!

Board Members

- Brittni Wawra – Director
- Jana Morrison– Associate Director
- Jennifer Johnson- Associate Director
- Angela McEachern– Treasurer
- Shaye Wesolek– Secretary
- Todd Bird – Fundraising & Recruitment Coordinator
- Holly Sawochka- Social Co-Chair
- Brittney Bredahl- Social Co-Chair
- Jon Wawra– Tournament Coordinator

Questions? Or interested in coaching or joining our board?

Email: raawrestling@raasports.com



NEW TO WRESTLING?

Did your child want to try this “wrestling” thing out, and somehow you found yourself in this room, wondering what you had just signed up for???

If so, don't feel alone, many others have been in those same shoes!

Keep it simple:

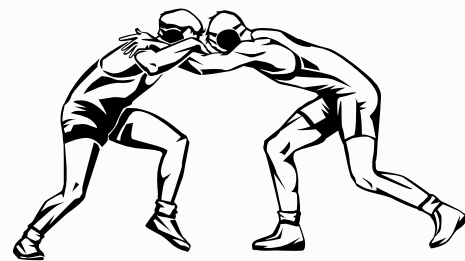
- Go to practice
- If your child wants to go to tournaments, great!
 - Start by going where other Rockford parents are going.
- If not, great! Do what works for you and your child, every kid is different, every year is different.

Questions:

Feel free to start with coaches, the board, our website, Facebook & TeamReach

There are dozens of parents who are more than happy to help. Just ask!

INTRODUCTION TO YOUTH WRESTLING



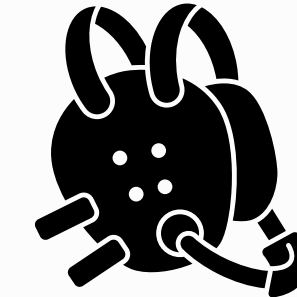
Overview of the Sport

Wrestling is a dynamic and physically demanding sport that involves grappling techniques to pin or control an opponent. It is a great way for children to develop strength, agility, and discipline.



How Wrestling Works

Wrestling matches for youth are typically divided into three periods, each lasting one minute. The objective is to score points through various moves and techniques or to pin the opponent's shoulders to the mat, which ends the match immediately.



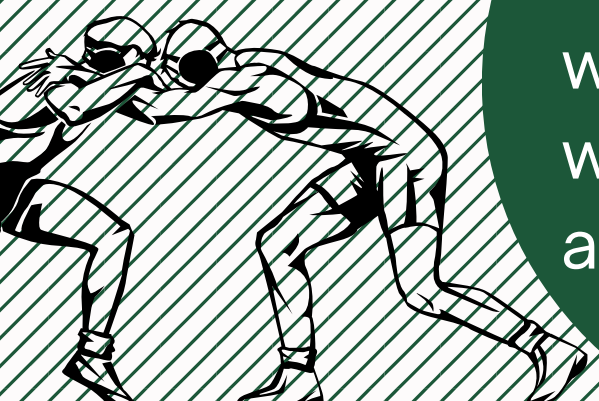
Equipment Needed

- Wrestling Shoes: Lightweight shoes that provide good grip & ankle support.
- Singlet: A one-piece uniform that allows freedom of movement.
- Headgear (Optional): Protects the ears from injury.
- Mouthguard: Optional but recommended for dental protection..

Scoring & Strategy- Individual Match

Illegal Holds
and Stalling
may also
result in
points.

A Tech Foul is
another way to
win a match if a
wrestler gains
a 15 point lead.



**Takedown
(3 points)**



Bringing the opponent to
the mat and gaining control.

**Reversal
(2 points)**



When the wrestler on bottom
(defensive) position moves to
the top (offensive) position

**Escape
(1 point)**



Getting away from the
opponent's control.

**Near Fall
(3-4 points)**



Holding the opponent's
shoulders near the mat for
a few seconds.

Pin (win)



Holding the opponent's
shoulders to the mat,
ending the match.

Individual Tournaments

- Minnesota wrestling programs host youth wrestling tournaments every weekend on Friday nights, Saturdays, & Sundays.
- Tournaments bracket wrestlers by grade, then weight, then ability.
- Cost is generally between \$15-20 per wrestler.
- Find tournaments on:
 - The Open Calendar on <http://www.theguillotine.com>
 - TeamReach to see where other Rockford families are attending.
- Rockford covers entry fees for certain tournaments
 - First Free Tournament on December 7th @ St. Michael
 - Sunday, January 11th- Buffalo
 - Sunday, January 18th- Rockford
 - Saturday, February 7th- Howard Lake

Curious what it is like once you show up at a Tournament?

Check out our [First Tournament Guide- What to Expect](https://www.raasports.com/page/show/4603869-parent-information) on the Parent Tab of the RAAA Website:
<https://www.raasports.com/page/show/4603869-parent-information>

MN/USA, NYWA or Jaycees require special tournaments and different qualifications by age group.

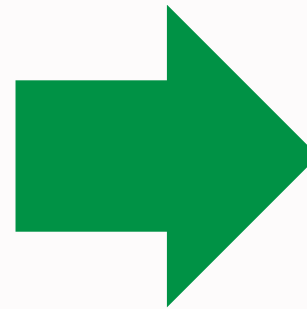
- State Tournaments are held in March.
- MN/USA and NYWA are held in Rochester.
- Jaycees is held in Albany.
- We host a training day in early December for those looking for more info!

Team Tournaments

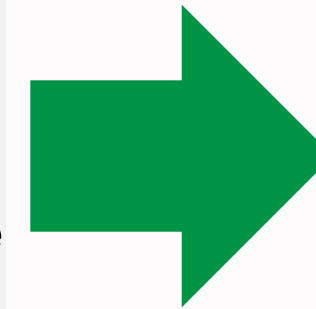
Our Goal: Provide an opportunity for any wrestler interested in participating in a team event.

Team 'dual' tournaments: can be Kindergarten to 3rd Grade or Kindergarten-6th Grade tournaments.
– Hosted by other clubs.

10-15 wrestlers are lined up by weight classes, against another school's 10-15 wrestlers.



Each match scores towards a total team score. The team with the higher score at the end of all the weight classes wins!



The team goes out for pizza after to continue the fun!



- Signups will be sent via TeamReach two weeks prior to the Team Tournament and Wrestle Offs will happen the week leading up to the Team tournament during practice.
- Our club covers entry fees for these tournaments
 - 12/14 Westonka
 - 1/17 Delano
 - 1/25 Orono

Additional Training Opportunities



→ Rockford Youth Wrestling Offerings

- November – end of February (Through RAAA) – This is what you are at right NOW!

→ Club Wrestling Offerings: For wrestlers looking for some more advanced technique

- Grynd - Freestyle & Greco Wrestling (March-May): Run by Jake Allar, a Former Gopher & Freestyle/Greco National Champ: Jake Allar
 - **RAAA will cover 6 in-season sessions for all wrestlers at Grynd this winter season!**
- No Nonesense- Year Round and Summer Camps: Run by Jake Satzer, a Former State Champ with over 20 years of experience coaching wrestling.

→ Rockford Youth Summer Camp

- Run by High School Wrestling Coach and focuses on learning technique, live wrestling and games
- Weekday Mornings during the week leading up to River Days (and our OUTDOOR Tournament)

Volunteering

- The program goal is to keep fees as low as possible, so we depend on our volunteers and fundraisers.
- A \$200 Deposit Check for volunteering will need to be turned in by December 2nd for each registered wrestler to participate in practice.
- The Deposit Check will be destroyed with the completion of your volunteer shift(s).

Volunteer Requirement

Volunteer Shifts Required are Based on Wrestler's Grade:

- ☆ 0 for each Prek-Kinder.
- ☆ 2 for each 1st-6th Grader

Fundraising Opportunities

- ☆ Apparel Sales in December
- ☆ Pizza Sales in December – Harry's Pizza

1 Volunteer Shift required at our Rockford Open in January

Team Duals & other Team Events



Volunteer Opportunities

High School Dual Concessions

Rockford hosted MYAS Tournament in March

Practice Times

Pre-K/Kinder/1st Grade:

- Practice Starts 11/18
- Tuesdays 5:30 - 6:30 pm (RCC - Wrestling Room)
- Last practice: Tuesday, Jan. 20th
- *May add Part 2 w/enough interest

2nd - 6th Grade:

- Practice Starts 11/13
- Tues. & Thurs. 6:30 -7:45 pm (RCC - Wrestling Room)
- Last practice: Thursday, Feb. 19th

★Post Season- Practices will be available for wrestlers preparing for State. More information to come.

Focus is on:

- Developing fundamental skills
- Having FUN!
- Encouraging kids to have a passion for the sport

After Jan 21st, practice is

- Geared toward the tournament competitors. and those preparing for Regions & State
- More focused on mastering the fundamentals!

Team Communication = “TeamReach” app

Instructions:

Download app, On the home screen enter “ROCKFORD25” in the Group Code box

Uses:

Team communication (i.e. weather related closings; tourney talk)

Calendar: practice schedule & other events

Pictures & Files

Direct emailing (if you have a question for a coach or the RAAA board)



Key Dates

- 12/9 Kemmetmueller Photography- Team Pictures
- 12/14 Free Team Tournament @ Westonka
- 12/18 Youth Night
 - Free Admission to HS Match w/ RAAA Wrestling Shirt
 - Food provided
 - Parent supervision required
- 12/19 TEAM FUN NIGHT- RCC
 - Movie
 - Games & Relays
 - Pizza & Popcorn
- 1/18 Rockford Wrestling Home Tournament
- 1/23 TEAM FUN NIGHT- MN Gophers Wrestling Tournament
 - *Date TBD
- 3/1 TEAM FUN NIGHT- SWIMMING at Monticello

Parent Expectations

- Be your child's biggest fan. Be positive & support your child unconditionally. Every child learns wrestling skills at a different pace.
- Keep it positive! Share words of encouragement. Wrestling is HARD!
- Model good sportsmanship!
- Get involved! You may attend a tournament without coaches, jump in and help guide.
- Volunteer

Have Fun!

