

HUTCHINSON KIDS WRESTLING

HANDBOOK

Hutchinson Kids Wrestling Club

Handbook

TABLE OF CONTENTS

Rules and Regulations

<i>Board of Directors</i>	3
<i>Questions & Answers</i>	4-6
<i>Code of Conduct</i>	7
<i>Tournament Procedures</i>	8-9
<i>Parents' Agreement</i>	10
<i>Coaches</i>	11
<i>Coach's Agreement</i>	12

See <http://www.usawks.com> for more information

Appendixes

A <i>Scoring Guidelines</i>	13
B <i>A Brief History of Wrestling</i>	14
C <i>Why You Should Get Involved</i>	15
D <i>Nutritional Guidelines</i>	16
E <i>Behavior Report</i>	17
F <i>Official Grievance Report</i>	18
G <i>Sample Tournament Bracket</i>	
H <i>Sample Tournament Entry Form</i>	

Board of Directors

Kent Morey	663-9119	President
Tama Berger		Vice President
Tiffany Eaton	662-5144	Secretary
Rena Hughes	665-3667	Treasurer

HUTCHINSON KIDS WRESTLING CLUB PARENTS' HANDBOOK

Welcome to the Hutchinson Kids Wrestling Club. As a parent and/or supporter, we encourage you to take part in the commitment your child is making in the sport of wrestling, to share in his/her triumphs and to help soften the disappointments. In order to make this season instructional, enjoyable and successful for everyone, the Club has established certain rules governing the conduct of the coaches, wrestlers and their supporters. This handbook is the official publication of the Club's rules and regulations.

Board of Directors

The board of directors for Hutchinson Kids Wrestling Club shall consist of the following:

- President – the president shall be responsible for coordinating with the other officers to ensure that (1) the club is adequately represented in all district and state matters, (2) the wrestlers and their parents are kept informed, in a timely manner, of any items of importance, and (3) an effective line of communication is maintained with school officials.
- Vice President – the VP shall serve as tournament director, and shall organize and supervise the planning and implementation of the annual invitational-wrestling tournament. This includes all tasks from reserving the use of the facilities to coordinating the return of all equipment after the tournament's conclusion. **The board wishes to make a specific point of acknowledging that the tournament can only exist if everyone helps – this means YOU!**
- Treasurer – the treasurer shall (1) monitor and properly account for all receipts and disbursements, (2) maintain, in a current manner, the bank account of the club and (3) make financial reports as requested by the board, but not less than annually.
- Secretary – the secretary shall provide notice to the parents and wrestlers of upcoming events including, but not limited to, tournament entries, awards ceremonies and club meetings. The secretary is also responsible for collecting sign-up forms, maintaining won/loss records and reporting tournament results to the News.
- In addition to the officers, the board shall include the administrative coach, and two club members (parents) that are selected by the member body. If the member body is unable to select two representatives, then those positions will be left vacant for the current year.

The board members shall also comprise the grievance committee. Any conflict, which cannot otherwise be resolved, can be referred to this committee, which must meet, discuss and issue their written conclusion within seven days of receiving a written petition. Under no circumstances will a grievance be discussed in the wrestling room during practice. A decision of the committee shall be made by a majority of the voting members, which in no event shall be less than three deciding votes. A board member bringing a grievance will temporarily vacate his/her committee seat during any and all discussion, deliberation and voting on that issue. Any decision by the committee on a grievance brought before them shall be absolute and final.

Hutchinson Kids Wrestling Club is an unincorporated association. An annual election of officers of the Association will be held in April, at which time these rules and regulations will be reviewed. Every family with one or more active wrestler(s) on the Team is entitled to one membership in the Association, with full voting benefits. "The Board has the right to modify these Rules & Regulations in order to make editorial corrections or for clarity. To change the intent of these Rules & Regulations requires a majority vote of the membership in attendance at the meeting (or have completed a proxy designation) in which the change is presented."

Questions & Answers

This section has been designed to answer questions parents often ask, as well as to present the Association's regulations:

Q1. What are the goals of the kids wrestling program?

A1. Wrestling gives youngsters an opportunity to succeed. Winning and losing have very little to do with it. It gives youngsters an opportunity to make friends, to succeed on a personal level, and if nothing else, just to become part of a big family, part of the total commitment. The specific benefits youngsters derive from wrestling include:

◆ **Physical Excellence.** Good wrestlers at any level are in top physical condition. So any youngster who participates with Hutchinson Wrestling Club for a reasonable length of time certainly stands to benefit physically, and show greater:

- Flexibility
- Coordination
- Body Awareness
- Strength
- Endurance

◆ **Good Nutritional Habits.** Because wrestlers are grouped by weight, as well as by age, youngsters are likely to develop good nutritional habits at an early age.

◆ **Thinking On Your Feet.** When a wrestler moves out onto the mat to face his opponent, his ability to win can depend on his mind as well as his body. That's because this is a sport of action and reaction and there simply isn't time for a wrestler to wait for instructions from his coach. And because every opponent is slightly different, no two matches are ever alike.

◆ **Psychological Benefits.** Wrestling differs from most other sports available to kids because wrestling offers one-on-one competition. The kids can feel a real sense of accomplishment when they win, as well as learn to accept the responsibility for their losses. The psychological and emotional benefits kids stand to gain include:

- A Sense of Achievement.
- Added self-confidence
- New Friends
- New Experiences
- Moments in the Spotlight

◆ **Wrestling vs. Other Sports.** All things considered, you might have trouble finding any other sport that offers as much to youngsters. Like baseball, football, and basketball players, wrestlers are part of a team. But unlike ball players, wrestlers win or lose on their own. Like tennis or any other racquet sport, wrestling involves strategy and tactics. But wrestlers develop better-rounded athletic skills than tennis players. Like those in diving, gymnastics and similar sports, wrestlers can achieve excellent physical conditioning. But they also compete against an opponent both physically and mentally.

Q2. Who is allowed to join the team?

A2. Any person, regardless of sex, race, color or religion, is welcome to join the wrestling team. Competition is generally limited to youth aged 6-16 during the folkstyle-wrestling season in Kansas. While there are not a large number of girls participating in the state, there are a few. There is no separation of the sexes for competitive purposes. Continued participation with the club is contingent on all rules being adhered to by the wrestlers and their parents.

Q3. When will practices be held?

A3. Practice schedules will be handed out at the first practice. If there are any changes, you will be notified prior. Normally, they will be held each Monday, Tuesday, and Thursday. Depending on the size of the club, practices may be held in two sessions, based on ages and weights or the wrestlers.

Q4. What if my child is unable to attend practice?

A4. It is to be expected that not every child will be able to attend every practice. The child's health and education must always come first. You must decide when to support and encourage your child to maintain his/her commitment to wrestling, his/her coaches and teammates, and when it is necessary that a practice be missed. There is no requirement that the coaches be notified of an anticipated absence.

If your child is sick, DO NOT bring him / her to practice or to a tournament. Any contagious diseases are easily passed between wrestlers. Be courteous to the other parents and wrestlers and keep you child home until they have been free of any fever for at least 24 hours.

Q5. What happens if my child is injured during practice?

A5. Obviously, wrestling is a contact sport, and as such, injuries are a possibility. The coaches do their best to help the kids avoid injury by starting out with proper warm-ups, and by careful supervision. Each child must return a completed “Wrestling Club Registration Form” (a copy of which is provided in Appendix E). This form provides the coaches with basic health information, and should be completed and returned as early as possible. Where an injury appears to require medical attention, these instructions will make the coaches aware of your preferences for care, including whom to contact in the event of an accident or injury.

While the risk of injury is taken seriously, it should be noted that injuries are far from common. According to Jack Spain, a top athletic trainer, “The young athlete – the young wrestler – is at less risk of injury at wrestling practice or competition than he is riding his bicycle to practice or in many other sports on the playground.”

Q6. What are the rules during practice, and how are they enforced?

A6. All youngsters are expected to follow instructions of the coaches and display common courtesy towards their fellow wrestlers. During practice and at tournaments, the coaches have absolute authority over wrestlers in matters of wrestling and/or discipline. All wrestlers are expected to observe the Code of Conduct (see page 6) at all times. Infractions of club rules may be dealt with as follows: The 1st occurrence will result in a verbal warning to the child. The 2nd time a meeting will be scheduled with the wrestler and parent, where a Behavior Report (Appendix F) must be signed prior to the wrestler resuming participation with the team. The 3rd occurrence can result in expulsion from the team for the remainder of the season.

Q7. When should the team singlets and warm-ups be worn?

A7. The club will provide singlets and warm-ups to the wrestlers. The singlets should not be worn during practice, or at any other time except during a tournament. The warm-up tops may be worn at other times, as long as they are not abused. At tournaments, the wrestler is required to compete in the singlet provided by the club, unless they have received prior authorization from a coach or officer of the club. “You will be required to pay a \$50.00 deposit on the singlet on the singlet and warm-ups. This money will be returned to you at the end of the season when they are returned and found to be in proper condition.

Q8. How do we return the singlets and warm-ups?

A8. They can be returned to practice after your child’s last tournament. There will also be a uniform pick-up at the final team meeting after the national tournament. If you miss the meeting, or your child forgets his singlets, call on of the officers and they will arrange for the return of the uniform.

Q9. When will my child compete in wrestling?

A9. Tournaments are held around the state nearly every weekend during the wrestling season. Every member of Hutchinson Wrestling Club is eligible to compete in these tournaments. Wrestlers are grouped by age and weight. Generally, each kid will wrestle at least two matches at each tournament, and may wrestle five or more. Most tournaments begin with weigh-ins around 7:00 a.m. – it is critical that you arrive well in advance of the cutoff time for the weight-ins. The matches generally start at about 8:00 – 9:00 a.m., and continue until the wrestling is over. Your child could finish anytime between 11:00 a.m. and 7:00 p.m. The tournaments give the young wrestler a chance to test his skills against others their own age and weight. Spectators are always welcome – the number of cheering parents at the tournaments always far outnumbers the wrestlers.

Q10. Are the kids expected to cut their weight?

A10. NO. “Cutting weight,” whether for kids or their parents, is unhealthy as well as being counterproductive. An undernourished wrestler will not be able to perform at their best. However, we do emphasize good nutritional habits. Most wrestlers have developed these habits, perhaps passing up the candy bar in favor of an apple, in order to help them maintain their optimal weight. See Appendix D for dietary suggestions.

Q11. What if I can’t drive my child to a tournament?

A11. Try to make arrangements with one of the other parents whose child will be attending the same tournament. If you are unable to make arrangement to transport your child to a tournament, let one of the club officers know as early as possible. They will try to help you secure transportation. You will be expected to give the driver of the car at least \$3.00 for gas money. Please make sure your child has money for meals plus whatever spending money you want them to have, and that they are wearing appropriate clothing for the weather. Also, provide your child with a large bag to keep clothing in during the meet.

Q12. How do I enter my child into a tournament?

A12. The board of directors will determine which tournaments our club will attend. Each child will receive, at practice, an entry form for each tournament. The entry form will have a deadline indicated; the form and accompanying fee must be returned to practice on or before that date, or the child may be excluded from the tournament. See the sample entry form at Appendix I.

Q13. How can I help my child during his tournament competition?

A13. You play an important role in helping your child interpret their experiences. You can help them understand the significance of winning and losing, of experiencing frustration in learning, and the need for developing self confidence, a desire to achieve, and self appreciation. Wrestling can be an important activity that opens up lines of communication between parent and child if the parent takes the opportunity to be interested in the child's participation. You need to recognize that wrestling is a sport or intense emotion; children sometimes cry when they lose.

There are certain guidelines which parents should always follow: do not attempt to coach your child from the sidelines, do not yell negative remarks to any wrestler, and always praise the effort, not the outcome.

Q14. How are wrestling matches scored?

A14. The main objective in wrestling is to pin your opponent. If a pin occurs, the match ends and the wrestler doing the pinning is declared the winner. If no pin occurs, the winner is determined based on points awarded during the match for takedowns, escapes, reversals, near-falls and penalties. See Appendix A for a more complete description of scoring.

Q15. Is this the same type of wrestling and scoring as used in high school, college, and the Olympics?

A16. Yes, yes and no. Kids' Wrestling generally follows the same rules as high school and college wrestling; however, there are certain modifications to the rules that are made for the safety of our young wrestlers. This type of wrestling is often referred to as Folkstyle.

The Olympic wrestlers use either a form of wrestling called Freestyle or another form called Greco-Roman. Starting in April, following the conclusion of our folkstyle season, there are opportunities for the kids to participate in freestyle and Greco-Roman wrestling. See Appendix B for "A Brief History of Wrestling" for more discussion of the styles of wrestling, and their origin.

Q16. How can I help with the program?

A16. Since our wrestling club is entirely self-supporting, we need all the help from the parents we can get. It is critical that we get help from all the parents, and other volunteers, during our club's annual tournament, which accounts for over 90% of our annual revenue. Please plan on helping out during this tournament.

Q17. I have some suggestions, questions or concerns. What is the best way to get my thoughts heard?

A17. First, do not disrupt practice by bringing them up then. You can informally discuss your thoughts with any member of the board or coaching staff at any other time. If you feel that stranger action is necessary, you can file a grievance with the board, as discussed on page 1.

Q18. How and when are the officers and board of directors selected? Can anyone become an officer?

- A18.** The officers of the Hutchinson Kids Wrestling Club are elected at the annual meeting in April. Every family with one or more active wrestler(s) on the Team is entitled to one membership in the Association, with full voting benefits.

Each officer is automatically a member of the board of directors. In addition, three coaches are selected to serve on the board. Officers, coaches and directors are not required to be members of the Association.

CODE OF CONDUCT

COACHES AND ASSISTANT COACHES WILL

1. Refrain from using profane language in front of wrestlers at any time he is in their company and particularly during practice sessions and tournaments.
2. Not smoke in front of wrestlers at any time he is in their company and particularly during practice sessions and tournaments.
3. Refrain from indulging in alcoholic beverages before and during practice sessions and tournaments.
4. Refrain from criticizing wrestlers in front of spectators, but reserve constructive criticism for private, or in the presence of the team so all might benefit.
5. Call practice sessions at specific time and end sessions within specified time.
6. Accept decisions of officials on the mat as being fair and called to the best ability of the officials.
7. Not criticize the opposing wrestler, his coaches or fans, by word of mouth or gesture.

WRESTLERS WILL

1. Refrain from using unsportsman like conduct during practice sessions and tournaments.
2. Refrain from using profane language at any time during practice sessions and tournaments.
3. Refrain from striking any opponent or teammate, regardless of provocation, during practice sessions and tournaments.
4. Refrain from criticizing teammates, coaches and opponents, by word of mouth or gesture.
5. Accept decisions of officials on the mat, without complaint by word of mouth or gesture.
6. Report for practice sessions and tournaments at the time specified and give full attention to the coaches.
7. Shake hands at the end of the match with the opponent and opponent's coach in a sportsman like manner.

PARENTS / SPECTATORS WILL

1. Remain in the spectator area during tournaments.
2. Refrain from heckling and/or criticizing tournament officials, opposing coaches or wrestlers.
3. Refrain from using profane language, causing a disturbance, etc. at practices and tournaments.
4. Refrain from unsportsman like conduct at tournaments.
5. ALWAYS – praise the effort – not the outcome!

Violations of the code of conduct or any other rule or regulation of the club can result in:

1. A verbal warning
2. A formal meeting of wrestler, parents and club officials and/or coaches.

3. Sanctions against the wrestler and/or parents up to, and including, expulsion from the club for a period of up to one year.

TOURNAMENT PROCEDURES

Beginning in late December or early January, our club will begin competing in various tournaments throughout the state. Each wrestler has the option to participate in any particular tournament, or to remain home. Failure to compete in one tournament will not keep a wrestler from competing in any other tournaments until the final three tournaments of the season, which are the qualifying and state championship tournaments. Following are several things to keep in mind when entering and competing in a wrestling tournament:

- **Weight** ... When entering a tournament you must state the weight at which your child will be competing. Look at the sign-up sheet to determine how the weight groups in your child's age group are divided. Your child must weigh at or below the weight group you enter him at on the morning of the tournament. Keep an eye on the weight of your child, checking it once or twice a week. Since you must enter tournaments several weeks prior to the actual competition, you need to anticipate his weight ahead of time. Watch out for growth spurts, which can move his weight up rather rapidly. Use the scales at practice to monitor his weight, don't rely on bathroom scales.
- **Diet (during season)** ... Do not starve your child. If he is overweight, follow the "Nutritional Guidelines for Safe and Effective Weight Loss" and the "10 Steps to Effective Fat Loss," which are reproduced in Appendix D. These guidelines are lifestyle changes, and should not be dropped at the end of the season. If his weight is appropriate for his height and body type, let him eat his regular diet during the week. Try to limit sweets and fatty foods (candy, pop, etc.). If weight is not a problem, a meal high in carbohydrates (pasta & breads are good examples, but don't smother in cheeses and cream) the night before the tournament will provide extra energy the next day.
- **Diet (day of the tournament)** ... Plan on arriving at the tournament early. If weigh-in starts at 7:00 a.m., get there as soon after 7:00 as possible. Try to keep your child from eating or drinking anything that morning until after weigh-in. After weigh-in, let your child eat a normal breakfast. Many of the tournaments will have a cafeteria at the tournament site. During the tournament, be sure to allow at least 45 minutes between meals and matches (figure about 4 minutes per match in calculating how long until his next match). If you won't have at least 1-2 hours between breakfast and his first match, substitute easily digestible foods for breakfast. Your child will need snacks between matches to keep up his energy; however, try to limit sweets and pop. Fruits and energy bars are good choices. Encourage water and avoid milk products and red meat during the day (they are slow to digest). Although sweets give an immediate energy boost, the offsetting insulin reaction in your child's body will actually result in a loss of energy within a short period of time.
- **Weigh-in** ... This is the first thing you should do upon arriving at the tournament site. Usually, you will find signs at the tournament directing you to the weigh-in room. Dads are generally allowed to go in with their son to weigh. Sorry, Moms, this is a male-only thing unless your daughter is wrestling; in which case you should ask about separate weigh-in facilities. Many of the tournaments will have separate scales for each age group. Your son should strip down to his underwear and take a place in the line at the scale for his age group. They will ask for his name, and then they will check his weight. He must weigh no more than the weight group he entered in. If he weighs in heavy, and you think the scales are not correct, request that he be weighed on one of the other scales.
- **Brackets** ... After completing weigh-in, look for your son's bracket. Usually, you will find the brackets hanging on the wall in a hallway. Find the brackets in your son's age group, then find the bracket(s) for his weight group. You will find this information on the bracket, usually in a corner of the bracket. Some tournaments will divide large weight groups into two or more brackets, so if you don't find your son's name on one, look for another bracket next to it. Copy this bracket down, making sure to note the match numbers on the bracket. At this point, the bracket will tell you (A) what mat your son will be wrestling on, and (B) what his first match number is. Usually, the mat number is listed separately on the bracket. Occasionally, it is included in the match number as the first digit (for example, if the match number is 541, you son would wrestle the 41st match on mat #5).
- **Activities prior to the start of wrestling** ... You are free to sit wherever you want, but we usually try to sit together as a club at the tournaments. Look around for our club's banner, or for familiar faces. Don't wait until the last minute to find

a seat, since seating is at a premium at most tournaments. Your son should be down on the mat 30 minutes prior to the start of the tournament, warming up with the club. This does not include horseplay.

TOURNAMENT PROCEDURES (continued)

- **Matches** ... Your wrestler should be at his mat 2-3 matches ahead of his own, after he has notified a coach that his match is nearly ready. It is not the coaches' responsibility to see that your son makes it to his mat on time. Neither is it their responsibility to notice when your son's match starts. If you want to leave the gymnasium, figure a little less than four minutes per match in calculating when your son's next match will begin. Be careful about getting too far away from the action, since scratches and pins can sometimes cause the matches to move faster. If your son is not at the mat when his match comes up, he will have one minute to show up or forfeit the match. Be on time for your matches. Someone from our club will be keeping records at each tournament. After your son's match, inform this person of the results of his match.
- **General comments** ... If you are having problems at a tournament, ask one of the other parents for help. Some of our parents have several years' experience at these tournaments, and will be happy to pass on some of their favorite tips. Most of the tournaments have restrictions on food in the gymnasium, but you can bring a food chest for use in the cafeteria. Since this lets you control the quality of food your son consumes, it is probably the best choice.

Before you leave for the day, let one of the coaches know. Also, if you are leaving the area but plan on returning, tell one of the coaches. But remember, don't expect the coaches to be responsible for getting you to your son's match, and on time.

Finally, remember to **praise the effort, not the outcome.**

PARENTS' AGREEMENT

*I Hereby Pledge To Provide Positive Support, Care and Encouragement For
My Child Participating In Wrestling by Agreeing to the Following:*

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every tournament, practice or other sports event.
- I will place the emotional and physical well being of my child ahead of any personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all.
- I will demand a drug, alcohol and tobacco-free sports environment for my child and agree to assist by refraining from their use at all youth sports events.
- I will remember that the game is for children and not for adults.
- I will do my very best to make youth sports fun for my child.
- I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
- I will promise to help my child enjoy the youth sports experience within my personal constraints by assisting with coaching, being a respectful fan, providing transportation or whatever I am capable of doing.
- I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach agree to abide by these same standards.
- I acknowledge that I have thoroughly read and understand the Hutchinson Kids Wrestling Club Handbook, including the rules & regulations enclose, and agree, for both myself and my child, to comply with them.

Parent Signature

Parent Signature
COACHES

Date

Selection of coaches

The selection of coaches will be the responsibility of the board of directors. The criteria used by the board shall include, but will not be limited to, the ability of the individual, his commitment level, his reliability in attending most practices and tournaments, and his maturity level. Anyone interested in coaching is encouraged to contact a member of the board. A prior history of wrestling is not a requirement to be a coach with the wrestling club; an interest in working with youths and a willingness to learn along with them is more important, and is a requirement.

Administrative coach

The Head Coach(s) will be selected by the Board as the need arises. If any current Head Coach is still serving on the Board, they will not be involved in the selection process. The Board will use a search committee comprised of board members and representatives from the membership to ensure the best candidates are presented. The duties of the administrative coach include participation on the board of directors and grievance committee, maintaining open lines of communication between all of the coaches, and planning and monitoring the practice schedules throughout the year.

Certification

Every coach should obtain a National Coaches Education Program Copper or Bronze Level Certification as soon as practicable. The clinic fees required to obtain this certification shall be reimbursed by the club to any board-approved coach who has attended a clinic and successfully completed the certification test. The club will not reimburse any out-of-pocket expenses other than the clinic registration and/or certification fees.

Other reimbursements

A coaching position with the club is a volunteer position. However, the board does not feel it appropriate that the volunteers should have to incur large expenses solely as a result of their willingness to work, without pay, with other peoples' children. Therefore, certain benefits are provided for the coaches, as follows:

Card Fees USA Wrestling requires that coaches be registered with them if the full benefits of insurance coverage they offer are to be available. The cost of registration is \$35.00 per coach, and **may** be paid by the club (**if approved by the board of directors**).

Clinic Fees In addition to the NCEP Copper/Bronze clinic, which is a requirement, the board encourages the coaches to continue to develop their knowledge of the sport of wrestling and techniques for working with young wrestlers. Any clinics which help a coach continue his development in these areas will ultimately result in a benefit to the kids. The club, following approval from the board of directors **may** reimburse expenses incurred by coaches for this purpose.

Travel Expenses For any tournament that a coach works, where a child or close relative of the coach is not actively participating, the club **may** reimburse the coach \$10.00. This amount is intended to help cover the cost of meals and transportation. The board will consider possible reimbursements of other out-of-pocket expenses relating to the attendance of weekly practice sessions by coaches who do not have a child on the team.

Lodging The board **may** pay for all or a portion of the hotel fees incurred by some or all of the coaches at tournaments, where overnight stays are necessitated by the distance to the tournament.

COACH'S AGREEMENT

I Hereby Pledge To Provide Positive Support, Care And Encouragement For Youths Participating in Wrestling by Agreeing to the Following:

- I will encourage good sportsmanship by demonstrating positive support for all players, officials and other coaches at every tournament, practice or other sports event.
- I will place the emotional and physical well being of the children ahead of any personal desire to win.
- I will insist that the children play in a safe and healthy environment.
- I will demand a drug, alcohol and tobacco-free sports environment and agree to assist by refraining from their use at all youth sports events.
- I will remember that the game is for children and not for adults.
- I will do my very best to make youth sports fun for the wrestlers.
- I will ask the wrestlers to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
- I acknowledge that I have thoroughly read and understand the Hutchinson Kids Wrestling Club Handbook, including the rules & regulations enclosed, and agree to comply with them. I am hereby requesting board certification as a coach for the upcoming wrestling season. I understand the commitment level which is required of board certified coaches, and intend to meet or exceed that standard.

Coach's Signature

Date

APPENDIX A

SCORING GUIDELINES

The objective of wrestling is to gain control over your opponent according to prescribed rules, with the ultimate control being a fall (the pinning of the opponent's shoulders to the mat). A fall is scored when both shoulders are held on the mat for two seconds. Matches are divided into three periods of varying length, depending upon the wrestlers' ages.

The first period is started with both wrestlers standing and facing each other in the center of the circle. This is called the neutral position. From this position each wrestler attempts to take his opponent to the mat by executing what is called a takedown. A takedown is completed when a wrestler brings his opponent to the mat from a standing position and shows control. For this he is awarded two points.

When a wrestler is taken down, he attempts to escape or reverse his position. An escape occurs when the bottom wrestler is able to return to his feet and achieve a neutral position. When he does this, he receives one point. A reversal occurs when the bottom wrestler "reverses" his position, going from the bottom (defensive) position directly to the top position and in control of his opponent on the mat. A reversal is worth two points.

While the bottom wrestler is attempting to escape or reverse, the top wrestler is attempting not only to continue to control but also to pin his opponent to the mat. Points are awarded when a wrestler executes maneuvers which attempt to place his opponent's shoulders on the mat. When a wrestler brings his opponent's back within a few inches of the mat, a near fall is awarded of two or three points, based on the length of time the back is exposed to the mat.

If one wrestler succeeds in pinning his opponent, the match is stopped at that point, and he is declared the winner by a fall. If a fall does not occur, the winner is decided by the points awarded throughout the match.

If a fall has not occurred in the first period, second and third periods are started with the wrestlers in either the neutral or referee's position. The referee's position requires the bottom wrestler to place both hands and knees on the mat. The top wrestler places one hand on the back of the opponent's elbow and the other around his waist with the palm on his navel. Decided by a flip of a coin, one wrestler chooses the top, bottom or neutral position in the second period. His opponent has the same options if the match continues to the third period. The referee's position is also used to resume the match if both wrestlers go out of bounds with one wrestler in control. The wrestler in control, of course, has the top position. A tie at the end of the third period results in up to two sudden-death overtime periods.

Points are awarded for several other events in a wrestling match. For example, a number of holds or maneuvers are illegal because they risk injury to wrestlers. Therefore, if a wrestler executes an illegal hold, the referee immediately stops the match and awards the opponent one point. Failure to wrestle aggressively (termed stalling) after an initial warning can also result in a one-point penalty. Flagrant violations such as swearing, fighting, or other unsportsman like conduct result in disqualification.

APPENDIX B

A BRIEF HISTORY OF WRESTLING

Generally considered mankind's oldest and most basic form of recreational combat, wrestling can trace its origins all the way back to the dawn of civilization. Carvings and drawings showing men executing wrestling holds and positions are estimated to be 15,000 to 20,000 years old.

Summarians, Egyptians and the ancient Greeks all were deeply involved in wrestling. Such legendary figures as Ulysses (Greece), Gilgamesh (Sumer) and Jacob (Hebrew) all took part in wrestling matches of far-reaching importance. Wrestling also was the final and decisive event of the pentathlon at the Greek public games and was introduced to the Olympics in 708 B.C.

During the Middle Ages in Europe, people considered wrestling a knightly skill and both North and South American Indians wrestled long before Columbus arrived.

Sometime around 1660, Sir Thomas Parkyns, an illustrious mathematician at Cambridge University, as well as an able wrestler and close personal friend of Sir Isaac Newton, wrote a manual which established the beginning for our modern rules of wrestling.

Today, there are many different forms of wrestling around the world. In America, the most popular are **Folkstyle** (high school and college) and **International Freestyle** (Olympic Wrestling). Recently there has also been a strong movement in America toward **Greco-Roman Wrestling**, which allows for only above-the-waist holds.

APPENDIX C

WHY YOU SHOULD GET INVOLVED WITH WRESTLING

More than 1.5 million amateur wrestlers in the United States participate in kids, high school, junior college and post-graduate level wrestling.

As of the mid 1980's, more than 300 colleges and universities offered wrestling under NCAA sanction and guidelines.

Kansas has over 7,700 wrestlers sanctioned by USA Wrestling, the national sanctioning body for wrestling. High school programs are not sanctioned; therefore, the majority of the 7,700 wrestlers are ages 6-14. This makes Kansas one of the largest participant states in youth wrestling in the United States.

Wrestling has the 5th largest number of participants involved in high school athletics.

Wrestling has the 8th largest number of athletes in collegiate competition.

Wrestling has the 3rd greatest potential for Olympic medals, with 20.

USA Wrestling sponsors the largest wrestling tournament in the world, often attracting more than 1500 wrestlers.

Wrestling is man's oldest sport, dating back some 15,000 years.

Wrestling is a sport that involves participants of all sizes and body types.

Wrestling epitomizes what the American "hard-work-ethic" is all about.

Famous former wrestlers include: George Washington, Abraham Lincoln, and Teddy Roosevelt; Bruse Jenner; Robin Williams; authors John Irving (The World According to Garp) and Ken Kesey (One Flew Over The Cuckoo's Nest); General Norman Schwarzkopf; The three acting Baldwin brothers; actors Kirk Douglas, Tom Cruise and Mr. T; William Kerlake, Winner of 15 national Freestyle and Greco-Roman tournaments at heavyweight in the 1950's, Who was the co-inventor of the first ion thruster for space propulsion at NASA; Michael Collins, commanding pilot of Apollo 11; Nobel Peace Prize winner Norman Borlaug; Donald Rumsfeld, former U.S. Sec'y of Defense and head of the FBI; Boxer Sugar Ray Leonard, and Pittsburgh Steeler Carleton Hasselrig, a three-time NCAA Div. I Champion at Pittsburgh-Johnston, who made the NFL despite never having played college football.

APPENDIX D

NUTRITIONAL GUIDELINES FOR SAFE AND EFFECTIVE WEIGHT LOSS

Weight loss should come from the fat stores in the body.

Body fat should be reduced using a reduction in caloric consumption, an increase in activity, or both. Again, for young wrestlers, increasing the activity and eliminating simple carbohydrates and unnecessary fats generally works best.

Reduce body fat gradually.

Base calorie requirement on age, body surface area, growth, and physical activity levels. (See chart of recommended daily dietary allowances).

Have wrestlers follow a balanced diet.

Make water consumption a must.

10 STEPS TO EFFECTIVE FAT LOSS

1. Determine body composition and predict the ideal body weight.
2. Set up a weight-loss timetable.
3. Record food consumption and energy expenditure for three typical days.
4. Never allow caloric intake to go below 1800-2000 calories a day.
5. Eat food from the four basic food groups.
6. DON'T skip meals. DO spread out the amount of calories consumed daily.
7. Drink one quart of water for every 1000 calories eaten.
8. Help wrestlers stay motivated.
9. Use skinfold test to see if wrestlers are losing fat.
10. Once a wrestler has reached his optimal weight, set a weight, such as a three pound gain, to trigger another weight-control period.

APPENDIX E

BEHAVIOR REPORT

Name of Wrestler: _____

Date: _____ Time: _____

Coach / Supervisor: _____

Type of Behavior:

Swearing

Name Calling

Horseplay

Fighting

Disruptive Behavior

Destruction of property

Disrespectful to peers or coaches

Explain in Detail: _____

Action Taken: _____

Parent's Signature: _____

APPENDIX F

**PETITION
TO THE HUCHINSON KIDS WRESTLING
GRIEVANCE COMMITTEE**

Name of Complainant: _____

Describe your grievance in full: _____

Action taken by Grievance Committee: _____

Date: _____

Signed: _____

Signature of Committee Member