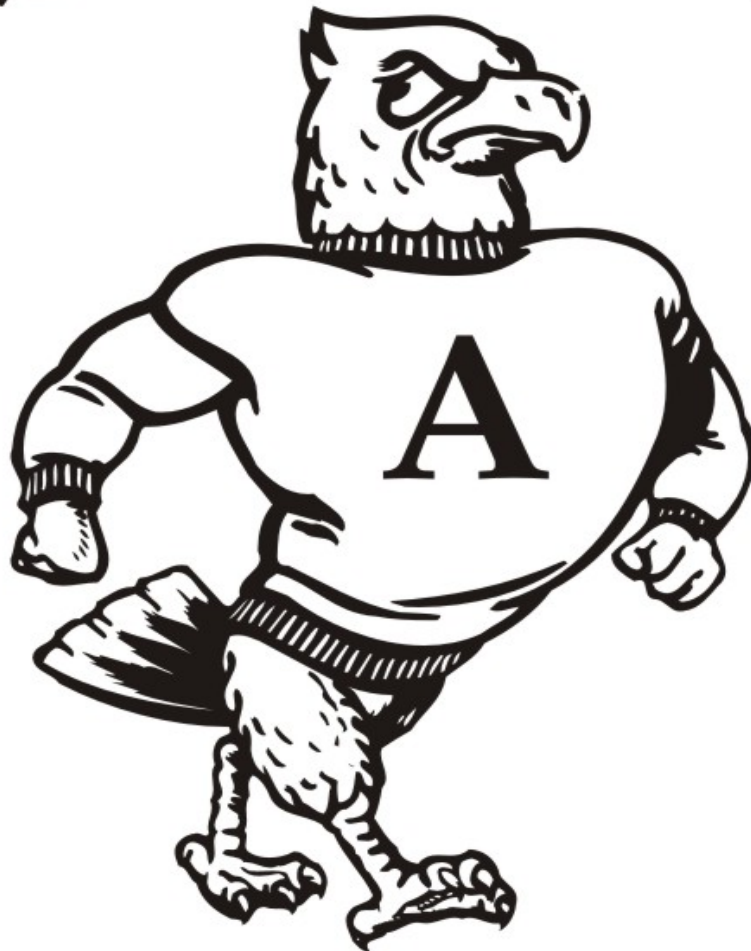


Aberdeen



Wrestling

Aberdeen Junior Wrestling
2009-2010 Season
Parent Handbook

WELCOME TO THE 2009-2010 SEASON!!

The Aberdeen Junior Wrestling program is an all-volunteer, non-profit youth wrestling organization dedicated to introducing local Kindergarten through 8th grade boys and girls to the sport of wrestling. The focus of our program is to build self-discipline, sportsmanship, self-confidence, and physical fitness. We participate in the Upper Chesapeake Wrestling League (UCWL).

Events for this season will take place at local schools, including: Patterson Mill, Fallston, Forest Hill and Rising Sun. Be aware that some events will be outside of our immediate area—these will be kept to a minimum. A tentative schedule is posted on our website—this is subject to change as events are added. We will put forth an official schedule once all dates are set. The website is: www.aberdeenjrwrestling.com

COACHES CONTACT INFO

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PRACTICE CANCELLATION POLICY

We follow the Harford County Public Schools Inclement Weather Policy—if schools are closed or dismissed early due to weather, practice is cancelled.

WRESTLING ROOM RULES

1. No food or drinks allowed in the room. Water is OK, everything else should remain out in the hall.
2. Take your shoes off on the sides of the room—**no street shoes allowed on the mat.**
3. Clean your wrestling shoes on your towel before every practice.
4. Never wear your wrestling shoes outside.
5. Do not climb or kick the padded walls
6. Do not talk when a coach is talking.
7. For safety, leave toys at home.
8. If you arrive early – respect the high school practice and do not enter until their practice is completed.
9. Make sure your kids shower with soap after all practices and competitions.
10. Make sure your kids wear clean practice gear & singlets. Take your dirty practice gear out of their bags as soon as you get home. You need to allow their bags to air out and you need to disinfect their bags often. Team singlets are for competition only—we will distribute them prior to your child's first competition and collect them at the end of the season—these are returned to the team and should not be altered in any way (don't write your child's name in the singlet, please take special care when washing and allow to air dry).

WHAT TO EXPECT FROM THE ABERDEEN JUNIOR WRESTLING PROGRAM

Most children enjoy wrestling. Realize that there may be some initial frustrations for your child. Most children have been involved in team sports—the one-on-one nature of wrestling can be a little intimidating at first.

Aberdeen Junior Wrestling (AJW) will teach the sport in a safe, structured environment. Kids will be paired by similar size, age, and ability. Any "body" can wrestle—short, tall, skinny or husky.

Wrestling enhances your strength, speed, and power, making you a better athlete in all the sports you participate in. It also enhances your concentration, discipline, and mental toughness, characteristics you will need in everything you do throughout your life. Wrestling is an intense sport taking years of practice to master.

Wrestlers will achieve their goals through hard work and focus. Coaches can teach only when the wrestler is ready to learn. The basics must be learned before

moving into the advanced group.

Emphasis will be placed on sportsmanship, poise, goal setting, discipline, work ethic and the other important "lessons of life". Coaches will not rush to teach more techniques than kids need or can remember. Games will be used to incorporate the basic skills at practice. Winning will come when skill development and fun take on equal importance.

Coaches will be enthusiastic and give the children positive feedback frequently. Coaches will give parents positive feedback if their child is doing well. Please feel free to discuss any concerns you may have about your wrestler with a coach.

Parents are encouraged to get involved. Parents are welcome and encouraged to watch practices. They are also welcome to get on the mats and help. The more personal attention your child receives, the quicker they will improve.

Parents are encouraged to utilize videotape for instruction and motivation. Beginners need to see what it looks like when a move is executed correctly in competition, and edited highlight tapes can prove to be very motivational.

PARENTS CONDUCT

AS A PARENT, you have the right to be a part of your child's journey in the sport of wrestling. You have the right to enjoy watching your child be a part of a team, to watch them grow and mature. You have the responsibility to make sure your child is wrestling because they want to, not because you want to relive your youth, and fulfill your unaccomplished dreams. You have the responsibility to make sure you do not criticize your child for their inability to perform. These are only kids—it's supposed to be fun. You have the responsibility to refrain from criticizing coaches, officials, and other wrestlers. You have the responsibility to provide supervision for all of your children attending the meets and practices.

EQUIPMENT

All that is needed for practice are clean gym shorts, a tee-shirt, socks and wrestling shoes. We will organize an equipment exchange program for anyone that has shoes that your child has outgrown but are still usable. Please

bring them to a practice. We can place them with a wrestler in need.

A team singlet will be provided for use at matches and tournaments. Head gear is required for all practices and events. Strapless mouth guards are optional, but **required** for athletes with braces. During competitions, hair stockings (do-rags, knit caps, etc.) are **required** for long hair, braids or cornrows.

OPTIONAL ITEMS

- A skin protection product is recommended to be used during tournaments. Products are available through wrestling suppliers. Your coaches can recommend products for personal disinfection and protection.
- A small medical kit for nose bleeds, cuts and abrasions.
- Athletic tape to wrap your shoe strings. (required at some tournaments)

FIRST AID FOR MINOR INJURIES

Injuries are a part of every sport. Wrestlers are most likely to get minor cuts, sprains, bumps, and bruises. Make sure that minor cuts are cleaned well with soap and water, and then apply an antiseptic ointment and a Band-Aid. For minor bumps, bruises, and sprains, elevate the area and put an ice pack (not heat) on it for the first 48 hours. Apply the ice pack 3 or 4 times for 15-20 minutes, wait 45 minutes, and apply it again. All injuries should be reported to the coach **IMMEDIATELY**.

Coaches are First Aid and CPR certified and are prepared to provide treatment as needed. Please be sure that we have accurate health condition and allergy information for your child (this should be notated on their sports physicals).

Of course, preventing injuries should be of utmost importance to everyone. Injury can be avoided by: 1) respecting club rules even while away, 2) being in good condition when the season starts, 3) having the right equipment, 4) stretching properly before all practices and matches, 5) drinking enough water, and 6) getting the proper rest and nutrition.

SKIN CARE

As a major precaution against communicable diseases

from skin to skin contact, wrestlers must shower and use soap after each practice or competition. Each wrestler's practice gear and headgear must be cleaned after every practice, dual, or tournament. To protect wrestlers, wrestling mats are cleaned before each practice and competition with a disinfectant.

Before matches, referees will conduct a skin check to ensure that all wrestlers are free of any visible skin disorders. If a condition is found, the child will not be able to compete.

The most common skin disorders seen among wrestlers are bacterial infections such as impetigo and boils, fungal infections such as athlete's foot, ringworm infections, and cold sores. If you see a blemish that your child wasn't born with, ask a coaches opinion. The coach must be informed of all such disorders, and the wrestler must be seen by a doctor or dermatologist for diagnosis and treatment. A doctor's written verification of treatment and a release to wrestle may be requested by the referee before allowing a wrestler to compete.

SUMMER CAMPS

We encourage all wrestlers to attend a Summer Wrestling Camp. Advanced wrestlers looking for an advantage next season can find these at a local University. Your coaches can also recommend programs—see them if interested.

All team members are also encouraged to attend the High School meets during the season. See your coaches for a schedule.

CARDS

A USA Card is required for selected tournaments; expressly, the Friends Tournament, State Qualifiers, and the State Championship Finals. If you choose to take your child to other tournaments outside of our League, the USA Card may be required for these events. The USA Wrestling card is approximately \$30.00. The coaches will provide information on the USA Card as these events come up.

HOW TO WATCH A FOLKSTYLE WRESTLING MATCH

Unlike boxing, where no one (not even the boxers) knows the score, the scoring in wrestling is precise and

both the spectator and wrestler alike can follow the progress of the match.

The points used in wrestling are an evaluation of the activity on the mat. It is the referee's duty, among other things, to analyze the situation and signal the points to the scorer.

To start a match, both wrestlers come forward, shake hands, and step back to their designated red or green area in the center of the mat. The referee blows the whistle and wrestling begins. Each wrestler works to get control of the other by taking him to the mat with a "Takedown".

Wrestling matches are 3-periods long with each period lasting 60 to 90 seconds (based on age groups). The match ends when there is a FALL (a wrestler is pinned), when one wrestler gains a 15-point advantage, or at the conclusion of the 3rd period.

Points – The first points are likely to be given for Takedown. When one wrestler gets a takedown the referee signals two points. Then – The defensive wrestler (or bottom or "down") is trying to ESCAPE or REVERSE and get a hold with which he can keep his opponent's shoulders on the mat for 2 seconds – A FALL.

First Period – Starts from standing or neutral position.

Second Period – Choice of position is decided by the toss of a coin. The winner of the toss may choose either up or down in "Referee's Position" or "Neutral Position" or "Defer" to the other wrestler.

Third period—is based on the outcome of the coin toss or choice from the second period. If the choice was deferred, the deferring wrestler gets choice in the third period. Otherwise, the loser of the coin toss gets choice.

Point System:

TAKEDOWN: 2 points

NEAR FALL: 2 or 3 points (2-second count=2 points, a 5-second count=3 points)

ESCAPE: 1 point

REVERSAL: 2 points

Definition of Terms:

TAKEDOWN – From a neutral position, a wrestler gains control of his opponent and takes him down on the mat.

ESCAPE – When the defensive wrestler gains a neutral position and his opponent has lost control.

REVERSAL – When the defensive wrestler comes from underneath and gains control of his opponent.

NEAR FALL - When the offensive wrestler has control of his opponent in pinning situation and both shoulders or scapulae of the defensive wrestler is held beyond perpendicular to the mat or when the defensive wrestler is in a high bridge or on both elbows for 3 seconds 2 points is awarded and for 5 seconds 3 points is awarded.

FALL – When any part of both shoulders or scapulae are held in contact with the mat for 2 seconds.

DECISION – Earned by the wrestler who has earned the greater number of points.

DEFAULT – Awarded when one of the competitors is unable to continue wrestling for any reason.

DEFER – A strategy that gives the original wrestler the choice in the final period.

FORFEIT – Received by a wrestler when his opponent, for any reason, fails to appear for the match.

NEUTRAL POSITION – Position in which neither wrestler has control.

CONTROL – Situation in which a contestant exercises and maintains restraining power over his opponent.

POSITION of ADVANTAGE – Position in which contestant is in control of his opponent.

REFEREE'S TOP POSITION – Position known as “Top”, is the control position where most pins (falls) occur. The top man is positioned after the bottom is set. The top man is required to grasp the bottom mans elbow with one hand and the other hand to wrap around the bottom man's waist.

REFEREE'S BOTTOM POSITION – Position of the man on his hands and knees on the mat. There are two parallel lines twelve inches apart. The bottom man is required to have his hands in front of one line and his knees behind the other

WHERE TO FIND MORE INFORMATION

In addition to our website, you can find additional wrestling information and technique visuals on YouTube. Search for NCAA Wrestling, Kolat, Granby School of Wrestling, Kudda.com, Iowa State Wrestling Camps, and Gene Mills. If you find another good one, let us know.

MATCHES AND TOURNAMENTS

For most events, your child will be grouped according to age and weight. Each wrestler will be weighed weekly. The coaching staff does not recommend or approve of weight loss to make a particular weight class. It is the wrestler's responsibility to maintain a weight for a

tournament or match.

Matches are usually well-organized. We do ask that your wrestler remain with the team during the event and not sitting with his/her parents in the stands.

Tournaments are very unpredictable for both the coaches and the parents. Because matches are based on the outcome of previous matches, it is difficult to predict when a wrestler is going to be wrestling. Please be patient and know that your coaches will keep you informed. To facilitate this, we ask that all parents and AJW supporters sit together in the stands with the wrestling team. This will help us locate parents and provide information quickly and efficiently.

WEBSITE CONTENT

We will maintain the website with current information throughout the season. If you have any ideas for additional website content, please contact Celeste Lloyd (celeste@aberdeenjrwrestling.com). As the season progresses, we would like to add photos of our wrestlers and of our matches/tournaments to the site—feel free to email us any photos that you would like to post of your wrestler.

At various events, we will take photographs of the wrestlers and these might be posted to our website. Please let us know if you do not wish for photos of your child to be posted to the website.