



Brazos Valley Wrestling Club

www.brazosvalleywrestlingclub.com

WRESTLER & PARENT/GUARDIAN MANUAL

**BRAZOS VALLEY WRESTLING CLUB
2017 – 2018**

Table of Contents

Letter to Parent/Guardian	1
USA Wrestling Mission, Vision & Values	2
Texas USA Wrestling – Southern Region	3
Roles & Responsibilities	4
Chain of Command	6
Our Coaches	7
Practices	9
Practice Expectations	10
Required Wrestling Gear	11
What to Expect at Tournaments	12
What Happens In a Wrestling Match?	13
What to Bring to Tournaments	15
Wrestling Terminology & Point System	16
Referee Hand Signals	17
Wrestler Health	18
Code of Conduct	19
Wrestler/Parental Consent Signature Page	21
Parental Consent for Photographic Video Use of Child	22

[please sign both consent forms and return upon placing membership]

Brazos Valley Wrestling Club (BVWC)

Dear Parent or Guardian,

Developing skills and confidence in student-athletes is essential for High School and Collegiate success. BVWC is now offering Rookie/Novice and Advanced programs to young men and women in the 1st through 12th grades that have the spirit and determination to compete in the world's greatest sport. Our Coaches are community volunteers with both the experience and character to assist young wrestlers reach their full potential both on and off the mat.

Our primary goal is to instill the community ideals of good sportsmanship, honesty, courage, and reverence through the discipline of wrestling so that we can help young adults grow into confident and responsible leaders. We will reach this objective by providing supervised instruction in the basic fundamentals of wrestling combined with an acceptable amount of controlled competition. We are blessed to have such a high quality of volunteer coaches who understand that attaining exceptional athletic skills or winning matches has to be secondary to developing a wholesome person.

BVWC will grow to become a leading voice in promoting the benefits of wrestling throughout the Brazos Valley as we support student-athletes across all of our local communities, school districts, schools and sports. We understand the competitive dynamics of our community and have specifically designed our program to support student wrestlers independent and neutral of any school they attend or other sports they participate in.

We are proud to be a charter organization of USA Wrestling a sponsor of the USA Olympic Program. Thus, we have adopted the USA Wrestling Rules and Curriculum which focuses on the fundamentals of wrestling and repetitive drilling to ensure the wrestlers have a quality basis for their wrestling career. The rules and curriculum of such a pristine and nationally recognized organization will help us ensure a quality program over the year to come.

Sincerely,

Jim Bob Ward, Director
John Humphries, Head Coach

USA Wrestling Mission, Vision & Values

USA Wrestling is the National Governing Body for the Sport of Wrestling in the United States and, as such, is its representative to the United States Olympic Committee. Simply, USA Wrestling is the central organization that coordinates amateur wrestling programs in the nation and works to create interest and participation in these programs.

USA Wrestling has more than 160,000 members. These members include athletes of all ages, coaches, officials, parent/Guardian and fans striving together to strengthen the sport. Each year, USA Wrestling charts over 3000 wrestling clubs and sanctions over 1600 local, state, regional and national competitions.

Mission

USA Wrestling, guided by the Olympic Spirit, provides quality opportunities for its members to achieve their full human and athletic potential.

Vision

USA Wrestling will strive to be the world's best sports organization.

Values

Responsibility - Fulfilling all functions, tasks, duties and assignments with trust and credibility on behalf of USA Wrestling by honoring promises and pledges.

Integrity - Being true to self and the mission of USA Wrestling, while discerning right from wrong and acting on it.

Dedication - Dedication to carrying out the mission and goals of USA Wrestling with the highest degree of sacrifice and discipline.

Honesty - Being truthful and upright with people and issues in furthering the mission of USA Wrestling.

Accountability - Providing answers and reasons to others for actions and behaviors intended to support the mission of USA Wrestling.

Respect - Recognizing the absolute dignity in every human being, with a sense of compassion, caring and concern for the well-being of other people.

For more information and the USA Wrestling Folkstyle, Freestyle and Greco Curriculum, refer to: themat.com

Texas USA Wrestling – Southern Region

BVWC participates in the USA Wrestling Southern Region. We will attend several TXUSAW meets at different schools or “sites”. Most of these meets rely on the parent/guardians to help run these events. The TXUSAW league is designed to give wrestlers many opportunities to wrestle kids of the same age and weight. **If the wrestler wishes to participate in the end of year TXUSAW State Championship (rookie and/or open), they are required to participate in no less than four (4) TXUSAW meets.**

All tournaments will require advanced registration and a registration fee for which you will be responsible. All tournament and registration information is now kept on Track Wrestling (www.trackwrestling.com). Our regional meeting to determine the season schedule is September 20th. More information about local/regional tournaments will be provided then.

Several of the larger tournaments we will attend may consist of first-year only, novice (first and second year wrestlers), and open skill levels. The format is the same as our local/regional tournaments, but on a larger scale. Please note, some of these tournaments are out of town and may require travel and possibly an overnight stay at a local hotel at your own expense. The benefit of these tournaments is the possibility of your child being able to win a trophy or medal for placing within the top six in their weight and age bracket. Feel free to contact one of the coaches or board members for more information.

Roles & Responsibilities

Board Members

Director

- Responsibility for monitoring the quality of the program.
- Responsible for board operation including marketing, fundraising, and finance of the club.
- The Parent/Guardian first line of communication for club or unresolved coaching issues.

President

- Coordinating yearly team-run tournaments
- Periodically accepting new members into the USAW club membership
- Reminding all coaches to renew annual USAW membership
- Ensuring all coaches have proper certification before starting with the club (Copper, Bronze, etc.) and annually
- Ensuring all personnel have up to date USAW memberships, medical waivers, signed code of conduct.
- File all Medical Waivers each year
- Sending email reminders to individuals that need any part of these things completed.
- Coordinate with director/head coach formal parent communication: parent meetings; parent handouts

Vice President

- BVWC Equipment and Merchandising
- Assist with weekly tournament registrations—working with Tournament Coordinator(s)
- Assist with annual tournament coordination—in collaboration with Tournament Coordinator(s)
- Updating social media outlets e.g. Facebook, Twitter, Instagram

Secretary

- Attend all board/club meetings and take notes/minutes
- Communicate with website person to update website as needed
- Send out (or coordinate someone) emails to club about club business, reminders, updates, etc.

Treasurer

- Renew annual club charter
- Provide practice facility coordinator copy of USAW Liability Insurance Certificate
- Tracking membership payments
- Coordinating with other board members/chairs to get payments made as needed

Head Coach

- The person who will run the practices for all aspect of wrestling and coaching.
- Responsible to accomplish the goals of the program.
- Will set practice agendas, goals, tournament plans and make decisions on how the club is run on a day-to-day basis under the guidance of the board.
- The Head and/or Asst. Coach will make sure at least one of them is at each and every tournament.
- The Parent/Guardian first line of communication for coach questions.

Assistant Coaches

- Collaborate with head coach to help develop and accomplish the goals of the program.
- To help keep the organization of these policies, schedules, and agendas throughout the whole program, and with other coaches.
- The Head and Asst. Coach will make sure that at least one of them is at each and every tournament.
- Will be the acting head coach in the absence of the currently assigned head coach.

Chain of Command

If a parent has an issue or is concern about the organization, the board has set a proper chain of command that we ask each and every parent to follow to make sure each situation or concern is answered and followed up correctly:

1. The parent/guardian should first bring coaching questions to the Head Coach.
2. If the parent/guardian feels that the Head Coach has not fully answered or taken care of the question. The parent/guardian should raise the issue with the President or Director.
3. If the parent/guardian still feels the issue or problems still has not been cleared up the parent/guardian should ask the President or Director to bring it to the board to discuss. (The parent/guardian may be asked to come to the board meeting to discuss the issue or problem).

Points of Contact

Head Coach, John Humphries	(832) 549-5786	humphries234@hotmail.com
President, Rhonda Pickett	(832) 284-2229	rhonda.l.pickett@gmail.com
Director, Jim Bob Ward	(979) 777-8840	Jimbob.ward@verizon.net

Our Coaches

Head Coach John Humphries started wrestling at the age of 7. Over his career, he has won over 100 wrestling tournaments. John was 2 time Texas High School State Champion and won four other Texas Championship tournaments before high school. He also won Nationals four times and placed several times. John won the Junior Olympics Sambo, placed third in Greco-Roman, and placed fifth in Freestyle. He was team captain and a varsity starter for four years in high school and was the first athlete in any sport at Trinity Christian Academy to be named an All-American. He continued his career through college at Carson Newman College. He graduated from Oklahoma Christian University with a degree in Management. Over the last several years, he has helped coach wrestling teams in Dallas and Oklahoma as well as coaching individuals. He currently works as a financial advisor for a major financial institution. He is married to his wife Andrea and has two kids Kendra (10) and John Jr. (7).

Assistant Coach Charles Criscione is a native of New Orleans, Louisiana where he wrestled for Brother Martin High School, which has a nationally recognized program and often competes in Texas wrestling tournaments. Coach Criscione started wrestling in 8th grade and had an overall varsity record of 86-8-1 since he started for Brother Martin as a sophomore. He is a two-time champion of the prominent Lee High Invitational tournament (now nationally recognized as the Louisiana Classic tournament). He was State Champion and placed in state all three years (2nd, 3rd, then, 1st) as a varsity starter and had an undefeated senior season. After graduating high school, he attended Louisiana State University in Baton Rouge. While an undergrad, he coached local high school wrestlers at a former wrestling club in Baton Rouge. He is currently an Associate Professor at Texas A&M University in the Department of Biology.

Assistant Coach Dustin Aguiard began wrestling in 7th grade in Lafayette, Louisiana winning state his 8th grade year. As a freshman, Dustin placed 6th in state for Comeaux High School in Lafayette, Louisiana and third as a sophomore. Dustin was a Louisiana State Champion his junior year and won third his senior year. During high school, he also was a three-time Ken Cole champion, and won Louisiana's premiere Lee High tournament as a junior. Dustin earned a scholarship to wrestle at William Penn University in Oskaloosa, Iowa where he was a four-year varsity wrestler and a four time national qualifier. He has been coaching junior wrestling since graduating college in 2005.

Assistant Coach Corey Peltier wrestled at Bishop Hendricken High School in Rhode Island and was a two time state champion before transferring to Blair Academy. While at Blair he was a Beast of the East champion, 2-time Prep National Runner Up, and a runner up at the Asics Nationals in Fargo, ND. He then went to the University of Maryland and was a three-year starter. He Placed 3rd twice at the ACC championships at 174lbs and 184 lbs. and was an ACC champion at 184lbs in 2011. He also was a Freestyle All-American at the University Nationals at 85 kg in 2010 and placed 4th at the Fila Junior Nationals at 79 kg in 2010. After graduating, he has coached at a high school in Maryland for two years and helped coach a youth club for a year. Corey is currently working on a graduate degree at Texas A&M University.

Assistant Coach DJ Dockery

Assistant Coach Jordan Dockery

Assistant Coach Jimmy Favors

Practices

Visit our website at www.brazosvalleywrestlingclub.com and Join our Facebook Page at <https://www.facebook.com/BRAZOSVALLEYWRESTLING> for the most current information.

Location

Wellborn Community Center

4119 Greens Prairie Rd W.
College Station, TX 77845



Time (subject to change)

Monday, Tuesday, Thursday*

6:00-7:00pm Team Practice (All Wrestlers are Invited)

7:00-8:30pm Advanced Practice (Attendance determined by coaches)

***NOTE: No wrestling practice the 2nd Monday of each month. Check email/Facebook/texts for updated practice locations.**

Practice Expectations

NOTE: All participants must have all USAW waivers and membership completed before participating in practices. Visit our website www.brazosvalleywrestlingclub.com for more information.

- It is expected for wrestlers to attend most practices. Practices are designed to teach skills and techniques that build upon one another.
- Updates to practice schedule will be emailed, published for parents on Facebook page at <https://www.facebook.com/BRAZOSVALLEYWRESTLING>, and/or texted to parents/wrestlers as needed.
- We have practice 3 days/week (see schedule above) as well as tournaments on several weekends that last anywhere from 8 hrs. up to 2 days (depending on the tournament).
- Show up to practice ready to work on the mat at 6:00pm. Wellborn Community Center will be open around 5:30-5:45pm so you can show up in time to help set up mats and get your gear ready.
- **DO NOT WEAR WRESTLING SHOES OUTSIDE THE GYM!** Cleanliness is critical to our wrestlers and dirty shoes **will not be allowed** on the mat.

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- Keep all fingernails trimmed. All cuts/wounds must be securely covered. NO wrestler will be permitted to wrestle with any suspicious skin lesions (impetigo, ringworm, etc.). This will be left to the discretion of the head coach.
 - No child under the age of 10 will be permitted to attend practice without a parent or legal guardian present.
 - Parent participation is critical to the success of every wrestler and parents are highly encouraged to attend every Practice and Tournament.
 - A habit of missing practices will leave a wrestler without the necessary baseline of skills to properly execute new moves, putting themselves and their fellow teammates at risk of injury. Should you miss a practice due to illness or exceptional circumstance, it will be the responsibility of the wrestler to learn missed material. Assistant coaches will be available to review previous material, but Team Practice time will not be used or delayed for this purpose.

Wrestling Gear

Head Gear [REQUIRED]

- Protective head gear is critical to the safety of all our wrestlers and is required for all live wrestling and tournaments.
- Head Gear must be USA Wrestling approved, fit properly, and be in good condition.
- Approved wrestling head gear can be found in many places (e.g., Academy, Suplay.com, Amazon.com, etc.)

Foot Wear [REQUIRED]

- Approved wrestling shoes must be worn on the mat at all times and **may not be worn outside the mat room.**
- Dirt and other contaminants from wearing wrestling shoes outside will damage our equipment and will not be tolerated.
- Wrestlers without appropriate footwear or with dirty footwear will be required to wrestle in bare feet.
- Non-wrestling shoes are not permitted on the mat under any circumstances.
- Approved wrestling shoes can be found in many places (e.g., Academy, Suplay.com, Amazon.com, etc.)

Singlet [REQUIRED]

- Each wrestler must have a team singlet for tournament competitions.
- Singlets will be ordered within the first month. The cost will vary but will be about \$40-\$50.

BVWC Shirts/Shorts/Warm-ups [Highly recommended]

- We highly encourage them to also have a warmup jacket, and pants or shorts to wear at tournaments.
- When we open the online team store, warmups (jacket [\$44] and pants [\$31] or shorts [\$18]) can be ordered individually at:
<http://aresteamstore.com/showroom/BrazosValleyWrestlingClubWrestling/367285>.
- *[Optional]* Parents/wrestlers are also welcome to order additional practice shirts, shirts to wear to school, adult attire, bags, hats, etc. to help promote the club. A link to the store is available through our website www.brazosvalleywrestlingclub.com.

Mouth Guards [Conditionally Required]

- All wrestlers with dental work are required to wear double-sided mouth guards during all Practices and Tournaments.
- While the USA Wrestling rules only require mouth guards for those with dental work, safety of our wrestlers is of utmost importance and we encourage the wearing of mouth guards by all participants.
- Mouth guards are usually available at any sporting goods store.

What To Expect At Tournaments

- Visit our website www.brazosvalleywrestlingclub.com for updated tournament information.
- **We expect wrestlers to attend four (4) TXUSA wrestling tournaments PLUS Houston Nationals.**
- Wrestlers are matched up based on weight classes as well as age.
 - Weight classes are about 4-8 lbs. apart and age divisions are typically grouped in 2 year increments
 - Go to this link to determine what weight class and age division your wrestler may be in: <http://www.txusaw.com/page/show/928236-youth>
- Wrestlers will be required to weigh-in at tournaments and will undergo a mandatory skin and nail check. All fingernails must be trimmed. All cuts/abrasions must be securely covered before getting on the mat. Wrestlers with suspicious skin lesions will NOT be allowed to wrestle.
- Parents are required to attend tournaments with their wrestler. Brazos Valley Wrestling will not provide transportation to or from any event. However, we will attend tournaments as a Club to encourage and support one another.
- Wrestling is an individual sport and participants are responsible for being prepared before each match of a tournament.
- At most of the tournaments, BVWC parents will likely be required to operate or help operate a scoring table. We will train parents on how to keep score so we can all participate at the tournaments to help keep score.

What Happens in a Wrestling Match?

SUMMARY

- Youth: 3 periods, 1 minute or 1 minute 30 seconds each depending on age
- All wrestlers must be accompanied at all times by a parent or legal guardian. You cannot drop off your child and leave them at tournaments. There will be NO exceptions to this rule.
- Make sure your child is fed and hydrated as needed.
- Keep track of your wrestler's matches and get them warmed up several matches prior to their turn.
- Always have your child notify a coach when they are "on deck" to wrestle. ("On deck" means that the wrestler's match is on the board and will take place very soon.)
- No child should ever wrestle without a coach at their match. If there isn't a coach, request the ref to not start the match until you locate a coach.
- Be responsible for helping your child keep up with when and where he/she needs to be - if your child is not at the mat when the match is ready to start, the official will disqualify them and award the opponent the win.
- ALWAYS let the coach handle any problems that occur during a match. This would include point disputes and injuries. The coach will let you know if your assistance is needed.
- It's great to cheer for your child. Any profanity or speaking negative speak about any opponent will not be tolerated.
- Tournaments can be very chaotic, so be sure to bring lots of patience. If you have questions at a tournament, find a coach and ask for help.

There's no let-up...it's the fastest 3 to 6 minutes in sports. Each wrestling match is divided into 3 periods. Yet, from the first second, the "Sudden Death" rule applies. Each opponent is going for a "pin". If one succeeds, at any time, the match is over. If there is no pin, the wrestler who earned the most points at the end of the 3 periods, wins. Tournaments are usually double-elimination.

First Period

Match begins with contestants facing each other on their feet, also referred to as neutral position. Referee signals the timekeeper, blows the whistle and commands "Wrestle". Each wrestler moves, attempting to take their opponent to the mat and gain control. This is called a "take-down" for which the referee awards 2 points. A "take-down" is completed when offensive wrestler has taken their opponent to the mat and has moved behind and on top of them, or in some other manner has demonstrated control. After securing advantage, top wrestler tries to retain it by keeping the underneath wrestler in their control. They may use their hands, arms, legs, or a combination to maintain control. The underneath wrestler must at all times try to escape and gain control, or get the top position for themselves.

Second Period

Second period starts with the toss of a coin or colored disk. The winner of the toss has the choice to select neutral, top or bottom position, or to "defer" and choose their position in the third period. The bottom position allows the wrestler to gain additional points. If the wrestler successfully "escapes" from under the top wrestler, they will be awarded 1 escape point. A wrestler on the bottom who successfully "reverses" to be in the top position will be awarded 2 reversal points. A wrestler choosing top position attempts to pin their opponent or retain control, while the underneath wrestler tries to escape or reverse their

position. When a wrestler on top trying to pin the opponent fails to hold both shoulders down for the necessary 2 seconds, they may still be given credit and points for a partially successful attempt, this is referred to as “back points”. Back points can vary between 2 and 5 points depending on how long the opponents back is in the near fall position.

Third Period

The wrestler who did not choose position during second period now has choice. This gives each wrestler an opportunity to show their skill from the best position during the course for the match and to score additional points to win the match.

Overtime

A 1-minute overtime period will follow a match tied after regulation, with no rest between the regular match and overtime. The overtime period will begin with both wrestlers in the neutral position and the wrestler who scores the first points shall be declared the winner of the bout. If no winner is determined in the 1-minute overtime, a 30-second tiebreaker will follow. The choice for position in the tiebreaker period will be granted to the wrestler who scores the first point(s) in the regulation match. If no points were scored in the regulation match, the choice will be granted to the winner of a toss of a colored disk. The wrestler winning the toss may select the top or bottom position, or he/she may elect to defer their choice. The wrestler who scores the first point(s) will be declared the winner. If no scoring occurs in the 30-seconds, the offensive wrestler will be awarded 1 point and declared the winner of the bout. Note: If both wrestlers are called for stalling and awarded 1 point during the first overtime period; the first overtime period will be ended and the 30-second tiebreaker will be wrestled.

Going out of bounds

When the wrestlers go off the edge of the mat or the large circle on the mat, the referee brings the contestants back to the center of the mat, placing the wrestlers on the mat as determined by the position held upon going out-of-bounds.

Penalty points

The individual match point system in wrestling is an evaluation of the activity, used to determine a winner in case there is no fall (or pin, as it is called). It is the referee's duty, among other things to analyze the situation and signal the points to the scorekeeper. The points signaled by the referee are usually a reward to the wrestler for his/her actions. Once in a while, a wrestler is penalized, and points are awarded to the opponent for infractions such as illegal holds and/or unnecessary roughness, as well as various technical violations related mainly to stalling.

What to Bring to a Wrestling Tournament?

-  Wrestling Gear (shoes, singlet, headgear, BVWC warmups, shirt, shorts).
-  Healthy snacks (fruit, oatmeal/breakfast bars, veggies, pretzels, peanut butter, etc.) – most tournaments will have concession stands.
-  Water and Gatorade – most tournaments will have concession stands.
-  Folding Chair / Pillow and a small blanket (the gym floor can be quite hard).
-  Camera (we would love pictures for the website!).
-  Books, magazines, homework, sketch pads, and writing utensils.
(There can be long waiting periods between wrestling matches!)
-  Tylenol/Advil
-  Fingernail Clippers
-  Cash for entry fee for non-wrestlers, refreshments, t-shirts, etc.
-  PATIENCE!

Wrestling Terminology & Point System

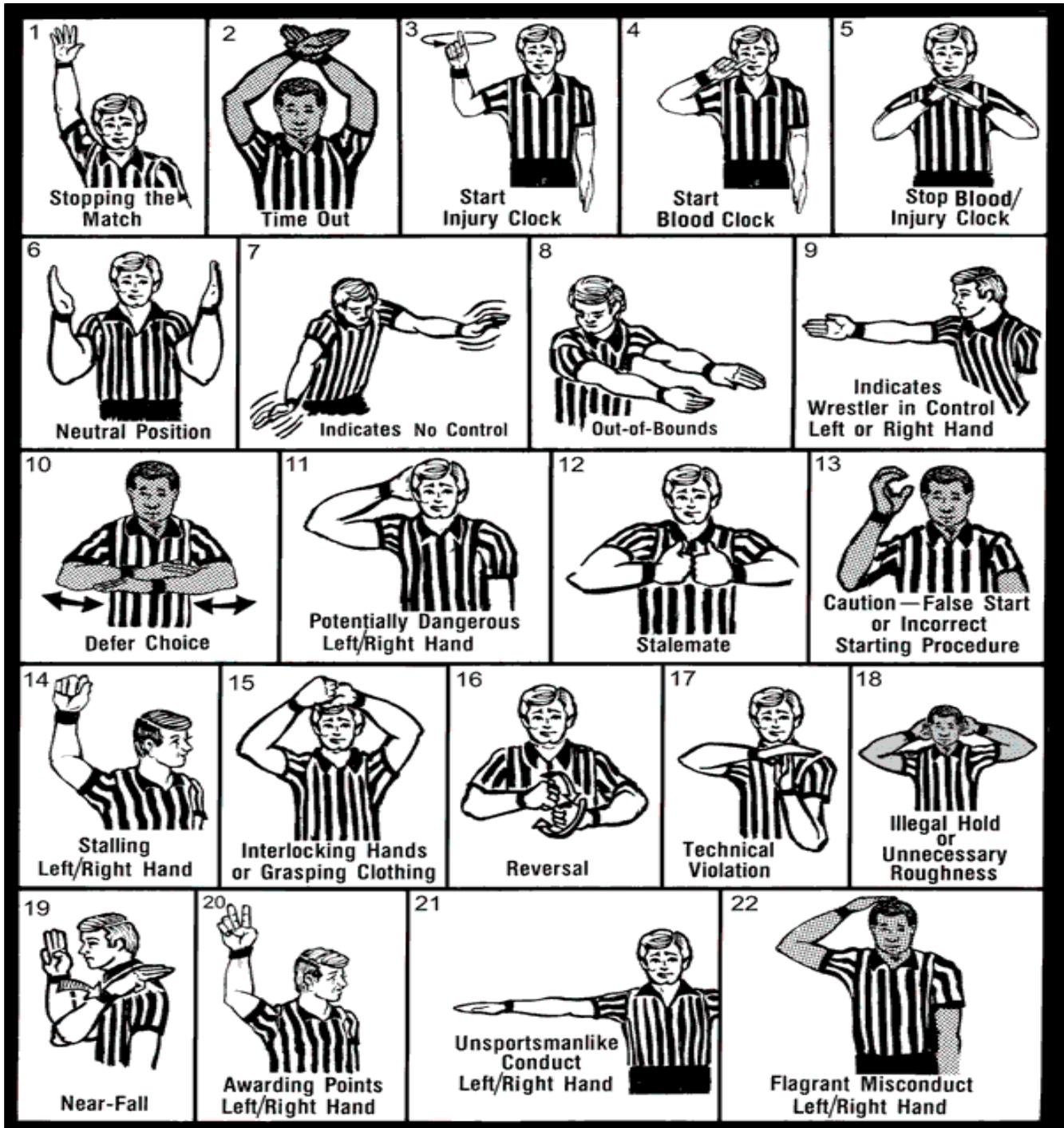
The object of wrestling is to “pin your opponent” by putting your opponent on their back and hold their shoulders to the mat. A pin (or fall) is when you put your opponent on their back with any part of both shoulders or both shoulder blades in contact with the mat for two seconds. When you pin your opponent, the match is over and you win. If no one gets pinned, the winner is the wrestler who has scored the most points.

There are five ways to score points in a wrestling match:

- 1) Takedown – (2 points) Two points for taking your opponent down to the mat and controlling him/her.
- 2) Escape – (1 point) One point for getting away or to a neutral position when your opponent has you down on the mat.
- 3) Reversal – (2 points) You score two points when your opponent has you down on the mat and you come from underneath and gain control of your opponent.
- 4) Near Fall (Back Points) – (2 to 5 points) You get near fall points when you almost but not quite get your opponent pinned. A near fall (near pin) is when both shoulders are held for two seconds within four inches of the mat, or one shoulder touches the mat and the other shoulder is at a 45 degree angle coming down to the mat, or the wrestler is held in a high bridge or back on both elbows. If a near fall lasts for two seconds, you get 2 points. If a near fall lasts for 5 seconds, you get 3 points.
- 5) Penalty Points – (1 or 2 points) Your opponent is awarded points if you commit:
 - Illegal Holds – There are several holds that the referee will penalize you for without warning. (There are “potentially dangerous holds” the referee might make you let go without penalty).
 - Technical Violations
 - Fleeing the mat to avoid wrestling
 - Grabbing clothing, the mat, or the headgear
 - Locked or overlapped hands: If you are down on the mat in control of your opponent, you cannot lock or overlap your hands, fingers or arms around your opponent’s body unless you have met criteria for a near pin, or your opponent stands up and has all his/her weight on two feet, or you have lifted the opponent off the mat.
 - Leaving the mat during the match without the referee’s permission
 - Figure 4 head scissors from the neutral position.
 - Reporting to the mat not properly equipped or not ready to wrestle, or equipment that is detected as being illegal after the match has started
 - Unnecessary roughness or Unsportsmanlike conduct
 - Flagrant Misconduct (ejection, the match is over)
 - Stalling (you get one warning before you are penalized and points are awarded).
 - Incorrect starting position or false start (You get two cautions before points are awarded).

The first and second time you are penalized, your opponent is awarded one point. The third time you are penalized, your opponent is awarded two points. The fourth time you are penalized, you are disqualified.

Referee Hand Signals:



Wrestler Health

Weight Cutting

Wrestlers compete in classes divided by age and weight. Despite the health hazards, some wrestlers engage in unhealthy and even dangerous methods of “cutting weight” thinking that wrestling in a lower weight class will give them an advantage over their competitor. Many of these methods are prohibited by USA Wrestling and can disqualify any participant, coach, or Team who engages in or knows of a participant engaged in dangerous weight cutting practices. Brazos Valley Wrestling Club believes that peak performance is achieved through proper diet, overall fitness, and careful training and will not encourage or permit dangerous weight cutting practices.

Diet and Fitness

As with any sport, great wrestlers come from not only dedicated training and coaching, but from proper nutrition and a balanced diet. This includes meals comprised of lean meats, whole grains, fresh fruits and vegetables and ensuring that occasional treats remain occasional. Wrestlers are expected to maintain proper diet and fitness. One is not only an athlete during practice.

Cleanliness

Wrestling is a full contact sport and this creates the opportunity for the spread of infectious agents (e.g., bacterial, fungal, viral) from person to person. Wrestlers are expected to bathe immediately following all Practices and Tournaments with antibacterial soap. Any participant with open wounds or abrasions that cannot be easily and securely covered with medical bandages and tape will not be permitted on the mat. Wrestlers are expected to keep their fingernails trimmed to avoid causing injury to their practice partner or opponent at tournaments. Wrestlers are inspected by tournament personnel during weigh in. Wrestlers that have any infection will not be allowed to compete in tournaments. **We follow the same policy for practices. Also, we ask that if your child shows signs of a skin infection that you notify a coach immediately.**

Injuries

While the health and safety of every participant is of utmost concern, wrestling is a full contact sport and minor bruises, friction burns, cuts, sprains, and other injuries are common and to be expected. BVWC will conduct activities in a safe environment and under proper supervision.

Be aware of symptoms:

- Gladiatorum: Lesions on the face, neck or head that are often accompanied by a headache or fever.
- Chicken pox: A viral disease accompanied by a low-grade fever followed by a rash and small blisters.
- Ringworm: A fungal infection of the scalp or the skin which includes an itchy or flaky rash.
- Impetigo: A streptococcal- or staphylococcal-based bacterial infection on the surface of the skin.
- Folliculitis: A staph-based bacterial infection of hair follicles.

Code of Conduct

You are representing the Brazos Valley Wrestling Club at all times. You will be EXPECTED to display good sportsmanship at all times during practice and tournaments both on and off the mat.

Parent and Guardian Code of Conduct:

Every "BVWC" parent/Guardian agrees to:

- Turn in all necessary forms promptly.
- Equip their wrestler properly so they can participate in all practices and matches.
- Keep abreast of all information pertinent to their wrestler's practices and tournament schedule.
- Encourage good sportsmanship through their actions and words by demonstrating positive support for all wrestlers, parent/guardians, coaches and officials at every practice, match and tournament.
- Promote the emotional and physical wellbeing of all wrestlers ahead of any personal desire to win or any personal reflected glory. This includes, but is not limited to, providing support for coaches, officials and all others to provide a positive experience.
- Remember that the matches are for the wrestlers and not for the parent/guardians. Win or lose, parents will appreciate the efforts of all wrestlers and coaching staff.
- Will treat all other parent/guardians, wrestlers, coaches and officials with respect regarding attitude, language and mannerisms.
- Inform the coach or a board member of any physical or medical ailment that may affect the safety of their wrestler or any other wrestler.
- Will notify the Head coach or board member regarding any absence or lateness to any meets.
- Make sure that all fees are paid on time.
- Agree to abide by the chain of command procedure for items of concern.
- Parent/guardians are not allowed to physically, emotionally, verbally or psychologically abuse any other parent/guardian, wrestler, coach or tournament official.
- Parent/guardians are expected to volunteer time to help run scoring tables during meets where our club is assigned a table.

Wrestlers Code of Conduct:

Every "BVWC" Wrestler agrees to:

-  Attend scheduled meets, tournaments and practices.
-  Help setup mats before practice and help put mats away after practice.
-  No verbal, physical or psychological abuse of any other wrestler, coach, parent/guardian or tournament official. All wrestlers will treat each other, parent/guardians, coaches and officials with respect and dignity regarding language, attitude, behavior and mannerisms. Violations of this rule are disciplined according to the Consequences Policy (see below).
-  Respect the property and equipment used at any sports facility, both home and away.
-  Encourage good sportsmanship through their actions by demonstrating positive support for all wrestlers, parent/guardians, coaches and officials at every match and practice.
-  Treat other wrestlers, coaches, officials, parent/guardians and spectators with respect, regardless of race, color, creed, sex or ability.
-  Treat their training partners in practice with respect and should not intentionally harm or perform any moves not taught in the BVWC program.
-  There will be no biting, scratching, punching, etc. to other wrestlers, coaches or parent/guardians.

Consequences for Wrestlers:

1. Verbal warning from coaches
2. In-practice discipline or suspension
3. Parent/Coach conferences to discuss behavioral problems
4. Tournament suspensions
5. Removal from the BVWC program

WRESTLER/PARENT SIGNATURE PAGE

In order to participate in the Brazos Valley Wrestling Club (BVWC), this form must be signed and dated. Failure of the wrestler and parent/guardian to read and sign the code of conduct will automatically render the parent/guardian and child ineligible to participate in BVWC activities and meets. In addition, by signing this Pledge, wrestlers and parent/guardians agree to abide by the guidelines set forth above, and to conduct themselves in the appropriate manner. Failure to abide by this Code of Conduct set forth will automatically render the parent/guardian and child ineligible to participate in or attend any BVWC sponsored event. Your signatures acknowledge that BVWC's Coaches and Board Members have the sole right to enforce this Code of Conduct.

BVWC Wrestler:

(First & Last Name)

(Date)

Parent/Guardian:

(First & Last Name)

(Date)

PARENTAL CONSENT FOR PHOTOGRAPHIC/VIDEO USE OF CHILD

I, (print parent's name) _____

being the parent or legal guardian of (name of child) _____

give permission for Brazos Valley Wrestling Club (BVWC) to take and use publicity photographs/video for upload to BVWC website, social media, and other outlets where they may be viewed by the public.

I also consent to use of the photos for publicity, marketing, and advertising for BVWC. I agree that the photos/videos may be combine with other images, text and graphics and may be cropped, altered or modified in a way that is deemed appropriate.

I understand that the child's name(s) will not be given to press or public without my consent. I also understand that I may cancel this permission in writing to brazosvalleywrestlingclub@gmail.com and that BVWC will take reasonable steps to ensure that the photos/videos are withdrawn from future use.

I further understand that I shall receive no remuneration (payment, fee, salary) for this assistance.

Parent/Guardian: _____

(First & Last Name)

(Date)