

# Waukee Youth Wrestling



Informational Guide  
2016-17

Welcome to Waukee Youth Wrestling!

This document should give you almost everything you need to know about the upcoming season. If you have questions, don't hesitate to talk directly to your level coach, or contact Coach Vollmecke at [waukeewrestling@gmail.com](mailto:waukeewrestling@gmail.com) or [cvollmecke@waukeeschools.org](mailto:cvollmecke@waukeeschools.org)

### **Program Philosophy:**

The mission of Waukee Youth Wrestling is to advance the sport of wrestling locally by providing quality coaching, instruction, and competition opportunities to the Waukee Community. We will make every effort to ensure the wrestlers in our program get age/ability appropriate instruction and challenges that will enhance their lives as competitors as well as students and citizens. Our athletes will practice and compete with pride and intensity.

### **Coaching Staff:**

Blake Meeks, Advanced level lead coach  
Storm Eastvold, Intermediate level lead coach  
Tim Smith, Novice level lead coach  
Brett Christensen, Club assistant  
Brian Logan, Club assistant  
Butch Devine, Club assistant  
Robb Hutt, Club assistant  
BJ Miller, Club assistant  
Andy Stoulil, Club assistant

...and numerous others who pitch in and make things happen!

The next few pages will give you necessary information regarding practice behavior, attire, and schedules. Please read and abide by the requests so we can maintain a strong working relationship with the school district.

## Club Level Information

### Novice Level

This is for younger, inexperienced wrestlers. The focus will be on learning body control, tumbling, hand/eye coordination, explosiveness, and position work as related to wrestling. We will work into the wrestling skills and positions as appropriate. There will be small group work according to needs as well.

**Practice Time:** Mondays and Wednesdays from 6:00-7:00

**Practice Location:** Waukee High School wrestling room

**Attire:** These wrestlers need a white t-shirt with their name, age, and weight on the back. (This can be written with a dark permanent marker) Wrestling shoes are optional but encouraged.

**Parents' role:** Parents are welcome to stay and watch, but seating is limited. If your presence distracts your child during practice, please do what you can to help the focus of the practice. Experienced parents are welcome to lend a hand if that works with your family demographic.

### Intermediate Group

This group consists of wrestlers who are better prepared to receive wrestling instruction in a larger group setting with a focus on being able to compete in local tournaments and eventually expanding their competition savvy. There may be some older, less experienced kids in this group, but we want it to be age-appropriate as well. A beginner in 7<sup>th</sup> grade should not go to NOVICE. Because of this, there will be a wide range of skills in this group, and we are convinced that our system of one lead coach supported by many assistants for small group instruction will work out well.

**Practice Time:** Sundays and Tuesdays from 6:00 – 7:30 pm

**Practice Location:** High School wrestling room located north of the Fieldhouse.

*Please note: Evenings that Waukee hosts basketball games, everyone MUST enter through the north doors by the wrestling room. Please utilize the sidewalk north of the road for safety.*

**Attire:** These wrestlers need a white t-shirt with their name, age, and weight on the back. (This can be written with a dark permanent marker) Wrestling shoes are encouraged.

**Parents role:** Parents are welcome to stay and watch from the bleachers. If your presence distracts your child during practice, please do what you can to help the focus of the practice. Experienced parents are welcome to lend a hand if that works with your family demographic.

## **Advanced Level**

This age group will move at a more “age-appropriate” and experience-level tempo. The skills taught/drilled/reinforced will be similar to our high school kids. Wrestling is wrestling, and our philosophy is position, not moves. This is a fluid group, and sometimes we will bring in Intermediate kids for partners, and occasionally Advanced kids will work with Intermediate groups to get what they need. We recommend that these wrestlers seek out weekend tournaments on a regular basis to continue to sharpen skills.

**Practice Time:** Sunday, Tuesday, and Thursday from 6:00 – 7:30 pm

**Practice Location:** High School wrestling room

*Please note: Evenings that Waukee hosts basketball games, everyone MUST enter through the north doors by the wrestling room. Please utilize the sidewalk north of the road for safety.*

**Attire:** Any Waukee T-shirt, shorts, and wrestling shoes.

Parents,

On behalf of the WYW Board of Directors and coaching staff, I welcome you to the Waukee Wrestling family. We are all very excited about the upcoming season, and we hope you and your wrestlers are, too. Thank you for allowing us to help your child learn and love the sport of wrestling! We look forward to a long future of working together.

Sincerely,

Coach Chad Vollmecke, WYW Board of directors and coaching staff

**WYW Board of Directors**

Chad Vollmecke, *President*

Arch Allison, *Member*

Jeff Eastvold, *Member*

Todd Brown, *Member*

Kerri Smith, *Treasurer*

Waukee Youth Wrestling is now a recognized non-profit, tax-exempt corporation. Tax-deductible donations are welcome and will be applied to all things “Waukee Wrestling” under the discretion of the board.