

UNDERDOG WRESTLING HANDBOOK



MMXIII

CLUB CREED

STRENGTH DOES NOT COME FROM WHAT YOU
CAN DO, IT COMES FROM OVERCOMING THE
THINGS YOU ONCE THOUGHT YOU COULDN'T.

Introduction

Welcome

Welcome to the Underdog Wrestling Club (UWC). As organizers and board directors for the UWC, we are excited about the upcoming season. In this handbook you will find information about the UWC, as well as interesting information about the great sport of wrestling. After reading the handbook you will find a series of forms that will be used for membership registration.

The UWC is a youth organization run by volunteer coaches (all subject to background checks) under the direction of a board of directors composed of parents, coaches, and other interested individuals in the community. The club is funded by a portion of sales, fees and other fundraising activities. Donations are always welcome, as the club receives no public funding.

Philosophy/Mission Statement

The UWC is dedicated to preparing children for life's experiences through the sport of wrestling. We will promote the values of sportsmanship, discipline, integrity, self-esteem, physical and mental conditioning, with an overriding goal of having fun. The UWC will demand a high degree of ethical conduct by all its coaches, players, volunteers, and parents so that it provides a good example for the community, the opponents, and its participants, thus helping their growth to adulthood.

Goals and Values

1. Provide a positive, fun environment that challenges our wrestlers to be the best that they can be.
2. Positively influence character development by emphasizing good habits, attitudes, and work ethic.
3. Prepare our wrestlers to become more competitive and foster a sense of accomplishment.
4. Provide qualified adult leadership.
5. Provide an atmosphere that encourages parent/family involvement in the club.
6. Be CHAMPIONS in all we do!!!

Wrestling Background Info

Culture

As with all activities there is a certain culture involved with wrestling. You will see the same parents and kids at most tournaments. You will end up becoming acquaintances and sometimes friends with your wrestler's competition. Kids will wrestle each other very hard on the mat and will compete to win without any sign of friendship toward the other wrestler. However, once the match is finished it is not uncommon to see rivals sitting together and playing, talking, etc. You will see coaches from other teams sharing training techniques, moves, etc. Unfortunately, there are exceptions. Some parents get too caught up in the moment and lose

control and act inappropriately. Bad parental behavior is not tolerated and will likely result in removal from the event. Please help us to set good examples for our athletes and encourage an atmosphere of sportsmanship, healthy competition, and support.

There is a great deal of “attitude and intensity” in the sport of wrestling. With self-discipline to keep them in check, this can be a great thing. Undisciplined wrestlers can become arrogant, difficult to coach, and will never become the best they can be. Wrestlers with good attitudes become great assets to the sport and their team. The UWC strives to coach with a small-step mentality. Success is not necessarily measured by the win/loss column. Wins enforce the wrestler’s self-confidence; losses are seen as opportunities to improve. The first step might be not being pinned by an opponent that has pinned you every other time, scoring a single point on an opponent that you have never scored on, scoring your first takedown, escape, or pin. All of these accomplishments strung together will result in success.

Wrestling is a very physically and mentally demanding sport. Some say it is the most demanding of all sports. Be prepared for tears; it happens and there is no shame in it. Losing can be especially difficult when your wrestler makes a mistake and begins losing a match they were winning. Screaming, yelling, and criticism during a match is not the best way to help your wrestler gain their composure again. Frustration and anger at losing are not uncommon but we ask that any displays of anger by the wrestler be done outside of public view, and never on the wrestling mat. There is a saying, “Walk on like a champion, walk off like a champion.” We would like them to focus this frustration into a desire to improve. The coaching staff would like the first few moments after a match to speak with the wrestler, to give some constructive criticism or congratulations on a success. Please respect this time as parents and wrestlers. Your words after a match as a parent should be positive whether they won or lost. They may feel that they have in some way let you down. If the wrestler is still angry or frustrated letting them leave the gym area and walking around by themselves can allow them time to cool off and regain their composure. One of life’s lessons is to learn how to deal with losses, as well as successes.

Wrestling Styles (Excerpt from Coaching Youth Wrestling 3rd edition)

In the United States, three types of wrestling styles are recognized and practiced at the youth level: folkstyle, freestyle, and Greco-Roman. Each style has different rules, but all have virtually the same ultimate objective: To take the opponent from the feet to the back and hold the shoulders to the mat. In folkstyle wrestling, the shoulders must remain down for at least two seconds, which means to win by fall.

Most young people compete in folkstyle because it is the style used in high school and college competitions in the United States, and most youth clubs are formed in support of these programs so that they can feed wrestlers into high school and even collegiate teams. The heart of folkstyle wrestling is the local youth club. These clubs are where young people are typically first introduced and exposed to the sport, and they are where they learn many of the basics. Often, high school coaches guide these clubs, providing the volunteer coaches with the basic instruction that will produce the style they coach in their high school program. The other two styles seen at the youth level, freestyle and Greco-Roman, are practiced around the world and are governed by FILA, the international governing body. In our country, these international styles are governed by USA Wrestling,

the representative body to the U.S. Olympic Committee. USA Wrestling also provides competitions in folkstyle for youth.

Although many countries around the world have their own unique type of folkstyle wrestling, American folkstyle is unique to the United States. In the United States, folkstyle wrestlers work to get the opponent to the mat (the takedown), work to hold the opponent down and turn them onto their back (the ride), and then work to pin the shoulders to the mat (the fall). For folkstyle, riding is a large part of the competition. International freestyle and Greco-Roman styles emphasize the fall, and the rules encourage more risk but reward it highly. For these styles, simply riding without working to get the fall is not desired.

Of the two international styles, freestyle wrestling is most similar to folkstyle, although it places less emphasis on control and more on turning the opponent's back toward the mat. The Greco-Roman style prohibits grasping the opponent's legs or using the legs to trip or hold the opponent. Because the legs can't be used to attack or defend, the Greco-Roman style can produce spectacular lifts and throws, which are highly rewarded with points.

The transition from folkstyle to the international styles is not difficult for a fundamentally sound wrestler. Wrestlers who go on to compete internationally are noted for being particularly well-conditioned, well-disciplined athletes. And this conditioning and discipline results partially from the demands of folkstyle, in which a wrestler must learn how to dominate, control, and wear down an opponent. Conditioning is a strong part of the fundamental approach of U.S. coaches, while other top nations emphasize skill and explosion rather than the aggressive style of the United States.

Folkstyle Terminology

Two athletes square off in the middle of a mat and "have at it". Twelve years old and under get three 1-minute periods to pin each other, while high school divisions get three 2-minute periods. If no one gets pinned during the match, the winner is determined by whoever scored the most points during the match. Points are scored by successfully completing wrestling moves that get their opponent closer to a pin. An athlete wins by a pin, which is achieved by holding both of the opponent's shoulders to the mat for two consecutive seconds. A pin ends a match. A "technical fall" also ends the bout. It occurs when a wrestler gets a 10 (Youth) or 15 (MS/HS)-point advantage over his opponent. To make the score easy to see, the athletes are designated as either green/blue or red numbers; the score in green is representative of the wrestler wearing the green ankle band and the score in red is representative of the wrestler wearing the red ankle band.

Points are scored as follows:

Takedown—2 points

This occurs when a wrestler takes their opponent from a neutral position (both standing up) to the mat and gains control by getting behind and on top of them.

Reversal—2 points

A reversal occurs when an athlete who is down goes from the bottom (defensive) position to the top (offensive) position.

Escape—1 point

Occurs if an athlete is in the bottom position and gets away from his opponents control and ends up in the neutral position.

Near fall - 2 or 3 points

Sometimes an athlete will put his opponent on his back and almost pin him. That is called a near fall and is worth 2 or 3 points. It is a 2-point near fall when the opponents back is held at less than a 45 degree angle to the mat for 2-4 seconds. It is worth 3 points when they are held for 5 or more seconds. You can see the official counting the seconds with his arm when there is a pinning situation. Only the athlete in the offensive (top) position can score near fall points.

Stalling - 1 or 2 points

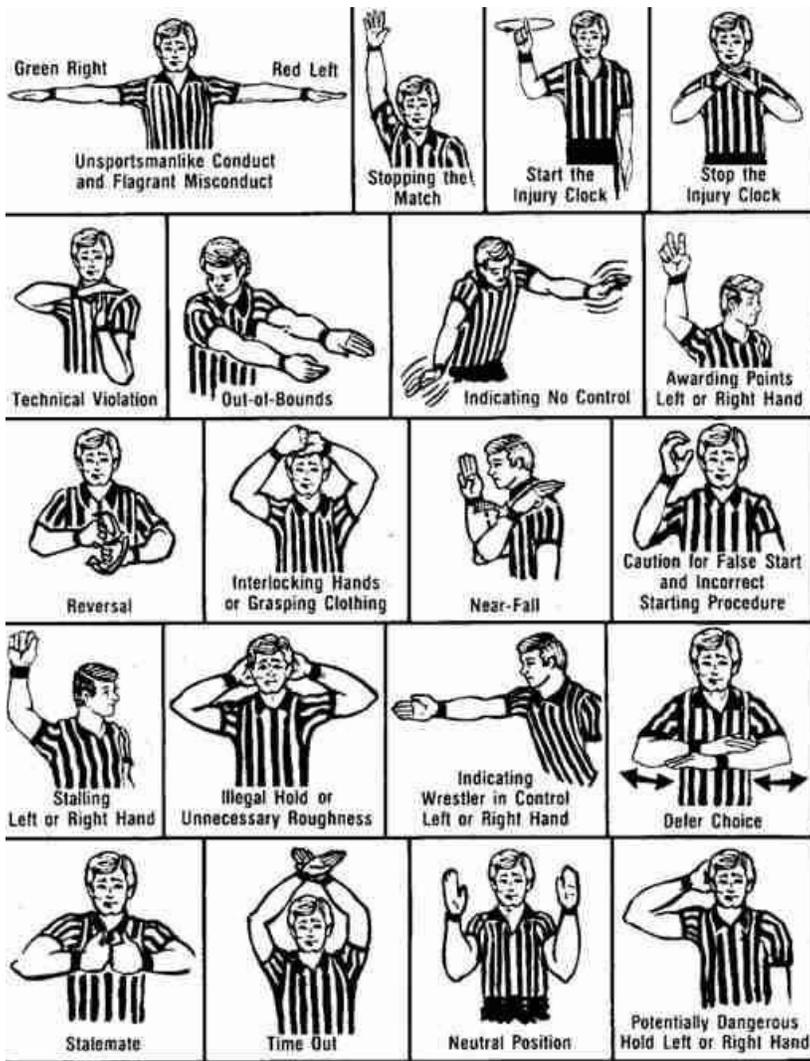
Stalling is not allowed. It is defined as avoiding wrestling by not attempting to score. The first offense is a warning. Second and third offense, 1 point (added to the opponent's score). Fourth offense, 2 points. Fifth offense, disqualification.

Illegal Holds - 1 or 2 points

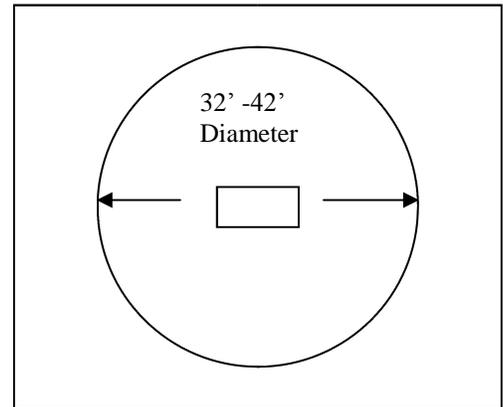
An athlete can score points if their opponent does something illegal. The safety of the athletes is always an official's primary responsibility. Some holds are barred completely, but anything that is "potentially dangerous" is stopped by the official. Illegal holds are penalized just like stalling, except there is no warning.

Miscellaneous

As mentioned earlier, a match is broken into three periods of one to two minutes. In the first period, both athletes start standing. In the second period, the wrestler who wins a coin flip may start in the top, bottom, or neutral position, or may defer the decision to their opponent. In the final period, the other wrestler may choose the top, bottom, or neutral position. When athletes go out-of-bounds, the official blows the whistle and stops the action. He starts them again in the center. No scoring can occur out of bounds unless the scoring individual has two feet remaining in-bounds. In younger ages, all periods begin in neutral position.



Wrestling Mat Dimensions



← Referee Hand Signals

Wrestling Tournaments

Tournaments are usually held on Saturdays, but participation is not mandatory. Depending on the age and experience of your athlete, you may want to slowly introduce them to tournaments to prevent them from becoming discouraged or even burnt out. Please use your discretion if you do not feel your wrestler is ready for competition and ask a coach if you are unsure.

Tournaments are lengthy, lasting 4 to 6 hours, and can involve as many as 200 to 400 participants. Most tournaments will run until mid or late afternoon. Depending on the schedule, which can change from year to year, the club may compete in as many as ten tournaments a season, some of which can be as far as a couple of hours away—although this is rare. Each parent is responsible for getting wrestlers to and from tournaments. Registration and weigh-ins vary at each location. Tournament entry fees vary from \$10—\$15. The club recommends that the club wrestlers and their families sit together as a group at tournaments. We also ask that wrestlers wear their club singlets and tee shirts at tournaments to provide unity and help the coaches easily pick them out from the hundreds of other wrestlers.

Food and snacks are the responsibility of each wrestler. Most tournaments feature a concession stand and some offer breakfasts at the tournament site. Many wrestlers and families will have breakfast after weigh-ins, but before the team warm-up. Nutrition is an important part of any athletic activity, so please help us to encourage a healthy diet.

Tournament format varies by location, but there are many similarities. Wrestlers compete only against wrestlers of their own age and weight. Most youth tournaments in our area are 4-man round robin. At the low and high weights within an age or grade wrestlers may be assigned to a 3 or 5-man round robin; this is done to maintain relatively small weight differences within each bracket. There is usually a 60-90 minute period following weigh-ins before the tournament begins. During this time the tournament directors are assigning wrestlers to brackets. During this time wrestlers can warm up with their teammates. Bracket sheets are posted in a prominent location as soon as they are complete, and each wrestler is responsible for locating their bracket sheet and reporting to their assigned mat for competition.

Points will be awarded as follows:

- 6 points per pin
- 5 points per technical fall (10-15 points)
- 4 points per major win (8-14 points)
- 3 points per win
- 6 points per default
- 1 point per each match (win or lose)

Point are also awarded for placing as follows:

- 10 points for 1st place
- 7 points for 2nd place & 5 points for 3rd place

If you have any questions, please contact a coach or board member

WRESTLERS

Expectations/Code of Conduct

1. Wrestlers will follow all rules and regulations established by the UWC.
2. Respect will always be given to coaches, teammates, and opponents.
3. Wrestlers must listen and follow directions of all coaches.
4. Wrestlers are not to be disruptive during practice, meets, or tournaments
5. Come to practice prepared, dressed, and ready to wrestle
6. At all times, wrestlers must conduct themselves in an appropriate manner
7. A) Physically and/or verbally abusive behavior is not allowed.
 B) Win or lose, wrestler must shake hands and congratulate their opponent.
 C) Wrestlers will behave themselves at all practices and events.
 D) NO horseplay!
8. UWC is a guest at all facilities, so respect all property.
9. HAVE FUN!!!

Practice

Practices will be held at Zephyrhills First Nazarene Church, in the gym. Each practice, we will provide instructional time to teach wrestlers new moves, give them the opportunity to drill the moves, and wrestle live with each other to apply what they have learned. We match wrestlers up based on age, size, and experience. We will do our best to match those according to the numbers at a particular practice attendance. We will play a number of games during practice to keep the FUN in wrestling!

Rules for Practice

1. Show up at least 10 minutes early.
2. Show up dressed and prepared to start.
3. There is to be NO horseplay before, during, or after practice.
4. Do not leave the practice area without a coach's permission
5. Report all injuries immediately to a coach
6. Respect your teammates—No name-calling or bullying
7. Be positive and never say "I can't."
8. Shower after you get home, after every practice, to help prevent spread of any bacteria or disease

Required Equipment

Clothing—Wrestlers should wear black shorts without zippers or pockets and an orange T-shirt to practice. Sweatpants are acceptable, as long as they don't have zippers or pockets. Long sleeve T-shirts or compression shirts are also acceptable, while hoods are not since they could lead to injury. To protect all of our wrestlers, we won't allow a wrestler with clothing that has zippers or large pockets to practice with other wrestlers.

Wrestling Headgear—Headgear is not mandatory, but is suggested to protect your wrestler from getting cauliflower ears, which will be addressed in the health section. A hair cap is required for shoulder-length or longer hair.

Mouth guards—these are optional as well, but are recommended for any wrestler with braces.

Knee Pads—Knee pads are optional, but will protect your wrestler's knees from skin abrasions.

Footwear—Wrestling shoes are optional, but we require wrestlers to bring a clean pair of sneakers to change into before stepping on our mats. This helps maintain a clean environment and reduces the chance for skin infections.

*We ask anyone who has grown out of their wrestling shoes to consider donating them to the club so we can begin to establish a stock of used shoes that we can loan to wrestlers that can't afford a new pair.

**We also ask that parents and other visitors remove their shoes before stepping on the mats. Shoes worn outdoors can damage the mats and track in harmful and contagious skin diseases. The mats are cleaned on a daily basis, but you can help us to maintain a healthy and safe environment for our wrestlers.

Tournaments

Upon arrival at a tournament, check in at the sign-in tables and weigh-in. Then find a UWC coach and let them know you are here. Please come prepared, making sure that you have all of the equipment needed (singlet, shoes, headgear, etc.). You should also include a water bottle and healthy snacks to help you through the long day.

After getting settled, find your teammates and go through your routine warm-up. Your warm-up should include a light jog, stretching, and a few minutes drilling so you are prepared for competition. Make sure you are giving yourself enough time to get physically and mentally prepared. Watch match numbers so that you are warmed up leading up to your match.

During all tournaments we ask that you follow all of the code of conduct rules laid out in this manual. During the tournaments we ask that you shake hands with each opponent and their coaches. There will be no vulgar language, no throwing objects, etc. **We will always strive to compete with class, whether we win or lose.**

Health Issues

Wrestling Gear

Clothes and towels taken home for laundering should be placed in disposable, plastic bags, never directly into a gym bag. This helps prevent germs from being transferred to the inside of the gym bag. Put your clothes directly into the washer, and don't leave them lying around for an extended period of time. This includes practice gear and singlets from tournaments. Head-gear should be cleaned every two weeks with warm water and dishwashing detergent in the kitchen sink by hand.

Cauliflower Ear

This injury is caused by trauma to the cartilage of the outer ear. This can be very painful and will deform the ear. Headgear is not required at this level, but is strongly suggested. It is also very important that if wearing head gear that it fits properly.

Clean Shoes

This is required to ensure the safety of our wrestlers. Prior to the wrestlers entering the wrestling room for practice, their shoe soles need to be clean. The easiest way to accomplish this is by bringing a different pair of shoes to wear on the wrestling mat. **Don't wear your wrestling shoes outside!**

Cuts & Scrapes

If your child has cuts or scrapes, please be sure they are clean and covered prior to coming to practice. Also, keep fingernails clipped short to prevent scratching other wrestlers.

Shower

Showering should be the first thing an athlete does when they get home.

Colds/Skin Checks

If you notice any lesion, sore, or rash on the skin—especially if it is red, swollen, or draining fluid—notify the coaches and contact your health care provider for diagnosis and treatment. If you are sick, please do not come to practice until you have sought treatment for your ailment

RINGWORM

What is ringworm?

Ringworm is a skin infection caused by a fungus that can affect the scalp, skin, fingers, toe nails or foot.

Who gets ringworm?

Anyone can get ringworm. Children may be more susceptible to certain types of ringworm than adults.

How are ringworm infections spread?

Transmission of these fungal agents can occur by direct skin-to-skin contact with infected people or pets, or indirectly by contact with items such as barber clippers, hair from infected people, shower stalls or floors.

What are the symptoms of ringworm infections?

Ringworm of the scalp usually begins as a small pimple which becomes larger in size and leaves scaly patches of temporary baldness. Infected hairs become brittle and break off easily. Occasionally, yellowish cuplike crusty areas are seen. With ringworm of the nails, the affected nails become thicker, discolored and brittle, or they become chalky and disintegrate. Ringworm of the body appears as flat, spreading ring-shaped areas. The edge is reddish and may be either dry and scaly or moist and crusted. As it spreads, the center area clears and appears normal. Ringworm of the foot appears as a scaling or cracking of the skin, especially between the toes.

How soon do symptoms appear?

The incubation period is unknown for most of these agents, however ringworm of the scalp is usually seen 10 to 14 days after contact and ringworm of the body is seen four to 10 days after initial contact.

Does infection with ringworm make a person immune?

Since so many species of fungus can cause ringworm, infection with one species will not make a person immune to future infections.

What is the treatment for ringworm infections?

Your doctor may prescribe a fungicidal material to swallow as tablets or powders that can be applied directly to the affected areas. Griseofulvin is commonly prescribed for treating fungus infections.

What can be done to prevent the spread of ringworm?

Towels, hats and clothing of the infected individual should not be shared with others. Young children who are infected should minimize close contact with other children until effectively treated. When multiple cases occur, seek advice from your local health department.

IMPETIGO

What is impetigo?

Impetigo is a common infection of the skin resulting in blisters that may occur anywhere on the body but are usually observed around the nose or mouth. It is caused by one of two types of bacteria, either Group A Streptococci or Staphylococcus Aureus.

Who gets impetigo?

Commonly, children and young adults are affected. In adults, impetigo may follow other skin problems or after an upper respiratory tract infection. Impetigo occurs more in the hot humid summer months.

How is impetigo spread?

Impetigo is spread person to person through direct contact with discharge from blisters.

What are the symptoms of impetigo?

An itchy rash or red sores form that blister and then ooze. The sores may grow in size and spread. When blisters break, they form a flat, honey colored crust.

How soon do symptoms appear?

Blisters appear four to ten days after exposure to the fluids from blisters on another person.

What is the treatment for impetigo?

Impetigo can be successfully treated with antibiotics prescribed by a health care provider. With antibiotic treatment, healing should begin within three days.

What can a person do to minimize the spread of impetigo?

Impetigo is contagious. Follow your doctor's instructions. It is important to wash the rash with soap and water and to cover it loosely with gauze or a bandage. Thorough hand washing is necessary, especially after touching infected areas of the body. A person with impetigo should avoid contact with newborn babies and should be excluded from school, day care, or food handling until receiving permission from a health care provider or until 24 hours after starting antibiotic treatment. Do not share unwashed towels, washcloths, or clothing from someone who is infected.

Concussions

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- Headaches
- “Pressure in head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy

- Drowsiness
- Change in sleep patterns
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question/comment

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit

- Can't recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality

What can happen if my child keeps on playing with a concussion or returns to soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The Underdog Wrestling Club implements the well-established concussion management-return to play protocol that has been recommended for youth athletes.

A youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time”

and

May not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider.

You should also inform your child's coach if you think that your child may have a concussion Remember it is better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

Once a student-athlete is symptom free at rest for 24 hours and has signed a release by the treating clinician, she/he may begin the return to play progression below: **Day 1:** Light Aerobic Activity (walking or stationary bike, no resistance training) **Day 2:** Sport-specific Activity (running – resistance training may begin) **Day 3:** Non-contact Training Drills (Skill Drills) **Day 4:** Full Contact Practice **Day 5:** Return to Play Each step should take 24 hours so that an athlete would take approximately one week to proceed through the full rehabilitation protocol once they are asymptomatic at rest and with provocative exercise. If any post-concussion symptoms occur while in the stepwise program, then the student should drop back to the previous asymptomatic level and try to progress again after a further 24-hour period of rest has passed.

PARENTS

Parents Role

Wrestling is one of the greatest sports there is for helping young kids build their character, develop self-confidence, improve discipline, and strengthen their will to succeed. The life skills and success principles that young wrestlers develop while learning to wrestle are very valuable in progressing in life.

Whether they won titles or not, the mental, physical and emotional attributes honed by the wonderful sport called, “wrestling” are what make up the real benefit to all who participate. To bottom line it “.....wrestling makes champions in life.”

Now, as a parent who wants to see their youngster to be happy and successful in life, how can you help? Parents as we all know, play an extremely important role in the development of our children. Parents are the main influence to their loved ones. In wrestling, it is very important to foster the right wrestling atmosphere. Having a supportive and positive attitude about your child is crucial in helping them learn to love this tough and grueling sport. How you react to their progress, their wins, and their losses is very critical.

How are you able to keep your child’s winning and losing in perspective? What about if your child is being treated a bit rough by their opponent, or if the referee makes a bad call against them? How will you react? Parents are sometimes unprepared for the strong emotional reaction they have to watching their child compete. Obviously one reason for this strong emotional feeling is that parents want their young wrestler to do well. They want their child to win. They may think it is a reflection of them. Parents may think that their son or daughter’s failure is their own failure. Flying off the handle or straining relationships with coaches or other parents is not good for your child. Just like you don’t want them to embarrass you, you don’t want to embarrass them.

Our youth are very intuitive to what their parents are thinking. In addition, kids imitate their parents and absorb the attitudes that are displayed by their parent’s actions. If parents are attempting to control the coaches, referees, or other parents and are upset or angry a lot, it is hard for the young wrestler to enjoy the sport.

Youth wrestling is supposed to be fun, while focusing on the fundamentals of the sport. If kids first learn the basics, they will continue to learn the very difficult skills. Wrestling requires learning many skill sets. Technique, balance, tactics, strategies, mental toughness are all intertwined skills that must be learned before one can have great success in the sport. Wrestling is not learned overnight and takes time. This is why especially at a young age, it is imperative that kids stay focused on having fun and learning the basics. The winning will come later.

The best way to show support for your wrestler and the club is to be there when they need you. We rely on volunteer help to facilitate. Our club fees and fundraising are the primary source of income for the club and all proceeds are used to promote wrestling in all age groups. Any help you can offer in this endeavor would be greatly appreciated. Contact a coach or board member if you are interested in volunteering your time and energies.

The fact that your child is wrestling is wonderful. They are learning to work very hard, make sacrifices, and dedicate themselves to the extreme demands that this tremendously difficult sport has to offer. Truly there is no tougher sport in the world. With your support and encouragement, your child will reap the many benefits gained by participating and will not only succeed in the game of wrestling, but also in the game of life.

Expectations of Parents

1. Have Fun! That is what we will be trying to do! We will try to challenge your child to reach past their “comfort level” and improve as a player, and thus, a person. We will attempt to do this in environments that are fun, yet challenging. We look forward to this process. We hope you do too.
2. Be your child’s best fan. Be positive and support your child unconditionally. Every child learns wrestling skills at a different pace.
3. **Support the program.** Be involved. Support all wrestlers on the team. Each teammate presents opportunities for your wrestler. Fundraise, Volunteer, help, etc.
4. Leave the coaching to the coaches. You have entrusted the care of your child to these coaches, and they need to be free to do their job. If you wish to volunteer as a coach, contact the current head coach. Performance usually declines when a wrestler is confused from directions from too many sources. Advice or observations after the match is concluded should be kept positive and free of criticism.
5. Tournaments– During the matches please remain in the assigned spectator area unless asked by a coach to join near or on the mats. This does not include videotaping matches and taking pictures.

COMMUNICATION

UWC Website

Our main source of general communication will be our Facebook. Please

Bookmark: **<http://www.Facebook.com/underdogwrestlingclub>**

We will update the page Sunday evening with upcoming events. This will include club events, any changes to practice schedules, club competitions, opportunities to watch local high school or college wrestling matches and tournaments.

E-Mails

Please send questions or concerns to: **underdogwrestling@gmail.com**

General Information and Club Updates

We will provide you and your wrestler with the general information and updates during the last 5 minutes of each practice

In the event that a practice has to be cancelled ahead of time, we will post the cancellation and give you several days, notice via email. If we have to cancel unexpectedly, we will contact you at your emergency contact number on your registration form.

Inclement Weather

The weather can change from time to time we may cancel a tournament or practice.

Cancellations are decided by the host/property owner

If a contest is not cancelled, yet you do not feel it is safe to be on the road, go with your judgment.

If School is cancelled, we will not have practice!

COACHES

Code of Conduct

Our coaches are committed to exemplifying the club's mission and values. We are committed to ensuring that good sportsmanship, pride, honor, and concern for the well-being of our team is our top priority. We strive to model the "Coach's Role" as described in Bill Campbell's Parents Guide to Youth Wrestling:

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 host of other related activities, but most importantly, coaches should strive to create and maintain an environment an environment 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.

In addition, coaches must be perceptive, flexible, and creative enough to address individual needs. In summary, the coach should be a person wrestler's trust, 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

Statement of Purpose

The UWC is a youth organization run by volunteer coaches (all subject to background checks) under the direction of a board of directors composed of parents, coaches, and other interested individuals in the community. The club receives no public funding. The club is funded by proceeds generated from fundraising and donations.

Club members

As club member you have a voice within the club. Members have an opportunity to vote for and assist with functions of the organization.

I, _____, have
Received the Underdog Wrestling Club Handbook.

I hereby acknowledge that I have read the handbook with my son/daughter,
_____, and we understand all the conduct codes and
disciplinary actions.

By signing this form we understand that both parent(s) and wrestler(s) have agreed to
abide by these codes and the disciplinary actions that may result if violated.

Parent's Signature _____

Date _____

Parent's Signature _____

Date _____

Wrestler's Signature _____

Date _____

**THIS FORM NEEDS TO BE COMPLETED, SIGNED, DATED
AND RETURNED.**