



Parent's Guide to Youth Wrestling

Welcome to the Rez Wrestling Family...and welcome to the program. The coaches and team volunteers have put together some basic information for your family and your wrestler. Basic Etiquette for the Rez Wrestling Parents There are few things in this world that are more difficult to do than watch your child wrestle. To help the parents of our Rez wrestlers get through the season successfully, we offer these following guidelines:

1. Your youth wrestler wants to have you there. It is important to him or her even if they don't say it. Whenever possible, be there for them.
2. Do not expect your child to win every (or any) match. It is your duty as a parent to give your child a encouragement after every match, WIN or LOSE. If you cannot do that and winning is more important to you than showing your child that you love him or her no matter what, then disregard item #1. Your child wants to win. It's more fun than losing. But if your wrestler thinks that their losses are a disappointment to their parents, not just a learning experience for them, they will not enjoy or participate in sports for long.
3. Let the coaches coach your wrestler. It is your job as the parent to be your child's biggest fan. Encourage them, listen to them, but be careful about suggesting ways that they can improve their wrestling. Too many suggestions may make them feel that you are not satisfied with them, or are disappointed with them. The coaches usually have an accurate idea of the things your wrestler needs to learn, and is in a better position to teach your child. Your job is to be their parent.
4. Try to stay calm. Remember that in 20 years you will not remember which matches were won or lost. You will remember that your wrestler learned many important lessons about life as well as about sports, and had a lot of fun in the process.
5. Read these guidelines at least once before every match and tournament!
6. When you're unsure about what to do...go ask a team mom. We're here for you.

YOUR REZ MOM SAYS...THINGS TO REMEMBER WHEN IT'S TOURNAMENT TIME...

FEES: Regular tournament fee is \$7.

- Fees are due when you register. Fees are non-refundable.

WEIGH-INS: Normally take place on the Thursday evening before the tournament.

- Wrestlers will be required to wear singlets at weight-in.
- All wrestlers & divisions will be weighed in.
- A skin and fingernail check will be conducted at every tournament weight in
- If a wrestler meets his/her weight allowance, the weight and division will be marked on the wrestler's arm
- All weights will be scratch weight. If a wrestler does not make called-in weight, your wrestler will be scratched from that tournament without a refund.

WHEN DO I SHOW UP & WHAT DO I NEED TO DO BEFORE THEY WRESTLE?

1. Always show up to the tournament site at least 1 hour prior to the scheduled start time. Parking can be a nightmare. Seating in the gym is always chaotic.
2. When you finally get to the gym, you will need to find out which mat your wrestler will be wrestling on.
 - Master tournament brackets will be taped to the wall just outside the gym. These brackets show each individual age and weight class & associated mat letter. ie. 10 and under 70 lbs, Mat C.
3. Next, take your wrestler into the gym. Try to find other members of the Rez wrestling program. Once you settle down, have your wrestler put their wrestling shoes on. You may see our coaches and other Rez wrestlers on the mats warming up...once your Rez wrestler is ready, send your wrestler down to the

coaches to warm up. Remind your wrestler where your family will be sitting because after warm-ups, they will be sent back to sit with you until their match number comes up. Please note that Parents are not allowed down on the mats.

4. Match Numbers can be located on each of the tables at your wrestler's mat. The match number presented will typically be 2 to 3 matches ahead of the actual match that is wrestling. This allows wrestlers a little bit of time to get down to the mat and check in at the mat table.

○ So at the start of the tournament, the table match numbers will indicate match #3 is up, even though it's the first match.

5. Brackets will be available for purchase the morning of the tournament. The cost is normally \$1.00/ bracket. As a parent, you will need to follow the matches on your wrestler's bracket so you will know when to send your wrestler back down to the mat to wrestle. There is a winner's and loser's side of the bracket. Double elimination is in effect (two losses and you're out).

6. Coaches will be positioned at every mat, or in the very close proximity of every mat that we will have wrestlers participating on. A Rez coach is required to be in your wrestler's corner during their match. A wrestler will not and can not wrestle without a coach present.

7. Tournaments usually take about 3-4 hours to complete. Prepare your family and kids to wait between matches, especially if you have a really big bracket. Bring books, portable DVD players, IPODS/MP3 Players, Handheld game devices. They help to pass the time.

SCORING & TERMINOLOGY CHEAT SHEET FOR PARENTS

TAKEDOWN: from a neutral position, one wrestler gains control over his opponent down on the mat while the supporting points of either wrestler are inbounds... 2 points.

ESCAPE: when the defensive (down) wrestler gains a neutral position and his opponent has lost control, while the supporting points of either wrestler are inbounds... 1 point.

REVERSAL: when the defensive (down) wrestler comes from underneath and gains control of his opponent, either on the mat, or in a rear-standing position, while the supporting points of either wrestler are inbounds, and control has been established... 2 points.

NEAR FALL: criteria for a near fall are when any part or both shoulders or both scapulae or the defensive (down) wrestler are held within 4 inches of the mat or less, or when one shoulder/scapula is touching the mat, and the other shoulder/scapula is held at an angle of 45 degrees or less with the mat, or when the defensive wrestler is held in a high bridge or on both elbows.

NEAR FALL... 2 POINTS: when the Near Fall Criteria is met for a 2-second count.

NEAR FALL... 3 POINTS: when the Near Fall Criteria is met for a 5-second count

FALL/PIN: when any part of both shoulders/scapulae of either wrestler are in contact inbounds with the mat for 2 seconds, a fall, or pin, is earned and the match is over.

TECHNICAL FALL: when a wrestler has earned a 15-point advantage over his opponent, a Technical Fall has occurred and the match is over.

STALLING: one warning is given for stalling, and then penalties begin for subsequent calls: 1 point for the first and second penalty, 2 points for the third penalty, and disqualification for the fourth penalty.

PENALTIES: penalties and warnings are cumulative throughout the match. Each infraction has its specific penalty. The penalty for an illegal hold, technical violation such as locked hands (except false starts (2) or incorrect starting position), unnecessary roughness and wrestler's unsportsmanlike conduct in the match is awarding the opponent of the offender one match point on the first and second offenses, and two match points on the third offense. A fourth offense shall result in disqualification.

FLAGRANT MISCONDUCT: results in disqualification of the individual and immediate removal from the premises. Any individual so disqualified in a tournament is not entitled to any points that he has earned previously in the tournament.

General Overview and Introduction to the Sport of Wrestling

Of the many sports your child can participate in, Wrestling is perhaps the most misrepresented, misunderstood, and underrated. The purpose of this guide is to generate new interest and awareness among parents whose children want to participate. Hopefully, this guide will help expose the myths and uncover the benefits wrestling has to offer, and most importantly, help parents understand how this unique sport best compliments other sports choices their child makes.

Folkstyle Basics

Objective

The primary objective in folkstyle wrestling is to gain control of your opponent and to ultimately pin your opponent by holding your opponent with their back (both shoulder blades simultaneously) on the mat for a period of at least two seconds.

Match Basics

Wrestling matches consist of three periods. Periods can vary in length from one minute in duration for younger age groups, to as long as three minutes for college wrestling. Either wrestler can win the match at any time if they are able to pin their opponent or develop a lead of more than 14 points. Otherwise, the wrestler that can accumulate the most points by the end of the third period (or after overtime in the case of a tie) wins the match. There are only two positions from which referees start, or continue a match. The first is neutral position, with both wrestlers standing and facing each other. The other is the referee's position, where one wrestler starts on his hands and knees down on the mat, and the other starts on top, behind and in control. The first period always begins in the neutral position. Each wrestler has their choice in one of the remaining periods, to choose to start from top or bottom referee's position, or in the neutral position. If the action must be stopped before the end of a period, the referee restarts the wrestlers in the starting position that best reflects the position the wrestlers were in when the action was stopped.

Scoring

The scoring system is rather simple.

Takedowns (when from a neutral position one wrestler is able to bring the other to the mat and gain control) are worth two points.

Escapes (when the bottom wrestler is able to break free from the top wrestler and revert back to a neutral position) are worth one point.

Reversals, (when a wrestler on the bottom is able to reverse the control so that the opponent is on the bottom) are worth two points.

Back points (also called near fall) are awarded when one wrestler comes close to pinning the other (i.e. exposing the other wrestler's back) and are worth two or three points depending on the length of time that the opponent's back is exposed. In addition, penalty points can be awarded when the opposing wrestler performs illegal moves or is penalized for excessive stalling.

Competition

Competition is conducted in a manner as to promote and require good sportsmanship.

Competitors are expected to show respect to opponents, officials and coaches regardless of the outcome of their match. Both wrestlers are required to shake hands before and after the match. It is also common practice for each wrestler to shake the hand of their opponent's coach after the match.

Officials

Officiating is more objective than subjective in that it does not require judging. However, situations can and do occur that are subject to interpretation. Those situations most often involve out of bounds calls, determination of when/if control is sufficient to award points, and determination of when/if stalling or penalties apply.

Equipment

Basic wrestling equipment includes a headgear, wrestling shoes, and a singlet. Wrestling shoes offer more ankle support than the traditional shoe and are designed lightweight and tight to the foot to promote freedom of movement. Headgear can prevent outer ear injuries and bruises during practice and competition. The standard wrestling uniform, known as a singlet, is designed to fit snug to the body so that it does not restrict the movement of either wrestler. Kneepads are sometimes worn by choice.

The Coach's Role

An effective coaching staff is essential in helping kids derive the greatest benefit from their involvement in the sport. Coaches need to be effective in planning, organizing and running practice sessions, and coaching mat-side during competition. They are also called upon in a host of other related activities, but most importantly, coaches should strive to create and maintain an environment in which the champion in every child can blossom. It is the coach's responsibility to provide opportunities for growth, achievement and excellence that can lead to success on and off the mat. A good wrestling coach is effective in preparing his wrestlers for the challenges of competition and is able to instill positive values such as goal setting and self-discipline, while maintaining a high degree of enjoyment and fulfillment for the wrestlers. Coaches must also be perceptive, flexible and creative enough to address individual needs. In summary,

the coach should be a person your wrestler trusts, look up to, learn from, and rely on for support. This is certainly a tall order given personal limitations and other commitments most coaches face. It is more practical however, for these virtues to be present collectively within a coaching staff.

The Parent's Role

Wrestling can be relatively demanding, not only for the wrestler, but also for the parent. Wrestling clubs typically hold practice sessions two, and sometimes three times per week, in the evening, after the school practice is over. Many folkstyle open tournaments are held on Sundays, which conflict with other family plans, but at a minimum may require a good deal of preparation, driving and patience. Some tournaments are a good distance from home, and usually require an early start. There are other responsibilities as well, ranging from fund raising activities to helping with tournaments or participating in other club activities. The parent's role, however, extends beyond such tasks. Matches and practice sessions offer new and unique learning opportunities for young athletes. Involved parents spot these opportunities and make the most of them. Most importantly, kids need support and encouragement. They need to be able to stake claim to something positive about themselves that they can build from in developing self-confidence. Parents can facilitate this process by identifying and reinforcing strengths while helping their child to see past their weaknesses. Your positive reinforcement as a perceptive and caring parent can be the single most significant influence in your child's athletic development and personal growth. A famous Lao-Tsu quote sums it up like this... "To see things in the seed, that is Genius."

Some Additional Do's and Don'ts

1. Don't impose your ambitions or expectations on your child. Remember that wrestling is your child's activity. Improvements and progress occur at different rates for each individual.
2. Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they should be doing.
3. Be supportive no matter what. There is only one question to ask your child, "Did you have fun?" If meets and practices are not fun you should not force them to participate.
4. If at all possible, do not coach your child. Your job is to support your child no matter what. Conflicting advice and criticism work against the coach's efforts and only serve to confuse and de-motivate your child. If you feel you have the experience and ability to contribute to the club as a coach, ask the Head Coach for more information on ways to assist.
5. Get involved. Your club needs your help and support. Attend parent and club meetings to find out how you can help.
6. Most importantly, show your child that you care by attending as many meets and tournaments as possible.
7. Acknowledge your child's fears. Their opponents appear to be much more intimidating through their eyes than through the eyes of a grown-up. Consider their perspective and don't expect them to compete with the confidence and mental toughness of a seasoned expert.
8. Do not criticize the officials. Unless you have been there, you have no idea how challenging officiating can be. Expect that in some matches your child could lose as a result of an error on the part of an official or score keeper. That's life. Help your child to understand that the official does their best to score the match fairly, and that it is important that we respect the ruling of the officials regardless of how we feel about the situation.

Commonly Asked Questions

How does wrestling compare with team sports such as soccer, baseball and basketball?

Wrestling is considered an individual sport, but includes many of the benefits of team sports. Wrestling differs from most team sports in that during competition, athletes must rely entirely on their own individual abilities for success. Those that dedicate the time and effort will eventually achieve at a level directly proportionate to the investment they have made - even if their teammates prepare and perform at a different level. Similarities exist in that teammates still depend on each other in team competition. Team victories in meets and tournaments are determined by the number of individual victories, and the extent to which each match was won or lost. Wrestlers also develop an appreciation and respect for teammates that have been through the same challenges, and a strong sense of belonging and camaraderie with teammates and other wrestlers. Other team sports may be better for developing interactive player-to-player skills such as passing and blocking, but wrestling can offer benefits that other team sports lack. The individual nature of the sport provides an outstanding opportunity for young athletes to develop a sense of responsibility and self esteem while learning the relationship between effort and achievement.

What physical effects can the sport of wrestling have on children?

Sports offer opportunities for children to improve their strength, flexibility and coordination, while having fun. Most sports activities rely more on some muscle groups and less on others. For example, most sports focus primarily on pushing motions (leg/arm extension) such as throwing, hitting, kicking, jumping and running. Experts believe that unilateral (equal emphasis on all muscle groups) physical development is especially important in young athletes. Isolated development at an early age, over a long period, increases the risk of injury and limits long-term foundational growth. Swimming, gymnastics and wrestling are among the few sports that engage both pulling and pushing muscle groups. Of all the sports choices a parent and child can make, wrestling is perhaps the best sport for overall physical development because it involves all muscle groups, and requires the greatest balance of athletic skill. In other words, wrestling does more to improve basic things such as strength, balance, speed, agility and intensity, and is not as specialized as most other commonsports.

Does wrestling teach or promote aggressive or violent behavior?

Aggressiveness? Yes. Violence? No. Wrestling is often referred to as the toughest sport, and in many ways it is, but it is certainly not violent, nor does it lead to unruly or destructive behavior. One of the factors that make wrestling so different from most other sports is that wrestling involves head-to-head competition. Each wrestler's efforts work in direct opposite from each other as in a tug-of-war contest. Success in wrestling requires the ability to attack, as well as the ability to stop your opponent's attack. The same factors apply with boxing and martial arts, but an attack in wrestling is nonviolent. Wrestling does not permit opponents to strike one another, and imposes strict penalties or disqualification for violent behavior. In essence, wrestling is unique in the fact that it can be very aggressive without being violent. The objective is not to destroy or harm one's opponent, but to out-manuever them and to gain control.

The intensity with which wrestlers compete increases with age and experience. Kids wrestling, especially the younger age groups, is not nearly as intense as high school or college wrestling. It's common for new wrestlers to feel somewhat intimidated at first, not knowing how they compare with other wrestlers, but that is soon overcome. Wrestling, perhaps more than any other sport, is a great for building confidence while retaining a healthy dose of humility. The long-term result is that it develops the champion from within, and leads to greater success both on and off the mat, and does not turn kids into bullies or thugs.

At what age should kids get involved?

Some parents feel that wrestling is too intense for young kids, and that it is better suited for postpubescent teenage years. However, denying a child the opportunity to participate in wrestling until high school greatly reduces their chance of success. Wrestling is a sport involving very complex technique that can take many years to master. A great high school athlete with little or no wrestling experience has little or no chance against an 8 or 10 year veteran. Some kids can close this gap by their last year of high school, but like most sports these days, starting younger seems to be the norm. There are two entry points prior to high school - kid's clubs and middle school wrestling. Both are very accommodating for new wrestlers. Age and maturity level is not a factor by the time kids are in middle school, but at the club level, kids can enter wrestling as young as 5 years of age. There is no easy way to know when a child is mature enough to be participating in a new sport. Some might be ready at three, while others might not develop an interest for wrestling until their early teens. The best approach is to introduce kids to the sport at a time and pace that is consistent with their interest level, backing off when necessary, and allowing more participation as their interest grows. In any case, it is important NOT to involve very young kids in a highly competitive program.

Parents with young wrestlers should check that their club can properly accommodate young wrestlers with a separate, less competitive regimen involving more fun, "tumbling" types of activities, with virtually no emphasis on any of the serious, more competitive aspects of the sport. there is no risk of injury from hard objects such as bats, sticks, balls or pucks. On the other hand, wrestlers are more susceptible to some communicable skin infections such as ringworm, but these incidents are quite rare, and can be prevented with the proper precautions, such as washing the mat and showering after practice. Wrestling injuries can and do occur, but are more of a factor at the collegiate and international levels where match intensity is much higher. Most injuries occur during periods of horseplay or unsupervised activities such as before or after practice or competition. Parents and coaches can reduce this risk through proper planning and preparation.

Can wrestling have an effect on character development?

Success factors in sports, or anything for that matter, are part God-given (i.e. height and size) and part acquired (i.e. endurance). Success in wrestling depends most on acquired factors, and unlike most other sports, wrestling does not favor athletes of any particular height, size, weight, muscle type, race or social class, and does not rely on superior vision or hearing. Wrestlers learn, by the nature of the sport, that long-term success has much more to do with the investment made than the "natural" gifts one is given. Wrestlers learn the value of preparation and hard work, and the role it plays in achieving one's goals. Wrestling provides real-life experiences that build and strengthen the following character traits:

- Self Reliance
- Mental Toughness
- Work Ethic
- Competitive Spirit
- Responsibility
- Self Discipline
- Goal Orientation
- Confidence

In order to keep this in perspective, one must realize that character development is a slow process, driven by a variety of positive and negative influences with varying degrees of impact. Sports can play a significant role in character development, but other

influences may have an even greater impact. Wrestling, in itself, is not a character development solution, but years of participation can provide positive influences. A person's overall character includes many other dimensions, such as integrity and compassion, which may have little if anything to do with sports. Muscle types are categorized as fast-twitch and slow-twitch. Fast-twitch muscle fibers deliver power, and are favored in explosive sports such as football. Slow-twitch fibers are superior in endurance activities such as long distance running. Training can compensate for some of this difference, however, it's a known fact that the ratio of slow-twitch to fast-twitch fibers varies from person to person, providing some with a "natural" advantage over others in particular sports.

Would my child be required or expected to lose weight?

No! There's no weight cutting in youth wrestling programs. It's true that weight cutting does exist at the high school and collegiate levels, but there are quite a few public misconceptions. Some parents automatically associate wrestling with excessive, out-of-control weight loss, akin to anorexia and bulimia. In reality, the opposite is true - wrestlers gain control of their body weight and body composition, and are able to set and achieve reasonable goals with respect to muscle mass, fat percentage and body weight. This form of weight control is more of a factor in later years, when competing at high school or collegiate levels, but coaches and wrestlers at that level are well aware of health and safety factors, and not likely to engage in unhealthy or risky forms of weight loss. Furthermore, state and national governing bodies, such as USA Wrestling, now prohibit any form of rapid or unsafe weight loss. To some, the practice of any sort of weight control for the purpose of competing in a sport may still seem extreme and unnecessary, however, at the appropriate age, with proper education, planning and discipline, weight control can be a good thing that carries into other sports and can be an asset in maintaining one's health later in life. Proper weight control results in optimum body composition, allowing athletes to compete in peak physical condition, with the greatest ratio of strength, energy and power to body weight. These are factors in virtually every sport at the Olympic level. With young wrestlers, it is only appropriate to discuss concepts. It can be a good time to explain how healthy eating can have an impact on performance, or to discuss the difference between healthy foods and "junk foods". Virtually all kids can learn and benefit from this information, even at a young age.

Detach and turn signature portion in to Rez Wrestling Club.

I have read and acknowledge the Rez Wrestling Club Parent Handout Guide for the 2015 year.

PARENT GUIDE ACKNOWLEDGEMENT

Participant Signature _____ Date _____

Parent Signature _____ Date _____