



2012

Parent Handbook

## **Dakota Rattlers Wrestling Club Welcomes You!**

We're glad to have you as a member and hope you have a lot of fun.

If you have any questions, the coaches and parent volunteers will be happy to visit with you. We would love to have you as a parent volunteer. Any assistance is appreciated. Please ask how you can contribute.

This booklet was designed to help explain our program, especially to new members. Please file it away for future reference during our current wrestling season. The Board of Directors reserves the right to modify this handbook and rules at any time.

### **TABLE OF CONTENTS:**

Page 2...	Welcome, and Table of Contents
Page 3...	Coaches and Board of Directors
Page 3...	Funding
Page 3...	Scholarships
Page 3...	Practices
Page 4...	Equipment and Clothing Needed
Page 4...	Tournament Competition
Page 4...	Tournaments
Page 5...	Typical Tournament Timetable
Page 5...	Internet Sites and Links
Page 6...	Why Participate in Wrestling?
Page 6...	What is Wrestling?
Page 7...	Coaches Code of Conduct
Page 7...	Consequences for Coaches
Page 8...	Parents Code of Conduct
Page 8...	Consequences for Parents
Page 9...	Wrestlers Code of Conduct
Page 9...	Consequences for Wrestlers
Page 9...	Grievance Procedure
Page 10...	A message for the Parent
Page 10...	A message for the Wrestler

**All are welcome;** male and female, pre-school through grade 12, all kids are encouraged to join. Wrestling is a sport in which both genders can participate. The text of this manual may refer to boy, him, he, or his. It was written this way for simplicity. Its intended interpretation is for all genders.

## **COACHES:**

**Derek Bischof**, Head Coach, (701) 838-9316

**Chase Lee**, Assistant Coach

**Zac Axtman**, Assistant Coach

**Justin Racine**, Assistant Coach

**Chad Clapper**, Assistant Coach

**Zane Axtman**, Assistant Coach

## **BOARD OF DIRECTORS:**

Joel Sandy, co-president/web site administrator

Darren Armstrong, co-president

Tony Benham, co-vice president

Sean Sailor, co-vice president

Amy Armstrong, co-treasurer

Lisa Burke, co-treasurer

Tess Brevik, co-secretary

Nancy Harris, co-secretary

## **FUNDING**

The Dakota Rattlers will have fundraisers during the year. These fundraisers provide money to be used to defray much of the costs of running our club. Unlike many youth sports clubs, it is NOT a requirement of Dakota Rattlers team members to participate in the fundraisers, but in order to continue the success of our club it is highly encouraged.

## **SCHOLARSHIPS**

Scholarships are available for youth to participate with the Dakota Rattlers Wrestling Club. Registration fees, summer camp fees, bus fees, accommodations on overnight trips, and equipment may be covered by a scholarship. The mission of the Scholarship Program is to help youth participate and reduce barriers to become involved in these organized activities for youth who would otherwise not be able to participate due to limited financial resources. Please direct all questions toward our board of directors.

## **PRACTICES**

Practices are usually held on Mondays, Tuesdays and Thursdays, unless otherwise notified. Pre-school through Grade 3 wrestling practice is from 6:30 pm to 7:30 pm. Grade 4 through 12 wrestling practice is from 7:30 pm to 8:30 pm. Practices are held at the Minot High Wrestling Room, unless noted otherwise. The wrestler should wear clothes with no zippers or buttons, etc. and clean tennis shoes or wrestling shoes (*example: sweatpants and a t-shirt*). The practice session begins with exercise and warm-ups, followed by instruction and drills.

## **EQUIPMENT AND CLOTHING NEEDED:**

### Practice:

Shorts

T-shirt

White Socks

Clean tennis shoes or wrestling shoes

Kneepads (optional – available at sporting goods stores)

Head Gear (encouraged – available at sporting goods stores)

### Tournaments and dual meets

Singlet. (team singlets available for purchase)

Warm-ups (team warm-ups available for purchase)

Wrestling shoes

Kneepads (optional – available at sporting goods stores)

Head Gear (encouraged – available at sporting goods stores)

## **TOURNAMENT COMPETITION**

If your child decides he wants to wrestle in a tournament, he will be wrestling with an opponent matched by class level and weight (*or age and weight*). Wrestlers are typically matched with opponents within 5 pounds of their own weight. If the tournament pairs wrestlers by age, then the age group each wrestler competes in is determined by the year of their birth, not their grade in school.

## **TOURNAMENTS**

Our Coaches and Wrestlers attend wrestling tournaments nearly every weekend throughout the season. Wrestling clubs in the area sponsor these competitions. Tournament participation is strictly by personal choice. Each week, an information sheet will be handed out which explains what tournament our coaches will be attending the following weekend. With the exception of “state” tournaments, wrestlers will weigh in on Tuesday nights between 7:15 and 7:45. Entry fees must be collected by the Thursday before each tournament. Tournament information can also be found on the Dakota Rattlers website ([www.dakotarattlerswrestling.com](http://www.dakotarattlerswrestling.com)).

Our club hosts a tournament each year. This is often a good time for an inexperienced wrestler to “try-out” tournament competition. It is also a money maker for our club and we appreciate everyone’s help.

We encourage wrestlers to wear our team singlet at all tournaments. Team singlets can be purchased from the club. Once purchased, they are yours to keep (and can be worn year after year).

## TYPICAL TOURNAMENT TIMETABLE

1. Before each tournament, bathe and cut fingernails.
2. Remember to bring your wrestler's USA registration card (if required), wrestling singlet and shoes.
3. Most tournaments allow weigh-ins to be done at practice (typically, Tuesday before the tourney). The main exception is at "state" tournaments. At tournaments requiring on-site weigh-ins, arrive at tournament, find appropriate registration table by grade level or by year of birth. Register and pay fee (usually around \$10). Go to the scales to be weighed. Your weight will be written on the wrestler's body and on the weight slip. A weigh-in official will also visually check your skin (for skin ailments) and check your fingernail length.
4. Be sure to eat before you wrestle. Concessions are usually offered at the wrestling site, but fast food or family restaurants are nearby or you can bring your meal and eat in the cafeteria. During this time, the pairing is done. Most tournaments are "scratch". If you have any questions on how the pairing is done, please ask a coach.
5. Wrestling brackets are usually posted with competition beginning shortly after. Find your wrestling chart by looking for your (1) age group or class group, (2) weight, and (3) your name on the chart. At scratch tournaments, the weights are listed as A, B, C, etc., with the smaller weights at the beginning of the alphabet.
6. Warm-up. Exercise with other Dakota Rattler members and loosen up before wrestling by doing calisthenics and practice moves.
7. Listen to the announcer for your age group or class group to be called. *Example:* Eight and under weight group A, report to mat #2. A Rattlers Coach will also report to mat #2.
8. Try to plan your eating and drinking around your match time (lunch, snacks, etc.). Try not to eat right before you wrestle. Give your body time to digest. Refreshments are for sale after wrestling begins. Many times you may bring your own food and drink. Some tournaments are round robin; which means you wrestle everybody in your grouping. Some tournaments are double elimination, which means the wrestler will keep wrestling until he has two losses. If he loses two matches, please do not go home until you have checked with pairing to be sure your son has been eliminated or has qualified for an award. Typical awards are medals, plaques or trophies.

## INTERNET SITES AND LINKS

Here are some links that you may want to visit to keep an eye on area tournament schedules and news. Look for things like youth, opens and schedules.

Dakota Rattlers Home - <http://www.dakotarattlerswrestling.com>

Dakota Grappler - <http://www.dakotagrappler.com>

North Dakota USA Wrestling - <http://www.ndusawrestling.com>

USA Wrestling – <http://www.themat.com>

## WHY PARTICIPATE IN WRESTLING?

Few sports require total use of the body and wrestling develops this with all the following benefits:

1. Greater physiological development
2. Flexibility
3. Body awareness
4. Strength and leverage
5. Balance
6. Coordination and reaction time
7. Speed
8. Reduced body fat

Wrestling in schools and clubs is a sport of individual participation functioning within the framework of team concepts. This aspect contributes to the development of life-long patterns of responsible behavior including respect for others regardless of social or racial origin. A young person involved in wrestling can be expected to display increasing self-confidence and appreciation of their self-worth, and develop analytical and adaptive skills.

Wrestling is **fun** and like other athletic pursuits, all the family can participate in various ways; from supporting the kids and their clubs to becoming a qualified referee.

## WHAT IS WRESTLING?

There are a number of various styles of wrestling. What we do in organized High School wrestling in the USA is called American *Folkstyle* wrestling. The styles that are taught all around the world (and what is seen at the Olympics), are *Freestyle* and *Greco-Roman*. There are organized programs in the USA that are strictly these two types of wrestling from the youth level, right on up to the Olympic teams and beyond. We introduce our club to Freestyle and Greco-Roman in the month of April.

## **CODE OF CONDUCT FOR COACHES**

- ✓ Properly plan the activities for practice, meets and tournaments.
- ✓ Provide proper instruction
- ✓ Provide safe physical environment
- ✓ Provide adequate and proper equipment
- ✓ Match your athletes.
- ✓ Evaluate athletes for injury or incapacity
- ✓ Supervise the activity closely
- ✓ Warn of inherent risks
- ✓ Require each wrestler to give their best effort
- ✓ Treat each wrestler and family with respect
- ✓ Provide appropriate emergency assistance
- ✓ Coaches should show good sportsmanship at all times.

## **CONSEQUENCES FOR COACHES**

1. Verbal warning and/or written warning
2. Tournament suspensions
3. Removal from coaching

## **PARENTS CODE OF CONDUCT**

- ✓ Parents should make sure that all fees are paid on time.
- ✓ Parents must turn in all necessary forms promptly.
- ✓ Parents must equip their wrestler properly so they can participate in all practices and matches.
- ✓ Go over the Wrestlers Code of Conduct and ensure wrestler understands what is expected of them.
- ✓ Parents should keep abreast of all information pertinent to their wrestler's practices and tournament schedule.
- ✓ Bring any issues to the coaches as soon as possible – away from the wrestlers.
- ✓ Parents should get their wrestler to practices and tournaments at prescribed times.
- ✓ Parents should be encouraging, not critical, of their wrestler, coach and team.
- ✓ Parents should try, as much as possible, to be available to assist in the Wrestling Program and team functions as requested.
- ✓ Parents should try to promote the emotional and physical well-being of the athletes ahead of any personal desire to win.
- ✓ Remember that your child wrestles for his enjoyment, not yours.
- ✓ Encourage good sportsmanship through your actions, by demonstrating positive support for all wrestlers.
- ✓ Respect the property and equipment used at any sports facility, both home and away.
- ✓ Support and encourage the wrestlers to always give their best effort.
- ✓ Provide support for coaches and officials working with the wrestlers to provide a positive experience for all.
- ✓ Demand my wrestler treat all wrestlers, coaches, officials, parents, and spectators respect regardless of race, creed, color, sex, or ability.
- ✓ Treat all wrestlers, coaches, officials, parents, and spectators with dignity and in language, attitude, behavior, and mannerisms.
- ✓ Inform the coach of any physical disability or ailment that may affect the safety of the wrestler or the safety of others.

## **CONSEQUENCE FOR PARENTS**

1. Verbal warning and/or written warning
2. Tournaments Suspension
3. Removal

## **WRESTLERS CODE OF CONDUCT**

- ✓ Have fun!
- ✓ Always give their best effort.
- ✓ Be on time and attend every practice possible – with the required gear.
- ✓ Maintain a “can-do” attitude.
- ✓ Always take responsibility for their actions
- ✓ It is NEVER the referee’s fault!
- ✓ It is not the coach’s fault.
- ✓ It is not your parent’s fault.
- ✓ Show respect for the coaches, referees, parents, and other wrestlers.
- ✓ Pay attention! We have to make the most of our practice time.
- ✓ Do not talk when the coaches are talking.
- ✓ Not to engage in horseplay – that is how people get hurt.
- ✓ Dangerous “TV moves” will not be tolerated.
- ✓ Always demonstrate good sportsmanship.
- ✓ Control temper.
- ✓ Respect the property and equipment used at any sports facility, both home and away.
- ✓ No talking bad about other wrestlers or their families on the team.
- ✓ No form of “hazing” or “initiation” of other wrestlers regardless of how insignificant it may seem.
- ✓ No obscene gestures or language.
- ✓ No pinching, scratching, biting, punching, poking, tripping, ball-grabbing, chinning in the back, or pushing off allowed.

## **CONSEQUENCES FOR WRESTLERS**

1. Verbal warning and/or written warning.
2. Excused from practices for 2 weeks. Hand in Rattlers team singlet.
3. Removal from Dakota Rattlers Wrestling program.

## **GRIEVANCE PROCEDURE**

It is possible that conditions arise when a member feels that a situation is unfair or unjust. This situation may be with a particular coach, team, or the wrestling program in general. You should attempt to resolve the issue informally by speaking with the coaches. It is recommended that this be done after you have considered the situation and your perspective for at least 24 hours. You can choose to do this face to face, by mail, or via Email. It will be the coaches’ discretion as to whether or not to address anonymous grievances.

## **FOR THE PARENT – A WINNING ATTITUDE**

Keep winning in perspective. Be fair at all times. Stand up for your wrestler when necessary. They expect this, but do it quietly and respectfully in private discussions with coaches or mat officials.

Winning is important. If we are not trying to win, then we are not really competing. But keep it in correct perspective. Winning and losing are a part of life and important lessons can be learned. If you want your child to win at all costs, you're in trouble. If you ever get to the point where you don't care about losing, you're also in trouble.

One lesson in life is to learn to live with both, and if we as parents can not control ourselves and be good sports, then how will we ever teach it to our children? The sport of wrestling is one of the best places to learn these valuable lessons.

## **FOR THE WRESTLER – WHAT IS WINNING?**

In our wonderful competitive world of amateur wrestling, what is winning? It is important that all the competitors know the answer.

Is winning a gold medal real winning?

Yes, if a gold medal is won at the Olympic Games, that is winning. But that can not happen to everyone and winning any other kind of gold medal just means that, at that time, and in that place, you were the best there, which is nice, but not necessarily "winning". Is beating the other fellow really winning?

Maybe, maybe not. Perhaps he isn't as well trained as you, or as strong as you, or as good at wrestling as you – so this can not be winning.

Well, then, what is winning?

Real winning is clear to see. Winning is improving...learning...trying. Winning is the first time you are able to do a good butcher in competition. It is finishing the match strong and well. It is performing better than you have ever performed before.

Winning is working hard...listening and paying attention...applying what you hear from your coach. It is doing better every time, and striving with all your might.

Winning is never giving into a feeling of being tired...winning can happen to everybody.

***"It is hard to fail, but it is worse never to have tried to succeed."***