

WASECA WRESTLING

RULES & REGULATIONS

2020 – 2021

It is the mission of the Waseca Wrestling Club to provide opportunities for youth wrestlers to learn the principles and fundamentals of wrestling. To achieve and to go as far as their talents, abilities and determination will allow them, while having fun doing it.

The Waseca Wrestling Club would like to extend a warm welcome to you and child. We hope that you will find the upcoming season to be both educational and rewarding.

- Fee this year is \$80.00 per child payable at registration. There is a trial period of 2 weeks (4 practices) for beginners. The registration fee will be refunded if the child quits after 4 practices. No refunds will be given later. No child will be turned away due to financial difficulty. Scholarships through Connecting Kids are based on family income. Applications are available on the Waseca Wrestling website. www.wasecawrestling.com
- Practice will start January 5th, 2021.
- Practice will be held on Tuesday and Thursday nights. Times are as follows:
 - a. Pre K through 2nd grade 6:00 – 6:50
 - b. 3rd – 6th grade 7:00 – 8:15
 - c. **Please have your child to practice on time, so we can start on time!**
- Parents must be prompt to pick up their children. Please do not leave smaller children unattended, Tiny Tots are required to have a parent present at practice, outside of the wrestling room. Children must be out of the building 15 minutes after their practice. Parents helping coach on the mat are allowed, but please do not hang around talking as it can be hard to hear the coaches. Due to Covid Parents coaching are also required to wear a mask the entire time they are in the wrestling room. Also, we are only allowed 25 people in the wrestling room at a time, so if there are too many parents helping, some of you will be asked to step out. If you are there to help coach as a parent, remember that you are there to help EVERYONE, not just your own child. Due to Covid, parents will not be able to be in the wrestling room to watch and if they are in the school they must wear a mask and be socially distanced by 6 feet at all times. Wrestlers must wear masks in and out of the facility. The wrestlers will have their temperature

checked at the beginning of practice and fill out a form. Parents will need to help with this process. See Covid guidelines and plans that will be posted outside the wrestling room.

- If school is cancelled due to weather, so is practice.
 - Be sure to check in for attendance at each practice. We will need an excuse from parents by the next practice if your child is out ill. The following reasons for an absence will **not** be counted against your attendance:
 - Gun Training – attendance will be verified
 - Scheduled school field trip or school activity
 - Participation in a Wrestling Tournament or Event – approved by Head Coach
- It is the wrestler's responsibility to check in at practice!** Wrestlers who have 80% attendance or above receive full awards at banquet. Wrestlers with attendance below 80% only receive partial awards.
- Please do not wear your Waseca wrestling singlet to practice. Practice attire should consist of tee shirt and shorts or sweatpants. Shirts should be tucked into shorts and we would prefer shorts without pockets so kid's fingers aren't getting caught in them while they are practicing with each other. Sweatshirts are also ok to wear, but the sweatshirt should not have a hood. Street shoes are not allowed on the mats or inside the doors to the wrestling room. Wrestling shoes are required. (The club does have some sizes available to borrow, you will sign a sign out sheet for shoes.) Head gear are recommended but not required. Wrestling shoes should not be worn outside and then onto the mat. Please change your shoes when you get there outside of the wrestling room in the hallway. No belts jewelry or sharp objects allowed. No bracelets of any kind are allowed. Jeans are not acceptable wrestling attire. Leave any valuables and toys at home. The Club is not responsible for lost or stolen items.
- **Record Keeping Policy**
 - **Parents are now responsible for keeping their child's tournament records.**
 - Record totals must be turned into Heather Blake no later than April 15th. Or emailed to wasecawrestling@gmail.com in order to receive a plaque at the end of the year banquet.
 - **Regular season records are from May 1st 2020 to April 15th 2021**
 - Pins must be reported at the next practice following a tournament with attendance to receive their pins.
 - Team alternate matches will count towards season record.
 - Forfeit matches are to be recorded as a win, but not a pin.
 - Record your child's season record on attached page.
 - In order to receive the IRON MAN T-shirt at the end of the year, a wrestler must have wrestled 30 matches at tournaments.
 - The 6th Grade clocks have been eliminated from the awards banquet.

- The GABLE AWARD winners are for any wrestler that stays in the Waseca Wrestling program from 1st Grade through the end of 6th Grade and has an 80% participation rate each year. No Exceptions.

- Please fill out and sign all forms. We need them for our records.
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- All kids must wrestle in the current grade they are in. Coaches and parents will decide if a wrestler should advance to a higher skill level.

- Tournament dates, times and places will be posted outside the wrestling room or can usually be found on www.theguillotine.com ; trackwrestling.com ; MNUSAwrestling.org ; NYWA-MN.com ; rmnevents.com ; or nuwaywrestling.com

- Kids are encouraged to attend tournaments. However, if you can't provide transportation for your child, please see your coach. Coaches will only be present at a few of the tournaments and they will let you know which ones. Parents/guardians are encouraged to coach your child at individual tournaments that you attend.

- If you and your child chose to participate in a team tournament, your child may have to be involved in a wrestle off to compete at the weight that you have selected to wrestle. This will be a closed door wrestle off and will be scored by the coaches. If your child does not win the wrestle off, your child may still be selected for an alternate position on the team. Please let the coaches know if you would like to have your child wrestle for a team event.

- In order for the Club to generate the funds needed to support not only the youth program, but the junior and senior high school programs as well, the club will be hosting a couple tournaments this year. It currently costs the club approximately \$168 to run each practice day. Sponsoring tournaments is an excellent way for us to earn money and showcase the exceptional wrestling program in Waseca. It takes approximately 50 to 60 people to run a successful tournament and we are counting on many volunteers to help make these events a success. **We are requiring that each parent/guardian volunteer to work a minimum of 4 hours this season. If you are unable to fulfill this requirement, you will be required to pay the Club a \$40 fee. This WILL be enforced. Sign up sheets will be posted.**
 - In order to fulfill your volunteer obligations, we will need workers for the following tournaments this season:
 - Saturday February 27th – Waseca Individual all awards tournament
 - Sunday February 28th – K-3 Team Tournament

- We have an end of the year banquet in May for the wrestlers and their family. If you are unable to attend the banquet, you must make arrangements to have your awards picked up or they will be forfeited.
- Any and all grievances and or questions should be made to a member of the executive board and not to the coach:
 - Joe Nelson – President
 - Ryan Glynn – Vice President
 - Megan Malecha – Treasurer
 - Heather Blake – Secretary
 - Jon Berg – Historian
- Uncontrollable participants: We average about 15 to 20 wrestlers per session. On occasion, we have a wrestler who requires too much attention. In cases like this, we will notify the parent or guardian requiring them to be at practice. If your child is upstairs running around past the restrooms, or on the stairs, in the hallway or in the weight room, they will be sent home. Biting will be an automatic suspension from the wrestling club for two weeks and at the end of two weeks an appeal can be made to the Executive Board of Directors and the coaches. No refunds will be made to the parent or guardian if the child is removed from the wrestling program.
- As a Wrestling Club, we refuse to discriminate against anyone! All wrestlers will be expected to wrestle all other club members in their grade or weight level, regardless of gender!

Thank you,

Board Members and Coaches