

NRHEG



WRESTLING

Thanks for giving us an opportunity to introduce and coach your child in folkstyle wrestling! We've worked hard this offseason and are excited for the wrestling season to begin!

In this packet you will find much of the information that you will need for the entire wrestling season, from basic wrestling information to important dates and contact information. If you have any questions, concerns, comments or suggestions, check our website or reach out to us and let us know. <http://nrhegpantherwrestlingclub.weebly.com/>

Next to the kids, **YOUR** involvement and commitment is critical for our continued success!

Kind regards,

President - Lance Perkins

Vice President - Scott Klocek

Secretary - Stacy Simon

Treasurer - Tonya Bartsch

Board Member - Nate Wayne

****ALL INFORMATION LISTED IN THIS HANDBOOK IS SUBJECT TO CHANGE WITHOUT NOTICE****

We provide many levels of instruction for our youth wrestlers including.

Beginner Level: During the season wrestlers will learn the basic skills needed for folkstyle wrestling. The skills learned at this level apply to many areas of life and sport. Skills such as: balance, coordination, mental and physical strength, determination, hard work, personal responsibility, and positive character. Our entry into panther wrestling will prepare Pre K-1st graders with 0-1 years of experience for the intermediate class. We will work on body control, coordination, wrestling positions, and overall athleticism.

When: Mondays, 6-7pm (Nov-March)

Where: NRHEG Panther Wrestling Room

Intermediate/Advanced: This class is for Grades 1st through 6th with at least 1 year of experience. Wrestlers who participate in this class must possess the ability to focus and follow coaching instructions, while having the emotional and physical maturity needed for longer, more physically challenging practices, and/or full competition. Coaches will separate room by ability.

When: Tuesdays 6 - 7 pm ,7-7:30 strength

Where: NRHEG Panther Wrestling Room

Intermediate/Advanced Level The advanced practice was developed to provide the next level of training beyond the basic curriculum. The club will provide your athlete a firm grasp of the basics in wrestling, but will move at a challenging pace while providing intermediate to advanced tumbling and wrestling technique training. Coaches will separate by ability.

We will train the athletes in a fun yet challenging manner in order to get them ready for state qualifiers, dual team tournaments, state tournaments, and national tournaments. We enjoy working with athletes and their families to tailor a training and competition schedule which fits the wrestler's needs for development, both physically and mentally. We stress hard work, discipline, and nutrition for a healthy, balanced lifestyle.

When: Tuesdays and Thursdays 6 - 7 pm ,7-7:30 strength

Where: NRHEG Panther Wrestling Room

Calendar

Folkstyle Wrestling Season

November 14th - March

Beginner Practice: Mondays 6-7pm

Intermediate Practice: Tuesdays 6-7 pm with 7-7:30 strength

Advanced with strength: Tuesdays/Thursdays 6 - 7:30 pm

The Freestyle and Greco-Roman season practices will follow the Folkstyle season. Practice dates and times will be announced as those seasons get closer. This season is optional but is available to ALL WRESTLERS. When you signed up this was included in your wrestling fee. Typical season is March through June.

Coaches

All coaches in the wrestling room and matside during tournaments must have a MNUSA coaches card during MN/USA tournaments. Bronze card is preferred. This ensures proper coaching techniques designed to further progress of youth athlete's.

Coaches need to continue education on both coaching and safesport curriculum. <https://www.mnusawrestling.org/>

Equipment

Wrestling requires the very basics for getting started at a practice. T-shirt, shorts, and clean tennis shoes are all you need. Our youth program has wrestling shoes available to use for the season!

As your wrestler advances you may invest in a wrestling singlet, wrestling shoes and headgear. A water bottle is MANDATORY! The NRHEG program has singlets with a check deposit.

Hygiene

To reduce the risk of skin infections in all athletes practicing or completing:

- Wear clean clothes to each practice.
- Take a hot, soapy shower right when you get home from practice or tournaments.
- If you see something on your skin that doesn't look normal - SHOW THE COACH!
- If you suspect you may have a skin infection, you should see a doctor as soon as possible. See a Board Member or the Coach to get a form for the doctor to fill out.
- Random skin checks will be performed at practices throughout the season.

Sponsorship opportunities

The benefits of sports sponsorship are wide-ranging and extensive but, at a grassroots level, this can be very fundamental, providing more opportunities to play by contributing towards building new opportunities for both the athlete but the program as well.

Fundraising

Each year the NRHEG Youth Wrestling Program hosts a Golf tournament during mid summer. This raises funds for our wrestlers to be able to source multiple things throughout the year to give more opportunities.

Along with golf tournament, we will be doing a \$10 raffle ticket at our youth wrestling tournament for a chance to win gopher wrestling dual tickets! All proceeds go to our club!

What to expect

Our coaches and volunteers focus on teaching the sport of wrestling and its fundamentals. We like to think we focus on growing the kids physically and emotionally rather than develop youth wrestling champions.

Practices are structured to teach and sharpen physical wrestling skills, work on mental problem solving during a match, and keeping things fun. At practices it is not uncommon for parents to stick around and either socialize or watch their wrestler. Unlike most sports, we encourage all parents to get onto the mat and help their wrestler learn the sport. We have a lot of kids in the room and the more “teachers” we have, the quicker positive results will be seen. We especially encourage the parents of the young ones and beginners!

Example NRHEG Practice schedule

Tuesday practice schedule

- **6:00-6:20** warm-up

- **6:20-6:40** technique

Show 2 to 3 moves and have the kids work on them
no more than 2 new moves a week

- **6:40-6:43** get a drink and grab your headgear

- **6:43-7:00**

Live wrestling

3 matches with 3 different partners

1 minute periods with a 30sec exercise after each period of each match

Tournaments

Weekend tournaments are where the kids are able to put what they learn at practice into live competition. Occasionally during practice (and on our website) we will announce what tournaments we as a club plan to attend (you can choose to attend those tournament or any of the other listed tournaments). There are usually tournaments on Saturdays and Sundays throughout the season within a hour drive of NRHEG. We will try to announce at least two to three tournaments per month – and you can attend none, one every once in awhile or compete in two every weekend! It's really up to you!

So... now you have decided you are going to try a tournament . Now what? A good spot to start is by checking The Guillotine (www.theguillotine.com) to find a tournament. The two key details to find are when weigh-ins are and when wrestling begins. When you arrive onsite (at any time during the weigh-ins time slot) you will have to pay for the wrestler (typically \$10-\$15) and for any spectators (\$2-\$5). You then go to the check-in table to register your wrestler. This is usually by age/birth year. From the check-in station you will head down to the weigh-in room. Here you wrestler will get his skin checked for contagious infections and nails checked for length (no scratching!). Then they get on the scale. The scale makes sure that once they get to the mat, they are wrestling with other kids of the same age and weight – so skill is the deciding factor!

Now that weigh-ins are done, head out to the gym to relax and get your wrestler warmed up and ready for his match. Look for other NRHEG parents to sit with so we can support your wrestler! At some point there will be an announcement calling the wrestlers to staging, which is just an area where they are going to pair the wrestlers together. Once at staging, listen for your child's name. Once called they will be with the other 3 wrestlers that are going to be in their wrestling group (wrestling bracket). They then will be lead out to the mat that they will compete on. At the mat your wrestler will compete with the other 3 in a round robin bracket. Their bout will get called (usually by one of the table workers) and they will get on the mat and begin wrestling. Once all of the matches in the bracket are done, you will head to awards. There they will get an award depending on the how they place and what the host tournament is giving as an award (metal/shirt/trophy/etc).

Once they have their award all wrestlers in the bracket will get on a podium -- parents be ready with a camera! This is a good point to talk a little bit about what exactly is “Folkstyle” and how do you keep score? In Folkstyle scoring focuses mainly on changes in “control”. Taking an opponent down to the mat (takedown), escaping from (escape) or reversing control (reversal), or turning an opponent's back (near-fall) to the mat are all scoring situations. This differs from other styles such as Freestyle or Greco Roman, which don't encourage escapes or reversals.

The scoring for Folkstyle wrestling is as follows:

- Two points are scored by “taking down” - basically, the wrestler who scored the take down is in control of the other wrestler.
- Now that a takedown occurred the wrestler in control (top wrestler) trying to score a near fall or working for a pin (also called a fall). A near fall means the top wrestler is exposing his/her opponents back to the mat almost in a pinning position. A pin is also called a “fall”. This is why in this position it is called a “near fall”.
 - If the wrestler holds their opponent for 2-4 seconds they scores 2 points.
 - If the wrestler holds their opponent for 5 seconds, they scores 3 points.
 - If the wrestler holds their opponent for 2 seconds flat on their back, they has pinned the opponent and the match is over.
- When the match is over, wrestlers shake hands. As a courtesy, wrestlers should shake the hand of his opponent’s coach after a match before returning to his coach. For more information on rules and scoring see the links on the last page of this packet.

Team Tournaments

Coaches and coordinators will determine the line up for events. If there is more than one wrestler at a weight during the season, we will work with the families. When regionals and state come, we will use the code of conduct criteria to base our teams.

All coaches matside need to be MN/USA certified

- The team event is entirely under the discretion of the coaches. The coaches may need to make adjustments to the line-up in order to remain competitive with the other teams and opposing coaches who are doing the same.
- Regions/State: the wrestler who earned the spot may be asked to sit out or wrestle up a weight class for a round as strategy based on the upcoming match-ups. These decisions are based on the styles of wrestlers and the competition. In some cases, an alternate may be better suited/skilled at wrestling a particular style necessary to compete with an opponent.
- Alternates at varying weights will be brought along to team tournaments. Alternates cannot be guaranteed a competitive match. Effort will be made to arrange an exhibition match for alternates, but this is dependent upon other teams alternates and their weights, whether there is enough time between matches, etc.
- **Parents are not allowed on the sidelines to coach their child during a team competition or interfere with any coaching decisions.**
- It is important to remember that these events are TEAM competitions. These events are about the sum of all wrestlers and not each match individually. Sometimes a wrestler who loses by a few points rather than a major decision or by fall contributes as much to the team winning as someone who wins their match by fall over his opponent.
- It is MANDATORY that all wrestlers stay at the team event until ALL matches are completed.
- Wrestlers are expected to sit mat side and cheer for their teammates. Good sportsmanship is expected of all NRHEG wrestlers and parents at all times.

Helpful links and resources

- mnusawrestling.org
- thegullotine.com
- nywa-mn.com

NRHEG Youth Panther Wrestling Club **Board Members**

Lance Perkins- President

- ljperkins22@yahoo.com

Scott Klocek - Vice President

- scklocek@gmail.com

Secretary - Stacy Simon

- stacysimon117@gmail.com

Treasurer - Tonya Bartsch

- mom2boys004@gmail.com

Board Member - Nate Wayne

- nlw44@hotmail.com

