



WILLARD YOUTH WRESTLING

TEAM GOALS AND RULES 2023 - 2024

WILLARD YOUTH WRESTLING OFFICERS

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Jonathan Paulie	Kelly Paulie	Damien Zumalt
Wendee Zumalt	Suzanne Strait	Faith Keithley
Aaron Hayworth		

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PURPOSE

- Our program teaches the fundamentals of wrestling to better prepare youth for wrestling at the Junior High and High School level.

GOALS

- Teach our athletes the sport of wrestling in a SAFE manner.
- Teach our athletes the sport of wrestling in a FUN environment.
- Teach our athletes the importance of a TEAM.
- Coaches and parents participating in our program should “LEAD BY EXAMPLE”
- Assist our athletes in developing not only good athletic habits, but also proper discipline, dedication, work ethic, and sportsmanship that will help them become leading citizens.
- Assist our athletes in developing the desire to WIN, but also understand how to lose.
- To promote the sport of wrestling in our community, this will help ensure a competitive Junior High and High School program and MORE importantly, a productive society.

SPORTSMANSHIP

Parents, coaches and spectators must be aware of their influence on the behavior of others, and the reputation of our club. The head coach and any board member will have the authority to remove any person, at any time, who behaves in a manner detrimental to others, or the reputation of our club without any compensation of paid fees.

EXPECTATION OF COACHES

- ALWAYS set a good example for our wrestlers and our club.
- Instruct wrestlers in proper sportsmanship, and demand that they make this a priority
- Respect the judgment of the officials, abide by the rules, and display proper behavior
- Treat opposing coaches, wrestlers, and spectators with respect.

NOTE: We will not tolerate any coach not showing proper sportsmanship. The head coach or any board member will have the authority to remove any coach, at any time, and/or take your coach’s card if you behave in a manner detrimental to others, or to the reputation of the club. WE HAVE ZERO TOLERANCE POLICY

EXPECTATION OF WRESTLERS

- Treat fellow teammates and opponents with respect.
- Treat coaches with respect.

- Respect the judgment of officials and abide by the rules and display proper behavior.
- Cooperate with officials, coaches, supervisors and fellow wrestlers to conduct fair matches
- Always shake the opponents hand regardless of winning or losing.

NOTE: We will not tolerate any wrestler not showing proper sportsmanship. The head coach or any board member will have the authority to remove any wrestler at any time who behaves in a manner detrimental to others or the reputation of the club. WE HAVE A ZERO TOLERANCE POLICY.

EXPECTATIONS OF PARENTS AND SPECTATORS

- Keep in mind that any attendance to practices, tournaments, etc. is a privilege to observe the matches. It is not a license to verbally assault others or to be obnoxious. There is no place for negative comments or criticism. Not only are the wrestlers and coaches representing the club, but so are you.
- Respect decisions made by officials and coaches
- Be a good role model by positively supporting all participants in every manner possible.
- Respect fans, coaches, supervisors and wrestlers.
- PARENTS ARE NOT ALLOWED AT MAT SIDE! NO EXCEPTIONS! This could result in being removed from the club. We WILL NOT be lenient on this rule.
- Remember: "Coaches coach, and parents cheer!"
- ALL PARENTS ARE EXPECTED TO WORK ALL DAY OF THE TOURNAMENTS. This includes (not limited to) set up-clean up. The afternoon session parents must assist with clean up. Set up is done the night before but some early morning responsibilities are required.

NOTE: We will not tolerate any parent or spectator not showing proper sportsmanship. The head coach or any board member will have the authority to remove any parent or spectator at any time who behaves in a manner detrimental to others or the reputation of the club. WE HAVE A ZERO TOLERANCE POLICY.

GENERAL RULES

- All wrestlers/parents/guardians are to make every attempt to be on time and picked up on time at all practices and tournaments. We will not leave any child alone at the practice facility. Multiple offenses will result in the wrestler being asked to leave the program, so please be on time!

- Warm up is crucial prior to wrestling. Be on time as to not miss the warm up activities. If you are late, you will still be expected to warm up before stepping onto the mat.
- Any questions or comments about the direction of the team are welcome after practices and tournaments, but please refrain from interrupting us while we are working with the wrestlers.
- We do not promote cutting weight. Wrestlers will be expected to compete at a weight that is appropriate for them.
- Good hygiene and health is essential to maintaining healthy athletes.
 - Wrestlers will have good hygiene before stepping onto the mats during practice, or in a tournament. This includes your body being clean, as well as your clothes. Anyone who does not meet these requirements will be asked to leave the mat by the head coach and will not be able to return until they have resolved the problem.
 - If you are sick, do not come to practice or matches. Due to the close contact in wrestling, germs and illness can spread quickly.**
- Head gear must be worn during matches. If you come to a match and do not have head gear, under no circumstances will you be allowed to participate. Coaches permission is required to live wrestle without head gear in practice.
- **Wrestling shoes should NOT be worn anywhere other than on the mat and indoors.** PLEASE DO NOT wear your wrestling shoes outside this greatly increases the number of contaminates brought onto the mat.
- No one is to be on the mat with any shoes other than wrestling shoes. If you do not have wrestling shoes, clean socks can be worn on the mat. Wrestling shoe soles are to be cleaned prior to stepping on the mats. If you step off the mat, then your shoes should be re-cleaned. The mats are very expensive, and it is our responsibility to take care of them
- At practices, no wrestler shall leave the facility before everything in the room is cleaned, straightened up and back in place, unless you have made arrangements with the coaches prior to your leaving. You are part of the team even when there is work to be done.
- You will be notified if practice or a tournament is cancelled due to the weather. It will be posted on Facebook and Remind. **MAKE SURE YOU ARE A MEMBER OF THESE COMMUNICATION OPTIONS.**
- **There will be a deadline for signing up for each tournament and paying for the tournament entry fee. The deadline is the first practice of the week prior to the tournament unless the tournament requires advance notice. It is the wrestler's or parent's responsibility to make sure the correct weight and weight class is given to the worker and their money is turned in on time. There will be no exceptions to this rule. Once the entries have been turned in, no changes are allowed. The club is required to pay for all entries, and if you cancel after the**

entry has been turned in, you will still be required to pay. No refunds will be made after entries have been submitted.

- At tournaments, parents will remain in the stands. Parents are not allowed at mat side. Only coaches with coach's cards are allowed at mat side.
- On the day of the tournaments, it will be the wrestler and his/her parents' or guardians' responsibility to be **ON TIME** for the tournament. It will also be their responsibility to make sure that the wrestler is at mat side or in the bull pen at the proper times. The coaches will not be responsible for tracking down wrestlers before their matches. We like for our team and spectators to sit together in the bleachers when possible. We do not allow our wrestlers to be in restricted areas, running through hallways, and behaving in an inappropriate manner between their matches. **Wrestlers should be sitting in the bleachers unless they have a reason to be elsewhere.** Leave all facilities in as good or better condition when we leave as it was when we arrived. Please pick up your trash!
- We would like for all (parents and wrestlers) to be involved in any way possible. Our club is run by volunteers. It is your task as a wrestler and a parent to help keep our club successful. Throughout the season there will be several times that we will need your help with various things. We will be hosting two full tournament weekends on **December 30 & 31, 2023 and February 18 & 19, 2024.** We will need **ALL parents and wrestlers** to help out prior to the tournaments, as well as during and after the tournaments. There will be lots of things that need to be done, and we will need **EVERYONE'S** help.
- Parents can wait outside the wrestling room as long as they maintain professional awareness of Willard School. Anyone not abiding by this rule will be asked to leave the program. PLEASE MAKE SURE THE WRESTLER HAS THEIR OWN FILLED WATER BOTTLE
- Remember the wrestling room is a learning environment. You must be quiet and keep the noise to a minimum.
- The wrestling room is a place where heat is needed to keep the wrestlers muscles warm. Keep all entries and exits to the wrestling room at a minimum, as if heat escapes, it could cause an injury to the wrestlers.
- Parents will be required to keep up with your wrestler's stats. Win and loss record, as well as opponent's name and club are vital information needed at the end of the year at district seeding meetings. Wrestlers without this information may be seeded last. This will be discussed before tournament season begins.

WINNING IS IMPORTANT, BUT LOSING IS A GIVEN. WIN WITH CLASS-LOSE WITH DIGNITY!

