

Matcat F.A.Q. 2019/2020 Folkstyle Season

What will my wrestler need for practice?

1. Shorts and a t-shirt (no zippers or metal)
2. Wrestling shoes (Dicks, Dunham's or online, Asics, Nike, Rudis...) Gripper socks (Airtime/SkyZone) will work until you find shoes
3. Headgear
4. Water!!
5. Wrestler's need to utilize the hooks in the back hallway for their wrestling bags and street shoes

What practice should my wrestler attend?

Black Practice Group - ages 5-6 years old – Monday 5-6 pm and Wednesday 6-7pm

Yellow Practice Group - ages 7-9 years old – Tuesday/Wednesday/Thursday 6-7:30pm

Blue Practice Group - ages 10-14 years old – Tuesday/Wednesday/Thursday 7:30-9pm

Note - Coaches may move a wrestler to a different practice group to provide the best practice experience. Please do not change practice groups without first discussing with a Coach or Board Member.

Are the League membership cards included in my Matcat Registration?

Yes! Your **USA Membership card** and **NUWAY (MYWAY)** cards are included in your registration cost.

How do I receive team communication? - We communicate in the following ways -

Note - Please allow up to 24 hours after registering to be added to the team roster allowing full access to the website, App and Facebook page.

1. **Our Website www.michiganmatcats.com**. Once you are on the homepage you will need to login to have access. Your login is the email address and password you used to register your wrestler. Here you will see the team roster under the Matcats Team tab and staff contact info on the home page along with lots of other info. You can update your wrestler's information and add a picture, you'll see the team calendar with links to any events or tournaments that come up. ***Note we are still adding information for this season so check back regularly.

2. **Our Sport Engine App**, please be sure to download this today, you will need to log in with email and password used to register your wrestler. Once you have, click "Teams" and the new team will show as "Matcats Team" **If you already have the app from our Folkstyle or Greco Freestyle season, you will see the new team when you click "Teams"**.
3. **Email**. General info email usually goes out on a Monday, Tournament emails on Tuesday.
4. **Facebook** - Please ask to join our page Michigan Matcats

NOTE: The parent who registered the wrestler has access to the app, if you would like to add a parent or guardian so they can receive communications please click here for directions to do so, https://community.sportengine.com/news_article/show/622624.

You can manage your Sport Engine notification settings through the app or on our website.

Is there a way to sell or buy gently used wrestling gear?

Yes! Please ask to join our swap page on Facebook, Matcat Wrestling Gear Buy/Sell/Swap

Are Practices and Tournaments required?

No. We encourage both but it's not required to attend all practices or compete in tournaments.

What is the definition of a Novice (Newer) Wrestler?

Each League has their own policy on this.

NEMWA - Does NOT separate Open (more experienced) and Novice. They are combined. Our Matcats do great in this league! <http://www.nemwa.net/>.

MMWA - Has a set medal count where a wrestler moves up to Open. Here is their policy - <http://www.mmwawrestling.com/>

A wrestler is no longer considered a Novice if any ONE of the following criteria is met:

- They have received 1 first place award in an Open Tournament with 3 or more on the chart.
- They have received 2 second place awards in an Open Tournament with 3 or more on the chart.

- They have received 2 first place awards in a Novice Tournament with 3 or more on the chart.
- A total of 5 awards.
- 3rd place awards: 3rd place awards do not count toward the 5-award count if obtained in a Novice Tournament.
In an Open tournament 3rd place counts if there are 4 or more wrestlers on the chart.
- Coaches discretion (you feel a wrestler is too advanced to wrestle at a novice tournament regardless of their medal count.)

The award count carries over to the next year or years.

MYWAY - All Regions with the exception of Metro - a Wrestler is considered Novice for 2 years.

Metro region tournaments - a Wrestler is considered Novice for 1 year.

As tournaments approach please feel free to reach out with any questions on this topic.

What tournaments do we do?

Our Team Calendar will be posted on our Website and App. These are tournaments where we provide coaching. Each tournament will be labeled with what league it is and whether it is "Open" or "Novice" so you can plan accordingly. Please note we do our best to provide coaching, all of our coaches are certified and volunteers. **Click here for Cliff notes on Wrestling Rules - <https://www.michiganmatcats.com/rules>**

I keep hearing about Trackwrestling. What is it?

Trackwrestling.com is used to manage the tournaments we attend. Once the information is available (typically the morning of the tournament) you will be able to view your wrestler's bracket, mat assignment and bout numbers. Our Coaches, Board Members and Parents will be there to help as families get used to Trackwrestling!!

Does my wrestler need a Trackwrestling account?

Yes, but you do NOT need to pay, creating their profile is FREE! First go to Trackwrestling.com and click "Browse" then "search athletes" to be sure your wrestler does not already have a profile. Then, click "Register" (top right), click "To have a Trackwrestling profile" and create their free account.

How do I register for a tournament?

The Matcat Board handles all online tournament registration.

Every Tuesday you will receive an email with instructions for the week.

Your first step will be to RSVP **(in the APP)** “Yes” or “No” for the tournament by Noon on Wednesday. (If you make a change after this time please email Jamie Honiss at jamiehoniss@gmail.com).

IF we are permitted a home weigh-in those will be held during practice 6:30-8:30pm. Please click here to view our full weigh in procedure, <https://www.michiganmatcats.com/weighin> (you will need to be logged in to view this info).

Payment will be made at weigh-in typically \$11.00 to \$15.00 depending on the league. Cash, check or charge (\$1.00 fee to charge).

Offsite weigh-ins are typically on Friday nights locations and all details will be emailed to the team.

More on Tournaments -

Q. Can I be at the side of the mat with my son/daughter during a match?

A. Most Leagues allow for two coaches on the side of the mat. As a club, we allow a parent at the side of the mat with the coach as long as **they are certified** and do not interfere with the coach's direction, decisions or coaching. These matches are very intense and a parent must allow the coach to communicate to the wrestler on his/her terms. Yelling and screaming interferes with the job the coach is trying to do. Remember, the coach wants your son/daughter to win just as much as you.

Q. Will my son/daughter always have a coach mat side?

A. Our coaching staff is very dedicated to your children and they make every effort to coach our kids every time. Unfortunately, there are occasions where we have numerous Matcats competing at the same time. The coaches do their best to measure the situation and react accordingly. Certified parents have had to serve as coaches from time to time. ***Note, Do not wrestle without a coach, if a coach is not immediately available you can ask the table help to skip to the next bout. It is the wrestler's job to seek out a coach, preferably 2 bouts ahead of your match.

Please bring all coaching concerns to coach Richardson.

Q. The whole tournament format is very “intense”. How do I know what to do and when to do it?

A. The tournaments are very “overwhelming” at first. The Matcats have the best support system around. Typically, all the families sit together. Your children are our children; we’ll help you through the first couple matches. As a group, we’ve never let anyone down. Coach Richardson suggests that parents new to wrestling go to one tournament with their son/daughter before they compete. It will help to understand the format without the immediate stress.

Q. Who will my son/daughter wrestle?

A. Wrestlers compete in age groups of 2 years and weight blocks of around 5 lbs. They will wrestle kids their ability, Novice (beginner) and Open (experienced).

Q. Does my son/daughter stand a chance to get a win or medal in their first year?

A. Absolutely! The leagues have designed seasons not only to challenge the best wrestlers, but to help some that have struggled. There are tournaments for Novice only, Non-State Qualifier tournaments and Novice State championships. Our sport is the very best about helping kids grow while keeping their confidence up.

Q. Will my son/daughter be neglected time with the coaching staff for lack of success?

A. NO! We have a coaching staff that sacrifices a majority of their free time because they love the sport and the kids. We have families that drive from Northville, Hartland, Brighton, Novi and Canton to be a part of our organization because of the coaching staff.

I would like to be a Coach, how do I become certified?

Please email Coach Shinkonis at shinkonisnation@gmail.com to learn more.

What is the Dual Team Policy?

During the season there will be Dual team events. These tournaments are highly competitive and often times National events. Coaches will work to assemble teams using interested open wrestlers with **2 or more years’ experience**. Many of these dual meets require the wrestlers to also be a South Lyon school student and may require extra practices. Ages groups are typically 9U, 12U and 15U. Dual meets costs range from \$20-\$60. If you have questions regarding dual meets please email Coach Richardson srichardson3907@gmail.com or Coach Shinkonis shinkonisnation@gmail.com.

Note - Coach Richardson is also always looking for ways for our newer wrestlers to experience the dual team format. As those opportunities arise emails will be sent!

I would like to become a Matcat Sponsor! How do I get started?

Please email Dan Schwegler for more info! schwegs11@gmail.com

Click here to learn more about our Sponsorship opportunities
<https://www.michiganmatcats.com/sponsors>.

Are there ways I can reduce my registration cost or receive financial assistance?

Yes! If Financial assistance is needed please reach out to South Lyon Youth Assistance, they are amazing! 248-573-8189, http://www.slcs.us/youth_assistance.php.

Matcats also offer an incentive if you bring in a Matcat sponsor! Your registration fee will be reduced, or refunded 50% of the sponsorship amount you bring in! Example, \$300.00 registration fee. Bring in a \$250.00 sponsor, get \$125.00 off your registration fee, or refunded. Email Dan for Jamie Honiss for more info, jamiehoniss@gmail.com.

Are the Matcats a for profit organization?

NO! All of the funds generated from tournaments we host, registration costs and fundraisers are used to enhance and maintain the club. We strive to keep registration costs as low as possible. All of our board members and coaches are volunteers and paying members.