

Hello,

It's that time of year again to start thinking about wrestling season! There is a lot of information here so please read through it carefully.

Midwest wrestling club is for youth pre-k (4yrs old) through 6th grade. Middle schoolers who wrestler with the high school are typically not eligible for AAU, if you have a middle school wrestler who wants participate in AAU let us know in some cases this can still work.

EXPECTATIONS

Parents:

- ★ Wrestling is a very demanding sport for not only the athletes, but for the parents as well. Parent involvement at practice is vital, not only to your wrestler but to the entire Midwest wrestling program. Whether it is helping wrestlers on the mat or on the sidelines, your help ensures each wrestler gets the most out of each practice. A few ways parents can help are
 - Bring your child(ren) to practice on time and ready to go.
 - Help make sure your child is following practice rules
 - Stay on the wrestling mats.
 - No climbing on the walls or equipment.
 - Stay in our practice space, we are guests in the wrestling rooms and should not be roaming or playing around the rest of the buildings.
 - Pay attention to the coaches, limit side conversations and distracting behaviors.
 - Be safe, sports can be dangerous enough when played correctly, adding undue risk isn't something we want to do.
 - Ideally we would like parent attendance at practice, if you are unable to stay for practice please discuss it with a coach or board member before leaving your child, so we are aware.
 - We understand siblings may want or need to tag along to practice, we just ask they are not causing distractions for the wrestlers on the mat.
- ★ Your registration fee includes the fee for your child(ren)'s AAU membership card which they will need at various tournaments throughout the season. (If you have AAU questions please feel free to ask a board member!) It also includes a club T-Shirt, and our ability to pay your wrestlers entrance fee to select tournaments over the season

Wrestler:

- ★ Being a wrestler is hard work at any age, even as an 'individual' sport wrestling takes teamwork. Wrestling strives to helps teach and strengthen many qualities including
 - Self reliance
 - Mental toughness
 - Work ethic
 - Competitive spirit
 - Responsibility
 - Self discipline
 - Positive self esteem
- ★ Each wrestler deserves to get the most out of each practice, to make that happen it takes teamwork, not only from the wrestlers but from parents. Wrestlers are expected to show up to practice on time, and ready to work hard and focus on practicing.
 - If during the practice your child is not able to focus or is causing a distraction a coach may ask them to sit aside for a few minutes, then rejoin practice again. If a child is asked to sit aside 3 times in a practice, they will be asked to leave practice for the night and try again at the next practice. We want every wrestler to get the most out of their mat time, if our coaches have to spend practice time redirecting attention it takes that away from other wrestlers.
- ★ Midwest prides itself on our wrestlers positive sportsmanship. Losing happens and being upset about losing is understandable, we don't expect a child to be happy about it, but we do expect them to shake the hand of their opponent and the opponents coach, and walk off the mat in a respectable way. Throwing down their head gear, stomping away without shaking hands or using poor words are things we do not want to see happen at tournaments.

- ★ Managing a wrestler's weight during wrestling season is helpful, at Midwest we do not encourage 'cutting' weight for our youth wrestlers.

Equipment

- While practice only requires a t-shirt, shorts and socks, there are a few items to consider.
- Singlet: You will want to get your wrestler a singlet for tournaments, Midwest has singlets for sale for your wrestler, however you can wear any singlet you wish. We encourage the use of Midwest singlets as they help us identify your wrestler at tournaments.
- Shoes: Wrestling shoes or clean non-street worn tennis shoes are required. Wrestling shoes are highly recommended. (if you go early Play it Again has very reasonably priced used options),
- Headgear: AAU wrestling does not require headgear to be worn, however some tournaments may require headgear to participate. We encourage all wrestlers to wear headgear as a matter of safety and good practice.

PRACTICES

- ★ Wrestling practices usually start towards the end of November and continue into March.
- ★ We try to hold between 1 and 3 practices each week, and keep them along the same times and days when possible. Practice attendance is not required, however it is recommended.
- ★ We do have divided practices for different ability levels.
 - Beginner: Class begins at {TIME} and go to {TIME} and focus on introducing new wrestlers to moves and rules.
 - Intermediate: Class begins at {TIME} and go to {TIME} it expands on knowledge of the sport and increases the skill level of the moves.
 - Advanced: Classes are at {TIME} and go to {TIME} and are for wrestlers that the coaches have noticed have a high level of experience and/or understanding of the sport.
 - If you are unsure where your child fits in please don't hesitate to ask either a coach or board member.

TOURNAMENTS

Wrestlers are welcome to compete in as many or as few tournaments as they wish. The tournaments each weekend will vary and the club will send out information about tournaments in the area throughout the season. The club will sponsor your wrestler's participation in a few tournaments throughout the year as well as their participation in the District tournament at the end of the year. We will also cover their entry into the Regional and State tournaments if they qualify.

- ★ Tournament competition is organized by weight and age (and sometimes experience)
- ★ Weight classes are either predetermined, or blocked into groups of 4 or 8 after all wrestlers have weighed in
- ★ Wrestling tournaments can last for 4 to 6 hours or longer, and can involve as many as 200 to 600 wrestlers.
- ★ Many (but not all) tournaments have mandatory weigh-ins are most often held the morning of the tournament approximately 1 to 2 hours before the first round of competition. At weigh-ins, wrestlers' weights, ages and experience levels are recorded on slips of paper that are used to form brackets. Typically fingernails are also checked to make sure they are trimmed.
- ★ A completed bracket sheet will show specific pairings for each match.
- ★ Tournaments are organized in rounds, many tournaments allow wrestlers sufficient time to rest between matches, however in many tournaments the top's group will wrestle straight through.
- ★ Tournament regulations usually limit the number of people to be matside during a match this is for the benefit of the wrestler being able to focus on just his coach and for the spectators being able to see the matches.
- ★ When the match is over, wrestlers shake hands and return to their coaches
- ★ Trophies or medals are awarded usually for the top 4 places in each bracket, some tournaments only award the top three, some up to 8.
- ★ Tournaments can be long days, so here are some ideas of things to bring for your wrestler in addition to water and snacks
- ★ Something soft to sit on

- Book
- Pillow/ blanket
- Games or cards

Please feel free to ask a board member or check our FAQ section of the website or facebook page with any additional questions.

****Wrestling 101****

MATCH BASICS

- ★ Wrestling matches consist of three periods (lasting between 1 and 1 1/2 minutes for youth 2 minutes for High School and 3 for college).
- ★ There are only two positions from which referees start, or continue a match.
 - The first is neutral position, with both wrestlers standing and facing each other. (All matches start in neutral position)
 - The other is the referee's position, where one wrestler starts on his hands and knees down on the mat, and the other starts on top, behind and in control.
- ★ Each wrestler has their choice in one of the remaining periods to choose to start from top or bottom referee's position, or in the neutral position.
- ★ Wrestlers will be stopped (and sometimes penalized) in youth wrestling for the following:
 - Crying
 - Kicking
 - Biting
 - Pinching
 - Hitting
 - Running away
 - Equipment failure
 - Hair Pulling
 - Foul Language
 - Choking

SCORING

- ★ Takedowns (when from a neutral position one wrestler is able to bring the other to the mat and gain control) are worth two(2) points
- ★ Escapes (when the bottom wrestler is able to break free from the top wrestler and revert back to a neutral position) are worth one(1) point
- ★ Reversals, (when a wrestler on the bottom is able to reverse the control so that the opponent is on the bottom) are worth two(2) points
- ★ Back points (also called near fall) are awarded when one wrestler comes close to pinning the other (i.e. exposing the other wrestler's back) and are worth two(2) or three(3) points depending on the length of time that the opponent's' back is exposed
- ★ Penalty Points can be awarded when the opposing wrestler performs illegal moves or is penalized for excessive stalling (The stalling penalty is almost never enforced in youth wrestling)

WINNING A MATCH

- ★ By points: A wrestler can win strictly by having more points than his/her opponent at the end of the third period. (Very Common)
- ★ By Fall (aka Pin) : If a wrestler puts his/her opponent on their back with both shoulder blades touching after a near fall count of 3 then the wrestler wins by fall. (Very Common)
- ★ By Tech Fall: If a wrestler at any point in the match has acquired 12 more points (Youth) or 15 more points (HS/Collegiate) they win by Tech Fall.