



www.brazosvalleywrestlingclub.com

PARENT INFORMATION PACKET

BRAZOS VALLEY WRESTLING CLUB

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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 in which they participate.

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 TXUSA Wrestling Southern Region. We will attend several TXUSAW meets at different locations. All of these meets rely on the parent/guardians to help run these events. TXUSAW 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 Open State Championship there are minimum tournament participation requirements, please talk with your coaches for more information.

All tournaments will require advanced registration and a registration fee for which you will be responsible. All tournament and registration information are kept on Track Wrestling (www.trackwrestling.com).

Several of the larger national tournaments we will attend may consist of first-year only, novice (first, second, and third year wrestlers), and open skill levels. The format is the same as our local/regional tournaments, but on a larger scale. The benefit of these tournaments is your wrestler will have the opportunity to wrestle other athletes from around the nation in their weight and age bracket. Feel free to contact one of the coaches or board members for more information.

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).

Please Note: If you are interested in possibly joining our coaching staff please talk with our head coach John Humphries.

All of our coaches have at least a Copper Certification from USA Wrestling, have taken the Safe Sport Training, and passed a mandatory background check. More information on USA Wrestling requirements for all coaches, referees, etc. can be found at <https://www.teamusa.org/USA-Wrestling>.

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

College Station highschool

4002 Victoria Ave, College Station, TX 77845



Time (subject to change)

Monday, Tuesday, Thursday

6:00-7:30pm Team Practice

Practice Expectations (see our website for expectations related to COVID-19)

- **We expect wrestlers to attend most practices. Practices are designed to teach skills and techniques that build upon one another. You will be behind if you miss practice.**
- Show up to practice ready to work on the mat at 6:00pm.
- Bring your own water— Sharing of water bottles is prohibited except among family members.
- **DO NOT WEAR WRESTLING SHOES OUTSIDE THE GYM!** Cleanliness is critical to our wrestlers and dirty shoes **will not be allowed** on the mat. NO street shoes are allowed on the mat.
- Wear comfortable shorts or workout pants (**NO denim, zippers or snaps**) and t-shirts (with sleeves please) or sweatshirts. Please no sleeveless shirts or tank tops for practice.

- **HYGIENE:** 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. ALL WRESTLERS should shower immediately after every practice and tournament to reduce the opportunity for germs to spread.
- Wrestling is a physically intense sport requiring a solid combination of strength, cardiovascular endurance, and technique. Wrestlers will be physically challenged during practice and the first few weeks may be difficult. This will change as their bodies adapt to the conditioning program. Encourage your child to stick with the training and in a few weeks you will see a big improvement in his or her conditioning. Exercise outside of practice is highly encouraged.
- At least one parent/guardian is expected to attend practice. Prior approval is needed for any exceptions. No exceptions for kids under the age of 10.
- **All wrestlers are expected to help tear down and put away wrestling mats at the end of practice.**

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 socks or bare feet.
- Street shoes or 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 wrestlers to have a warmup jacket, and pants or shorts to wear at tournaments.
- When we open the online team store, warmups can be ordered individually.
- *[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 when it is open is available through our website www.brazosvalleywrestlingclub.com.

Mouth Guards [Highly Recommended]

- All wrestlers with dental work should wear double-sided mouth guards during all Practices and Tournaments.
- Mouth guards are usually available at any sporting goods store.

Wrestling Tournament Requirements & Expectations

- Visit our website www.brazosvalleywrestlingclub.com for updated tournament information.
- Our Folkstyle tournament season will start in early November and runs through the first weekend of March. The regional tournaments usually cost \$17/wrestler. The larger national tournaments cost \$35-40/wrestler.

When normal tournament season resumes:

- **We expect wrestlers to attend five (5) TXUSA wrestling tournaments (2 of these should be Houston Nationals and TXUSAW State Tournament).**
- Wrestlers are matched up based on weight class as well as age.
 - Go to this link (updated annually) to determine what weight class and age division your wrestler may be in:
<https://www.txusaw.com/youth-folkstyle-weight-classes-by-division/>
- Wrestlers will be required to weigh-in at every tournament. This will ensure your wrestler will only compete against other athletes in their weight bracket. These are strict (low / no tolerance) limits that will be followed at every tournament. A 1-2 lb weight allowance will be granted at the start of every calendar year depending on the age division. Please talk with the coaches about the right weight class for your child. BVWC does NOT promote unhealthy weight changes (cutting or gaining) under any circumstances.
- Wrestlers will undergo mandatory skin and nail checks at every tournament. All fingernails must be trimmed (even for girls). All cuts/abrasions must be securely covered before getting on the mat. Wrestlers with suspicious skin lesions, rashes, infections, etc. will NOT be allowed to wrestle.
- **Parents are required to attend tournaments with their wrestler.** Brazos Valley Wrestling Club 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. A great training video can be found here: https://youtu.be/-Ls_Y4IEoRc

REGISTRATION INFORMATION

The Brazos Valley Wrestling club enrolls young men and women ages 6 and up.

How to register for BVWC:

1. Read all information in this packet, complete the REGISTRATION PACKET for each wrestler:
 - a. Registration form
 - b. USA Wrestling Medical Information & Waiver
 - c. Parent/wrestler code of conduct signature page
 - d. Parental picture/video consent form

Visit our website at www.brazosvalleywrestlingclub.com to download forms or they will be provided upon request.

2. Club dues are \$150/year for the first wrestler and \$75 for each additional sibling. Club dues can be paid as cash, check, or debit/credit card at or before the first official club practice (after Open House).
3. Every wrestler that joins the club MUST have a USA Membership card (\$40 each) that has to be renewed annually. Visit <https://www.usawmembership.com/> to complete your USAW Membership.

Our athletes are covered by USAW insurance; therefore ALL wrestlers MUST complete these steps before being allowed to participate in regular club practices.

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:

- Purchase a USA Wrestling membership card for EACH wrestler and 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 well-being 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 regarding any absence or lateness to any practices or tournaments.
- Make sure that all fees are paid on time.
- 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.
- Parent/guardians are expected to volunteer to help organize and run Houston Nationals.

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