

**Subject:** MVKWA Youth Wrestling - First Meeting Sept. 15, Tournament Dates and Info

Dear MVKWA Directors, Head Coaches, Coaches and Others:

Below is some important startup information for the 2019-2020 MVKWA season.

**First MVKWA Meetings:**

- Sun. **Sep. 15** at 10:00AM at Carroll High School – Scheduling Meeting
  - >> More information will be emailed on the scheduling meeting in a few weeks.
- Sun. Nov. 24 at 11:00AM at Carroll High School – Tournament Workers Meeting

**MVKWA Mini-Tournament and Regional Dates:**

MVKWA Mini-Tournament Dates are Sundays: Dec. 1, 8, 15, 22 & 29, Jan. 5, 12, 19 & 26  
MVKWA Regional Meets are Sunday, February. 2, 2020

**MVKWA Championships (aka Nutter) Meet Date:**

MVKWA Championships at Nutter Center is Sunday, February 9, 2020

**New for 2019-2020:**

Email the items below to: [mgerhard@mindspring.com](mailto:mgerhard@mindspring.com) by **Fri. Sep. 6, 2019:**

- (1) Your team's estimated number of wrestlers for the 2019-2020 season
- (2) If your team wants to host a meet or meets, email which dates you team can host MVKWA meets in priority order: 1<sup>st</sup> choice, 2<sup>nd</sup> choice, 3<sup>rd</sup> choice, 4<sup>th</sup> choice, 5<sup>th</sup> choice, etc.

A list of the possible meets host teams and dates will be included in the email prior to the scheduling meeting.

**Key MVKWA Startup Information:**

1. The USA Wrestling fees will be the same as last year:
  - a. Team: USAW Club and Additional Insured = \$125 (\$95 for club + \$30 for insurance)
  - b. Coaches: USAW Limited Wrestling Leader Cards: \$35 (plus \$15 background check each 2 years)
  - c. Wrestlers: USAW Limited Folkstyle Cards: \$15 (special price covers MVKWA wrestlers)
2. Each MVKWA team will need to have these items:
  - a. For Team: USAW Club and Insurance (aka "Additional Insured")
  - b. For Coaches: USAW Limited Wrestling Leader Membership Cards (required for all coaches)
  - c. For Wrestlers: USAW Limited Folkstyle Membership Cards (required for all wrestlers)
  - d. For MVKWA Meets: USAW Meet Sanction (cost: \$70, if host MVKWA meet; decided @ Sep. 15 meeting)
  - e. For Wrestlers: MVKWA Weigh-In Card (2019-2020 fee is same: \$21 per wrestler)
  - f. For Coaches: Ohio Concussion Course certificate for each coach (see below; MVKWA needs a copy).
  - g. For Coaches & Parents: Lindsay's Law signed by parent/coach (see below; teams keep these).
  - h. For Coaches: MVKWA Coaches Floor Passes (submit list, USAW Cards & Concussion cert's Nov. 24)

**Concussion Course Requirement** Ohio House Bill 143 requires that all coaches have to complete a "Concussion Course". Here is **what coaches need to do:**

Go to: <https://www.nfhslearn.com>

Select the Concussion Courses item on the right side of page.

Filter Courses by those: Recommended for Everyone, All and Free

Select: Concussion in Sports

Know the course is not time consuming - it takes proximately 30 minutes.

Complete the course and **print a copy of your certificate.**

Certificate is good for 3 years.

The **course needs to be completed by the first practice.**

**Lindsay's Law (Sudden Cardiac Arrest):**

This is a State Law. **All parents and coaches are required to fulfill this requirement each year.** It is free.

Overall link: <https://www.odh.ohio.gov/en/landing/Lindsays-Law>

1. BOTH parents and MVKWA COACHES use the section: "For parents/guardians and youth athletes"
2. Watch the "Required Video"
3. Read the "Required SCA Information Handout"
4. Print/Sign the "Required Signature Form"

Thanks,  
Mark Gerhard  
MVKWA Director