

Parent and Wrestler Guide



Centennial Wrestling Association

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Why Wrestle?

By Dan Gable

The sport of wrestling is a very natural thing for kids to do at a young age. Kids are always wrestling around in the yard or on the carpet in the house. Organized wrestling can bring in an element of safety and has a lot of other benefits as well.

Wrestling is a great sport because anybody can do it. Because you wrestle people of your same weight, size is not an issue as it may be in a sport like football or basketball. There are now a lot of opportunities to get involved. All but maybe a couple of states have sanctioned high school state wrestling championships. California, Texas and Hawaii have both a boys and girls high school state wrestling championships. Over the past ten years, the number of girls involved in the sport of wrestling in this country has gone from 300 to 3,700 so it is a sport that is on the rise for young females.

One reason wrestling is beneficial to people at a young age is from a self defense point of view. Kids need to protect themselves from bullies or someone who may jump them on the street. You may be asking, "What are the odds?" Well, pick up a newspaper. You see kids getting kidnapped far too often. First and foremost kids need to be taught about who you can and cannot talk to and where they can be with whom, but it's also nice to have a little bit of a fight attitude from the point of view of protection. I have daughters and a lot of people ask me if my daughters wrestle. I tell them I teach them just enough for protection purposes.

The sport of wrestling also helps young people develop important qualities such as self esteem, sportsmanship, work ethic and leadership skills. It also helps by instilling a competitive edge. A competitive edge is a real key. You really learn how to compete in wrestling because it is a unique one on one sport. Team sports are great, don't get me wrong, but there are some unique aspects of wrestling that make it stand out. For one, in wrestling you compete at all times. You are playing the game the whole time you are out there. Matches may last 6, 7, up to 9 minutes, but for that short amount of time you are competing. You do not have to wait for a ball to come to you. There are very few breaks and it takes focus and concentration every second you are out there.

There are feelings that take place when you compete. There can be the feeling of not being successful, which can teach you how to overcome adversity and there is the feeling of winning. It only takes winning once to know the feeling and you'll want to strive for it again and again. It doesn't even have to be the feeling of winning an actual match. Sometimes you get a feeling of winning after completing a good hard practice because you pushed yourself and got through it.

CWA Wrestling Mission Statement

Our goal is to support, assist and encourage all Centennial wrestling programs, and to promote spirit, sportsmanship and fair play among our athletes.

Membership

Membership is open to people residing within Independent School District #12, open enrolled families, families of youth wrestling and all Centennial wrestling coaches. Officers are elected at the annual meeting in October with positions held from October 1-September 30.

Board Meetings

Meetings are held at 6:00 p.m. the third Tuesday of each month at the High School White Building, room 604. Additional meetings will be scheduled as necessary. The meeting schedule can be found online at www.centennialwrestling.org as well.

Committees

Along with the Board of Directors, there are three committees established to help aid the mission of the CWA: Tournament Committee, Fund Raising Committee, and Youth Committee. Each Committee is manned with volunteers along with a designated committee chairperson.

Current Board Members

President:		
Vice-President:		
Secretary:	Kris Mohlin	mohlin50@yahoo.com
Treasurer:	George Janssen	gsjanssen@comcast.net
Youth Director:	Trae Pirner	pirner72@msn.com
Tournament Director:		
Fundraising Director:		
Member at Large:	Al Matheson	ajohnrae@comcast.net
Member at Large:	Becky Matheson	bmatheson3@yahoo.com
Member at Large:	Ryan Molitor	rmolitor@centennialwrestling.org

Board Member Discount

A one year commitment on the board will get you an 80% discount on your child in CWA wrestling.

How do I learn more about the club and wrestling?

Parent Meeting – TBA - We will talk about the upcoming Folkstyle season. Discussion items include: practices, tournaments, board members, other concerns.

Individual Expectations

1. Be on time and ready to go promptly at 6:00
2. Each practice; try to improve yourself by giving your best effort.
3. Be properly prepared in order to compete.
4. All forms must be turned in on file before a wrestler is allowed to compete.
5. Be respectful and responsible on and off the mat.

Parental Expectations

Parents are critical to the success of a program; without supportive parents, our job as coaches becomes more difficult. Parents should support their child through all situations. This sport will teach your child humility, mental toughness, how to bounce back, how to accept and deal with authority, how to work with others and ultimately how to be a champion in life, on and off the mat.

Practice Routine

1. Practice starts promptly at 6:00pm Tuesday and Thursday.
2. Practice runs from 6:00-7:00 for ages 4-7; practice runs from 6:00-7:30 for ages 8-12.
3. Two practice rooms are concurrently active. The coach will be there to tell you which room you are to report to. In general, the younger kids will go to the auxiliary room, and the older kids will remain in the wrestling room.
4. Sample practice plan
 - a. 6-6:10 -- Warm-up and stretching
 - b. 6:10-6:20 -- Drilling, wrestling "game"
 - c. 6:20-6:25 -- Water break
 - d. 6:25-6:40 -- Technique
 - e. 6:40 -- Water break
 - f. 6:45-7:00 -- Live wrestling
 - g. 7:00 -- Words from coach
 - h. 7:05-7:30 -- Additional technique, live wrestling, small groups;
Possible guest coach technique
5. Parents! Feel free to help out during practice. You don't need to have a wrestling background to be of help, often parents can understand what the coach says more clearly and quickly than the young wrestler and having extra eyes is always helpful. Just throw on a pair of sweatpants and a t-shirt, and just wear NO shoes if you don't have anything better. If you wish to just simply wait while your wrestler practices, we ask that you please wait in the hallway (on the tables set out) as our wrestling room space is limited and precious.

Wrestling Equipment Needed

- Clothing choices are gym clothes. Shorts and a t-shirt are what most wear. Try to refrain from clothing that is too loose, and shorts that may have zippers or pockets in them – they tend to cause injury
(a singlet is NOT needed for practice although many will choose to wear theirs)
- Please practice in a different pair of shoes than the ones you wore in... tennis shoes are fine, just as long as they weren't just in the dirt/snow. Socks aren't a great idea as the kids tend to slide around a lot – it can be dangerous, but if other shoes are forgotten, it's fine. Wrestling shoes can be purchased from just about any sporting goods store and are preferred by the coaching staff. We also have a wrestling gear swap prior to each season. **
- Headgear, optional but recommended
- Bag to store street clothes and shoes during practice
- Water bottle

Additional Info

- Hang your jackets or extra clothes, as well as your boots or extra shoes in the hallway on the rolling coat rack. Please keep the inside of the wrestling room clean of sand and water. Remember that your son/daughter is going to be wrestling on these mats, so cleanliness is important.
- After practice, be sure to shower at home. Do this as soon as possible... and don't wear the same clothes that were worn to practice without washing them first. Don't forget headgear and shoes on occasion as well.

Cleanliness

The club is responsible for the cleaning of the mats, you are responsible for yourself. Skin infections are something wrestlers need to be aware of. Prevention is simple; shower when you get home and wash your workout gear after every practice. Next morning is too late. If you see something that looks strange on your body (red marks, inflammation of a wound, bumps) have a coach look at it. Due to the nature of this sport, and its close contact, we don't want to put anyone at risk and prevention is the best course.

Skin protectants are available for purchase if you want. See a coach or board member for details.

Tournaments

You have the option to register your child in a variety of tournaments that are held throughout the area. You will be notified which specific tournaments our Club will send coaches to but you are not limited to these. You can choose to attend any tournament that fits your family's schedule. Tournament fees vary according to site.

For locating tournaments, use the following web sites:

www.thequiliotine.com

www.mnusawrestling.org

Open Tournaments vs. USAW Sanctioned Tournaments

Tournaments will either list themselves as "open" or USA Wrestling tournaments. Open mean they are open for anyone to compete. A USA Wrestling tournament requires your child to be a member of the USA Wrestling Club. You have the option of purchasing a USA Wrestling Card for \$30.00. If your child wants to compete in a USA Regional and/or USAW State at the end of the season, they will need a USAW Card.

Individual Tournaments

We have optional tournaments every Saturday or Sunday at different area schools. There are many tournaments all around the state, but we will send our coaches to one tournament a weekend. Weigh-ins are *usually* from 8am until 10am and wrestling usually begins around 11:00am. Often times a tournament will last a few hours, so plan on the better part of the day. If you get done sooner... that's great.

- Some sort of athletic shoes are required to wrestle in tournaments. Singlets are NOT required, but I'd suggest wearing something fairly tight so your clothes don't get in your way. Headgear also isn't required, but recommended. At the middle school and high school level, headgear is required so you may as well get used to it. You can also protect your ears from cauliflower ear.
- At all of the tournaments, there are vendors selling wrestling gear. Shoes, headgear, singlets, kneepads, etc...
- We tape our shoe laces prior to tournaments so our shoes don't come untied. We don't want a timeout to "catch our breath" because we will be in better shape than our opponents anyway. The coaches will provide the tape (unless you want to bring your own). This taping is also a MSHSL rule for HS wrestling.
- Bracketing
 - usually a 4 person bracket
 - 1st graders will wrestle 1st graders and a 5th grader will wrestle a 5th grader. Some tournaments are broken by age rather than grade, but either way it's usually pretty fair.
 - Bracketed by letter for weight (A = smallest, B = next, etc.) – so you may be 2nd grade, *weight class F* for e.g.
- Weigh-ins
 - Scratch weight
 - You wrestle what you weigh
 - No two boys are any further than 5 pounds apart except in the heavier weights where it's 10 pounds. The only exception is if an exhibition is setup by the participating coaches/parents/kids due to the amount of competition.
- Who: Everyone who belongs to the Centennial Wrestling Club is eligible to wrestle in these tournaments

Further questions can be answered by a coach, or by any of our board members

Team Tournaments

Centennial puts together a team of youth club individual wrestlers who compete against other youth teams locally. It is competed similarly to a HS match starting at the lightest weight, and completed through the heaviest. These team events build a level of camaraderie that can't be duplicated in individual events, or during practice.

Who

Anyone who is a CWA club member, and is in grades K-6... although it's often more likely grades 3-6. The team consists of 15 weight class members, and 5 alternates. No more than 20 are allowed to attend to compete in these team events.

Weight classes are: 45, 50, 55, 60, 65, 70, 75, 80, 84, 88, 93, 102, 115, 130, HWT (215 max)

When

The schedule for these team events changes frequently, however it's been Friday evenings, Saturday, or Sunday. The Friday evenings have been associated with the Northwest Youth Wrestling Conference; this schedule is set each year and is subject to change.

What's involved?

Generally the only additional obligation above the weekly practices will be 1) the occasional wrestle off, in case there are more than one CWA youth wrestler at the same weight class and 2) simply going to the team event.

Team selection

The team is selected based on overall ability, availability, and wrestle off... on occasion age may factor in as the safety of the wrestlers is one of the main priorities of our coaches.

Tournament Calendar is coming soon! It will be on a separate handout.

Centennial Youth Wrestling Tournament – Feb 13th

- in the HS Gym (White Building)
- Handout to come closer to date
- This is our home tournament

Fundraising

Candy bar sales – more information to come

Fundraising may be done throughout the wrestling season to help supplement funds needed to improve and expand our coaching staff, fund major purchases and so forth. Your child will not be expected to participate, fundraising is completely optional.

Volunteering Opportunity – Parental Help

The Centennial Wrestling Association hosts a home tournament during the year. We will be asking for volunteers to assist, as your schedule allows.

Apparel

See Kris Mohlin

It's also posted online at www.centennialwrestling.com/files/CWAapparel.pdf

Web Links

Centennial Youth Shutterfly website

<http://centennialyouthwrestling.shutterfly.com>

This is a youth specific location to post schedules, photos, results, and announcements. Its password protected, and access is approved by CWA Board Member Kris Mohlin.

Photo release

If you do NOT want your child's photo with name posted on our password protected website within Shutterfly, please contact Kris Mohlin either via email or in person. mohlin50@yahoo.com.

Centennial Wrestling Website

Visit our website for information on high school, middle school, and youth programs

www.centennialwrestling.org

- Schedules, forms, updates
- Links to technique
- Contact information

No photo release needs to be signed for this website; no photos with names will be posted. This is a district policy.



Centennial Wrestling

Building champions.

Centennial Youth Folkstyle Practice Schedule 2010-2011

Session 1

Tuesday, November 16th (sign-up) – First Practice	Thursday, December 30th (No Practice)
Thursday, November 18th (sign-up)	Tuesday, January 4th
Tuesday, November 23rd (parent meeting)	Thursday, January 6th
Thursday, November 25th (No Practice)	Tuesday, January 11th
Tuesday, November 30th	Thursday, January 13th
Thursday, December 2nd (picture day)	Tuesday, January 18th (board meeting)
Tuesday, December 7th	Thursday, January 20th
Thursday, December 9th	Tuesday, January 25th
Tuesday, December 14th	Thursday, January 27th
Thursday, December 16th	Tuesday, February 1st
Tuesday, December 21st (board meeting)	Thursday, February 3rd
Thursday, December 23rd (No Practice)	Tuesday, February 8th (board meeting)
Tuesday, December 28th (No Practice)	Thursday, February 10th



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Centennial Youth Folkstyle Practice Schedule 2010-2011

Session 2

Tuesday, February 15th	Tuesday, March 1st (board meeting)
Thursday, February 17th	Thursday, March 3rd (No Practice)
Tuesday, February 22nd	Tuesday, March 8th (No Practice)
Thursday, February 24th	Thursday, March 10th

Team Release

My son/daughter is interested in participating with the CWA Youth Wrestling Team

Wrestlers Name: _____

Approx Weight: _____ Grade: _____

Parent/Guardian Signature: _____

Behavioral release

Disruption in the wrestling room is determined by coach's discretion. As we all know about little kids, especially boys, they can be rambunctious. This policy isn't designed to punish that behavior, but to try to eliminate the additional rough house, rambunctiousness, and/or fighting. This type of activity cannot be tolerated.

CWA has implemented a policy to first warn the wrestler and their parent/guardian if this occurs. If a second offense occurs, a probationary period will incur. Third strike and the board reserves the right to dismiss the wrestler from further practice.

Signed by parent/guardian of wrestler

*Failure to sign this release doesn't prohibit the CWA staff from acting accordingly if any issue arises