

# Anoka Youth Wrestling

## Parent Handbook

### 2024-2025 Season



## **Introduction**

### **Welcome,**

Welcome to Anoka Youth Wrestling (AYW). As organizers for AYW, we are excited about the upcoming season. In this handbook you will find information about the club as well as interesting information about the great sport of wrestling.

AYW is a non-profit organization run under the direction of a youth committee composed of parents operating under the Anoka Ramsey Athletic Association (ARAA). The club is funded by a portion of each member's registration fee, proceeds generated from our annual wrestling tournaments, and other fundraising activities. Donations are always welcome, as the club receives no public funding.

### **Philosophy/Mission Statement**

AYW is dedicated to preparing children for life's experiences through the sport of wrestling. We will promote the values of sportsmanship, discipline, integrity, self-esteem, physical and mental conditioning, with an overriding goal of having fun. AYW will demand a high degree of ethical conduct by all its coaches, players, volunteers, and parents so that it provides a good example for the community, the opponents, and its participants, thus helping their growth to adulthood.

### **Goals and Values**

1. Provide a positive, fun environment that challenges our wrestlers to be the best that they can be.
2. Positively influence character development by emphasizing good habits, attitudes, and work ethic.
3. Prepare our wrestlers to become more competitive and foster a sense of accomplishment.
4. Provide qualified adult leadership.
5. Provide an atmosphere that encourages parent/family involvement in the club.
6. Be CHAMPIONS in all we do!!!

## **Wrestling Background Info**

### **Culture**

As with all activities, there is a certain culture involved with wrestling. You will see the same parents and kids at most tournaments. You will end up becoming acquaintances and sometimes friends with your wrestler's competitors. Kids will wrestle each other very hard on the mat and will compete to win without any sign of friendship toward the other wrestler. However, once the match is finished it is not uncommon to see rivals sitting together and playing, talking, etc. You will see coaches from other teams sharing training techniques, moves, etc. Unfortunately, there are exceptions. Some parents get too caught up in the moment and lose control and act inappropriately. Bad parental behavior is not tolerated and will likely result in removal from the event. Please help us to set good examples for our athletes and encourage an atmosphere of sportsmanship, healthy competition, and support.

There is a great deal of “attitude and intensity” in the sport of wrestling. With self-discipline to keep them in check, this can be a great thing. Undisciplined wrestlers can become arrogant, difficult to coach, and will never become the best they can be. Wrestlers with good attitudes become great assets to the sport and their team. AYW strives to coach with a small-step mentality. Success is not necessarily measured by the win/ loss column. Wins enforce the wrestler’s self-confidence; losses are seen as opportunities to improve. The first step might be not being pinned by an opponent that has pinned you every other time, scoring a single point on an opponent that you have never scored on, scoring your first takedown, escape, or pin. All these accomplishments strung together will result in success.

Wrestling is a very physically and mentally demanding sport. Some say it is the most demanding of all sports. Be prepared for tears; it happens and there is no shame in it. Losing can be especially difficult when your wrestler makes a mistake and begins losing a match they were winning. Screaming, yelling, and criticism during a match are not the best way to help your wrestler gain their composure again. Frustration and anger at losing are not uncommon, but we ask that any displays of anger by the wrestler be done outside of public view, and never on the wrestling mat. There is a saying, “Walk on like a champion, walk off like a champion.” We would like them to focus this frustration into a desire to improve. The coaching staff would like the first few moments after a match to speak with the wrestler, to give some constructive criticism or congratulations on a success. Please respect this time as parents and wrestlers. Your words after a match as a parent should be positive whether they won or lost. They may feel that they have in some way let you down. If the wrestler is still angry or frustrated, letting them leave the gym area and walking around by themselves can allow them time to cool off and regain their composure. One of life’s lessons is to learn how to deal with losses as well as successes.

### **Wrestling Styles** (Excerpt from Coaching Youth Wrestling 3rd edition)

In the United States, 3 types of wrestling styles are recognized and practiced at the youth level: Folkstyle, freestyle, and Greco-Roman. Each style has different rules, but all have virtually the same ultimate objective: to take the opponent from the feet to the back and hold the shoulders to the mat. In Folkstyle wrestling, the shoulders must remain down for at least 2 seconds, which means to win by fall.

Most young people compete in folkstyle because it is the style used in high school and college competitions in the United States, and most youth clubs are formed in support of these programs so that they can feed wrestlers into high school and even collegiate teams. The heart of folkstyle wrestling is the local youth club. These clubs are where young people are typically first introduced and exposed to the sport, and they are where they learn many of the basics. Often, high school coaches guide these clubs, providing the volunteer coaches with the basic instruction that will produce the style they coach in their high school program. The other 2 styles seen at the youth level, freestyle and Greco-Roman, are practiced around the world and are governed by FILA, the international governing body. In our country, these international styles are governed by USA Wrestling, the representative body to the U.S. Olympic Committee. USA Wrestling also provides competitions in folkstyle for youth.

Although many countries around the world have their own unique type of folkstyle wrestling, American folk style is unique to the United States. In the United States, folkstyle wrestlers work to get the opponent to the mat (the takedown), work to hold the opponent down and turn them onto their back (the ride), and then work to pin the shoulders to the mat (the fall). For folkstyle, riding is a large part of the competition. International freestyle and Greco-Roman styles emphasize the fall, and the rules encourage more risk but reward it highly. For these styles, simply riding without working to get the fall is not desired. Of the 2 international styles, freestyle wrestling is most like folkstyle, although it places less emphasis on control and more on turning the opponent’s back toward the mat. The Greco-Roman style prohibits grasping the opponent’s legs or using the legs to trip or hold the opponent. Because the legs can’t be used to attack or defend, the Greco-Roman style can produce spectacular lifts and throws, which are highly rewarded with points.

The transition from folkstyle to the international styles is not difficult for a fundamentally sound wrestler. Wrestlers who go on to compete internationally are noted for being particularly well-conditioned, well-disciplined athletes. And this conditioning and discipline results partially from the demands of folkstyle, in which a wrestler must learn how to dominate, control, and wear down an opponent. Conditioning is a strong part of the fundamental approach of U.S. coaches, while other top nations emphasize skill and explosion rather than the aggressive style of the United States.

## **Folkstyle Terminology**

Two athletes square off in the middle of a mat and “have at it”. Twelve years old and under get three 1-minute periods to pin each other, while high school divisions get three 2-minute periods. If no one gets pinned during the match, the winner is determined by whoever scored the most points during the match. Points are scored by successfully completing wrestling moves that get their opponent closer to a pin. An athlete wins by a pin, which is achieved by holding both of the opponent’s shoulders to the mat for 2 consecutive seconds. A pin ends a match. A “technical fall” also ends the bout. It occurs when a wrestler gets a 15-point advantage over his/her opponent. To make the score easy to see, the athletes are designated as either green/blue or red numbers; the score in green is representative of the wrestler wearing the green ankle band and the score in red is representative of the wrestler wearing the red ankle band.

### **Points are scored as follows:**

#### **Takedown—2 points**

This occurs when a wrestler takes their opponent from a neutral position (both standing up) to the mat and gains control by getting behind and on top of them.

#### **Reversal—2 points**

A reversal occurs when an athlete who is down goes from the bottom (defensive) position to the top (offensive) position.

#### **Escape—1 point**

This occurs if an athlete is in the bottom position and gets away from his opponent’s control and ends up in the neutral position.

#### **Near fall—2 or 3 points**

Sometimes an athlete will put his opponent on his back and almost pin him. That is called a near fall and is worth 2 or 3 points. It is a 2-point near fall when the opponent’s back is held at less than a 45-degree angle to the mat for 2-4 seconds. It is worth 3 points when they are held for 5 or more seconds. You can see the official counting the seconds with his arm when there is a pinning situation. Only the athlete in the offensive (top) position can score near fall points.

#### **Stalling—1 or 2 points**

Stalling is not allowed. It is defined as avoiding wrestling by not attempting to score. The first offense is a warning, and the second and third offense each award 1 point to the opponent; the fourth offense awards 2 points to the opponent, and the fifth offense results in disqualification.

#### **Illegal Holds—1 or 2 points**

An athlete can score points if their opponent does something illegal. The safety of the athletes is always an official’s primary responsibility. Some holds are barred completely, but anything that is “potentially dangerous” is stopped by the official. Illegal holds are penalized just like stalling, except there is no warning.

## Miscellaneous

As mentioned earlier, a match is broken into 3 periods of 1-2 minutes. In the first period, both athletes start standing. In the second period, the wrestler who wins a coin flip may start in the top, bottom, or neutral position, or may defer the decision to their opponent. In the final period, the other wrestler may choose the top, bottom, or neutral position. When athletes go out-of-bounds, the official blows the whistle and stops the action. He starts them again in the center. No scoring can occur out of bounds unless the scoring individual has 2 feet remaining in-bounds. In younger ages, all periods begin in neutral position.



## Wrestling Mat Dimensions

32' -42'  
Diameter

## Referee Hand Signals

## **WRESTLING TOURNAMENTS**

Tournaments are usually held on Saturdays or Sundays, but participation is not mandatory. Depending on the age and experience of your athlete, you may want to slowly introduce them to tournaments to prevent them from becoming discouraged or even burnt out. Please use your discretion if you do not feel your wrestler is ready for competition and ask a coach if you are unsure.

Tournaments are lengthy, lasting 4-6 hours, and can involve as many 200 to 400 participants. Most tournaments will run until mid or late afternoon. Depending on the schedule, which can change from year to year, the club may compete in as many as ten tournaments a season, some of which can be as far as a couple of hours away—although this is rare. Each parent is responsible for getting wrestlers to and from tournaments. Registration and weigh-ins vary at each location. Tournament entry fees vary from \$10 - \$15. The club recommends that the club wrestlers and their families sit together as a group at tournaments. We also ask that wrestlers wear their club singlet and T-shirts at tournaments to provide unity and help the coaches easily pick them out from the hundreds of other wrestlers.

Food and snacks are the responsibility of each wrestler. Most tournaments feature a concession stand and some offer breakfasts at the tournament site. Many wrestlers and families will have breakfast after weigh ins, but before the team warm-up. Nutrition is an important part of any athletic activity, so please help us to encourage a healthy diet.

Tournament format varies by location, but there are many similarities. Wrestlers compete only against wrestlers of their own age and weight. Most youth tournaments in our area are 4-man round robin. At the low and high weights within an age or grade wrestlers may be assigned to a 3- or 5-man round robin; this is done to maintain relatively small weight differences within each bracket. There is usually a 60- to 90-minute period following weigh-ins before the tournament begins. During this time the tournament directors are assigning wrestlers to brackets, and wrestlers can use this time to warm up with their teammates. Bracket sheets are posted in a prominent location as soon as they are complete, and each wrestler is responsible for locating their bracket sheet and reporting to their assigned mat for competition. In some instances, brackets are called over the intercom and brought to a mat in which they will wrestle all their matches on the one mat. This is the most common.

If you have any questions, please contact a coach or board member, which are listed in this document or on the Youth Message Board in the wrestling room.

## TEAM

We may host specific team events throughout the season. The team can potentially consist of up to 30 or so wrestlers, all weighing from 45lbs up to HWT (max 215lbs.). We will host wrestle-offs periodically to establish which wrestlers want to try out for the team. Not everyone will make the competition team. For more information regarding the Competition Team and/or any other team event, talk to either the Head Coach or Team Manager.

## WRESTLERS

### **Expectations/Code of Conduct**

1. Wrestlers will follow all rules and regulations established by the AYW and ARAA.
2. Respect will always be given to coaches, teammates, and opponents.
3. Wrestlers must listen and follow directions of all coaches.
4. Wrestlers are not to be disruptive during practice, meets, or tournaments
5. Come to practice prepared, dressed, and ready to wrestle
6. At all times, wrestlers must conduct themselves in an appropriate manner.
  - A) Physically and/or verbally abusive behavior is not allowed.
  - B) Win or lose, wrestler must shake hands and congratulate their opponent.
  - C) Wrestlers will behave themselves at all practices and events.
  - D) NO horseplay!
7. AYW is a guest at all facilities, so respect all property.
8. HAVE FUN!!!

### **Practice**

Practices will be held at Anoka High School Fieldhouse, in the wrestling room. Each practice, we will provide instructional time to teach wrestlers new moves, give them the opportunity to drill the moves, and wrestle live with each other to apply what they have learned. We match wrestlers up based on age, size, and experience. We will do our best to match those according to the numbers at a particular practice. We will play a few games during practice to keep the FUN in wrestling!

We will be sending out reminders of when the local high school will be wrestling, where we would encourage you to bring your young wrestler and watch some older wrestlers compete to show our young wrestlers what they can achieve someday through hard work and dedication.

### Days/Times

Tuesday & Thursday

5:45 pm – 7:00 pm: Pre-K to 2<sup>nd</sup> Grade

6:00 pm – 7:30 pm: 3<sup>rd</sup> to 8<sup>th</sup> Grade

### Rules for Practice

1. Show up at least 10 minutes early.
2. Show up dressed and prepared to start.
3. There is to be NO horseplay before, during, or after practice.
4. Do not leave the practice area without a coach's permission
5. Report all injuries immediately to a coach
6. Respect your teammates—No name-calling or bullying
7. Be positive and never say "I can't."
8. Shower after you get home, after every practice, to help prevent spread of any bacteria or disease

### Required Equipment

**Clothing**—Wrestlers should wear shorts without zippers or pockets and a T-shirt to practice. Sweatpants are acceptable, if they don't have zippers or pockets. Long sleeve T-shirts or compression shirts are also acceptable, while hoods are not since they could lead to injury. To protect all our wrestlers, we won't allow a wrestler with clothing that has zippers or pockets to practice with other wrestlers.

**Wrestling Headgear**—Headgear is not mandatory but is suggested to protect your wrestler from getting cauliflower ears, which will be addressed in the health section. A hair cap is required for shoulder-length or longer hair.

**Mouth guards**—Mouth guards are optional but are recommended for any wrestler with braces.

**Knee Pads**—Knee pads are optional but will protect your wrestler's knees from skin abrasions.

**Footwear**—Wrestling shoes are optional, but we require wrestlers to bring a clean pair of sneakers to change into before stepping on our mats. This helps maintain a clean environment and reduces the chance for skin infections.

\*We ask anyone who has grown out of their wrestling shoes to consider donating them to the club so we can begin to establish a stock of used shoes that we can loan to wrestlers that can't afford a new pair.

**\*\*We also ask that parents and other visitors remove their shoes before stepping on the mats. Shoes worn outdoors can damage the mats and track in harmful and contagious skin diseases. The mats are cleaned daily, but you can help us to maintain a healthy and safe environment for our wrestlers.**

### **Tournaments**

Upon arrival at a tournament, check in at the sign-in tables and weigh in. Then find a AYW coach and let them know you are there. Please come prepared, making sure that you have all the equipment needed (singlet, shoes, headgear, etc.). You should also include a water bottle and healthy snacks to help you through the long day. After getting settled, find your teammates and go through your routine warm-up. Your warm-up should include a light jog, stretching, and a few minutes drilling so you are prepared for competition. Make sure you are giving yourself enough time to get physically and mentally prepared. Watch match numbers so that you are warmed up leading up to your match.

During all tournaments we ask that you follow all of the code of conduct rules laid out in this manual. During the tournaments we ask that you shake hands with each opponent and their coaches. There will be no vulgar language, no throwing objects, etc. We will always strive to compete with class, whether we win or lose.

### **Health Issues**

#### Wrestling Gear

Clothes and towels taken home for laundering should be placed in disposable, plastic bags, never directly into a gym bag. This helps prevent germs from being transferred to the inside of the gym bag. Put your clothes directly into the washer, and don't leave them lying around for an extended period of time. This includes practice gear and singlets from tournaments. Headgear should be cleaned every 2 weeks with warm water and dishwashing detergent in the kitchen sink by hand.

### Cauliflower Ear

This injury is caused by trauma to the cartilage of the outer ear. This can be very painful and will deform the ear. Headgear is not required at this level but is strongly suggested. It is also very important that if wearing headgear, it fits properly.

### Clean Shoes

This is required to ensure the safety of our wrestlers. Prior to the wrestlers entering the wrestling room for practice, their shoe soles need to be clean. The easiest way to accomplish this is by bringing a different pair of shoes to wear on the wrestling mat. **Don't wear your wrestling shoes outside!**

### Cuts & Scrapes

If your child has cuts or scrapes, please be sure they are clean and covered prior to coming to practice. Also, keep fingernails clipped short to prevent scratching other wrestlers.

### Shower

Showering should be the first thing an athlete does when they get home.

### Colds/Skin Checks

If you notice any lesion, sore, or rash on the skin—especially if it is red, swollen, or draining fluid—notify the coaches and contact your health care provider for diagnosis and treatment. If you are sick, please do not come to practice until you have sought treatment for your ailment.

## PARENTS

### **Parents' Role**

Wrestling is one of the greatest sports there is for helping young kids build their character, develop self-confidence, improve discipline, and strengthen their will to succeed. The life skills and success principles that young wrestlers develop while learning to wrestle are very valuable in progressing in life.

Whether they win titles or not, the mental, physical, and emotional attributes honed by the wonderful sport of wrestling are what make up the real benefit to all who participate. To bottom-line it "...wrestling makes champions in life."

Now, as a parent who wants to see their youngster to be happy and successful in life, how can you help? Parents as we all know, play an extremely important role in the development of our children. Parents are the main influence on their loved ones. In wrestling, it is very important to foster the right wrestling atmosphere. Having a supportive and positive attitude about your child is crucial in helping them learn to love this tough and grueling sport. How you react to their progress, their wins, and their losses is very critical.

How are you able to keep your child's winning and losing in perspective? What about if your child is being treated a bit rough by their opponent, or if the referee makes a bad call against them? How will you react? Parents are sometimes unprepared for the strong emotional reaction they have to watching their child compete. Obviously one reason for this strong emotional feeling is that parents want their young wrestler to do well. They want their child to win. They may think it is a reflection of them. Parents may think that their son or daughter's failure is their own failure. Flying off the handle or straining relationships with coaches or other parents is not good for your child. Just like you don't want them to embarrass you; you don't want to embarrass them.

Our youth are very intuitive to what their parents are thinking. In addition, kids imitate their parents and absorb the attitudes that are displayed by their parent's actions. If parents are attempting to control the coaches, referees, or other parents and are upset or angry a lot, it is hard for the young wrestler to enjoy the sport.

Youth wrestling is supposed to be fun, while focusing on the fundamentals of the sport. If kids first learn the basics, they will continue to learn the very difficult skills. Wrestling requires learning many skill sets. Technique, balance, tactics, strategies, mental toughness are all intertwined skills that must be learned before one can have great success in the sport. Wrestling is not learned overnight and takes time. This is why, especially at a young age, it is imperative that kids stay focused on having fun and learning the basics. The winning will come later.

The best way to show support for your wrestler and the club is to be there when they need you. We rely on volunteer help to facilitate our yearly tournaments. Our tournaments are the primary source of income for the club, and all proceeds are used to promote wrestling in all age groups of wrestling at Anoka. Any help you can offer in this endeavor would be greatly appreciated. Contact our Volunteer Coordinator or Committee Chair if you are interested in volunteering your time and energies.

The Parent Guide to Kids Wrestling, published by Human Kinetics Publishers, Inc., lists 7 items that all parents should consider when determining where they stand as far as how they are helping their young wrestler. If you can honestly answer yes to all of the following questions, then you are well on your way to helping your child in wrestling and in life.

1. Can you give your wrestler up? That means trusting the coach in guiding your child's wrestling experience. It means accepting the coach's authority and the fact that he may be gaining some of the child's admiration that once was directed towards you.
2. Can you admit your shortcomings? Sometimes we err as parents and our emotions speak before we think. We judge too quickly, only to learn we made a mistake. It takes character for parents to admit they made a mistake and to discuss it with their child.
3. Can you accept your wrestler's triumphs? It sounds silly, but some parents are competitive with their children. If their child does well in a match, the parent may dwell on the minor mistakes, describe how the child's older sibling did even better, or recount how well they themselves did it "way back when."
4. Can you accept your wrestler's disappointments? Sometimes as parents we are targets for our child's anger and frustration. This goes along with the job. Accepting their disappointment also means watching them lose a match when their buddies are winning, or not being embarrassed into anger when they burst into tears after losing.
5. Can you show your wrestler self-control? The coach has a tough enough job teaching good sportsmanship to youngsters, especially if the parents are losing control and showing poor sportsmanship themselves.
6. Can you give some time? Some parents are very busy and have trouble being there frequently. Probably the best solution is never promise more than you can deliver. Ask about your child's wrestling experiences and make every effort to watch at least some of their matches.
7. Can you let your wrestler make their own decisions? This is an essential part of a child growing up and can sometimes be a real challenge for parents. It means offering suggestions and guidance but finally, within limits, letting the child go his/her own way. All parents have ambitions for their children, but parents must realize that they cannot mold the child's entire life. The great thing about wrestling is that it helps your child to start making his/her own decisions and experience the consequences.

The fact that your child is wrestling is wonderful. They are learning to work very hard, make sacrifices, and dedicate themselves to the extreme demands that this tremendously difficult sport has to offer. Truly there is no tougher sport in the world. With your support and encouragement, your child will reap the many benefits gained by participating and will not only succeed in the game of wrestling but also in the game of life.

## **ANOKA YOUTH WRESTLING PARENT EXPECTATIONS**

In an effort to provide a competitive, yet fun atmosphere for Anoka Youth Wrestlers, we are asking all families to read and abide by the following guidelines:

1. Have Fun! That is what we will be trying to do! We will try to challenge your child to reach past their “comfort level” and improve as a player, and thus, a person. We will attempt to do this in environments that are fun yet challenging. We look forward to this process. We hope you do too. Good sportsmanship must be maintained before, during, and after any matches by parents and wrestlers.
2. Be your child’s biggest fan. Be positive and support your child unconditionally. Every child learns wrestling skills at a different pace.
3. Leave the coaching to the coaches. You have entrusted the care of your child to these coaches, and they need to be free to do their job. If you wish to volunteer as a coach, reach out to any of the current Board Members. Performance usually declines when a wrestler is confused from directions from too many sources. Advice or observations after the match has concluded should be kept positive and free of criticism.
4. Tournaments – During the matches please remain in the assigned spectator area unless asked by a coach to join near or on the mats. This includes recording matches and taking pictures.
5. Volunteer in some aspect for the annual tournaments held at Anoka High School. It will be arranged so that you don’t miss your child’s matches. We always need table help, concessions, entry/registration help, and awards distribution.
6. Parents and wrestlers must refrain from castigating, denigrating, or providing any other non-constructive feedback to wrestlers, coaches, officials, or spectators. A violation of this provision will result in a warning or a request that the parent and/or wrestler leave the practice or the match (including any and all tournaments whether the wrestler has already paid to wrestle or not).
7. Use of profanity by any wrestler, parent, or spectator will result in the immediate removal of the offending person using the profane language from the practice or match. Such behavior is also grounds for suspension or expulsion from Anoka Youth Wrestling after review by the Anoka Youth Wrestling Board of Directors. For these purposes, “profanity” is defined as commonly known “swear” or “curse” words, and do not include words that would be considered profane due to religious connotations.
8. Any threats or violent physical contact by wrestlers, parents, or spectators against other wrestlers, coaches, officials, or spectators will result in the immediate removal of the offending person from the practice or match. Such behavior is also grounds for suspension or expulsion from Anoka Youth Wrestling after review by the Anoka Youth Wrestling Board of Directors.
9. Due to the unique nature of wrestling and the format in which wrestling tournaments are conducted, these behavior expectations can be enforced by any Anoka Youth Wrestling Coach, Commissioner, or Vice President of the Anoka Youth Wrestling Board of Directors. Hearings and/or appeals, if any, will be handled by the Anoka Youth Wrestling Board of Directors.

## **COMMUNICATION**

Our main source of general communication will be our website. Please bookmark one of these two (both links take you to the same wrestling home page on AR Sports).

<http://www.anokayouthwrestling.com>

<http://www.arsports.org/wrestling>

We will keep relevant information populated on our website. This will include registration, a calendar of events including changes to practice schedules, important links, upcoming tournaments, etc. You can also find us on Facebook! Just search for the group Anoka Youth Wrestling Parents Page.

### **E-Mails**

Once the season begins, we will be sending out a key communication via e-mail. Any questions or concerns can be sent to: [anokayouthwrestling@gmail.com](mailto:anokayouthwrestling@gmail.com)

### **General Information and Club Updates**

We will provide you and your wrestler with the general information and updates during the last 5 minutes of each practice.

If a practice has to be cancelled ahead of time, we will post the cancellation in the calendar section of the website and will make every effort to give you several days' notice via email. If we have to cancel unexpectedly, an e-mail will be sent and communication will be posted on the Anoka Wrestling Facebook page.

### **Inclement Weather**

Since our wrestling season is during the winter months, from time to time we may cancel a tournament or practice.

- Cancellations are decided by the host schools
- If a tournament is not cancelled, yet you do not feel it is safe to be on the road, go with your judgment.

## COACHES

### **Code of Conduct**

Our coaches are committed to exemplifying the club's mission and values. We are committed to ensuring that good sportsmanship, pride, honor, and concern for the well-being of our team is our top priority.

An effective coaching staff is essential in helping kids derive the greatest benefit from their involvement in the sport. Coaches need to be effective in planning, organizing and running practice sessions, and coaching mat-side during competition. They are also called upon in a host of other related activities, but most importantly, coaches should strive to create and maintain an environment in which the champion in every child can blossom. It is the coach's responsibility to provide opportunities for growth, achievement, and excellence that can lead to success on and off the mat. A good wrestling coach is effective in preparing the wrestlers for the challenges of competition and is able to instill positive values such as goal setting and self-discipline, while maintaining a high degree of enjoyment and fulfillment for the wrestlers.

In addition, coaches must be perceptive, flexible, and creative enough to address individual needs. In summary, the coach should be a person whom wrestler's trust, look up to learn from, and rely on for support. This is certainly a tall order given personal limitations and other commitments most coaches face. It is more practical, however, for these virtues to be present collectively within a coaching staff.

## YOUTH COMMITTEE

### **Statement of Purpose**

Anoka Youth Wrestling is run by volunteer parents under the direction of the Anoka Ramsey Athletic Association, which is a non-profit organization. The club receives no public funding. The club is funded by a portion of each member's registration fee and proceeds generated from our annual wrestling tournaments.

### **Paying club members**

As a paying club member, you have a voice within the club. Members have an opportunity to become part of the board, vote for members, and assist with functions of the organization.

### **Board Member Positions and Duties**

#### **Commissioner:**

The Chair is responsible for attending club meetings, practices, registration, working as a liaison between parents and coaches, trouble-shooting, and general club duties. Serves as the main contact for the club with all external affiliates.

#### **President:**

The Co-Chair is responsible for working alongside the Chair, attending monthly club meetings, and filling in when needed. They shall also help coordinate volunteers at tournaments, trouble-shoot, and handle general club duties.

#### **Treasurer:**

The Treasurer is responsible for keeping financial records of income and expenses, including but not limited to collecting tournament registration money. Interacts closely with tournament coordinators to track tournament attendance and participation, and also approves invoices for payment.

#### **Secretary:**

The Secretary is responsible for taking minutes at the committee meetings and other duties pertinent to the club's needs.

#### **Head Coach:**

The Head Coach is responsible for coordinating all practice sessions and selecting assistant coaches. They will be present at most tournaments.

#### **Tournament Director:**

The Tournament Director will oversee the organization of the Club's sponsored tournament. Ideally this person will work together with several different club members for the direction of the tournament. This position will require a considerable amount of time for about 3-4 weeks prior to the tournament and possibly after the tournament.

#### **At-Large:**

There are at-large members of the committee that are responsible for voting on actions taken by the committee, as well as assisting in other club duties as they arise.

The term of the committee members shall be 2 years. All voting committee members shall be elected at the June committee meeting. Each family may vote once for each position. Prior to the elections, nominations will be open for anyone interested in joining the committee. Nominations will typically start in the May meeting and e-mails will be sent as a reminder of this event.

