

MAYFIELD WRESTLING CLUB



PARENT HANDBOOK

Welcome to the Mayfield Wrestling Club

Mayfield wrestling is a great opportunity to get your child involved in the sport of wrestling. Practices focus on the fundamentals of wrestling while teaching basic moves and skills. As your child progresses, they will be given the opportunity to learn more advanced moves and techniques. At times, the beginners and more advanced wrestlers may have separate practices to best meet their needs.

The Mayfield Wrestling Club's esteemed history has "graduated" some of the most elite wrestlers in the state. In the Mayfield School District alone, MWC has helped produce 18 high school state qualifiers, 12 state finalists, and 9 state placers. This does not include the many wrestlers that came to the club from outside the district who have also gone on to be qualifiers, finalists, placers, and state champions.

Coaches: Jefferson Ajayi
 Mike D'Alessandro
 Tom D'Alessandro
 Matt Delguyd
 Greg Elliot
 Tony Khas
 Chris Miller
 Sam DiGeronimo
 Damon Rahz

Board: Matt Delguyd – President
 Cathy Bell– Secretary
 Tony Khas – Founder Emeritus

E-mail: mayfieldwrestling@gmail.com

Website: www.mayfieldwrestling.org

Join us on Facebook

Follow us on Twitter: @MayfieldWrestling

Ohio Youth Wrestling Association/ Northeast Ohio Youth Wrestling League

Mayfield Wrestling Club wrestles in the Northeast Ohio Youth Wrestling League that is one of the leagues of the Ohio Youth Wrestling Association. This league consists of nine teams that compete on weekends throughout the season. The teams that encompass the NEOYWL include the following:

| | | |
|------------------|-----------|---------------|
| Aurora | Mayfield | Orange |
| Crestwood | Beachwood | Kenston |
| Cuyahoga Heights | Solon | Brush |
| Garrettsville | Twinsburg | Chagrin Falls |

Varsity vs. All Stars

In the league, the wrestlers will either compete as a varsity wrestler or an all-star wrestler. They travel to the different schools / locations to compete against the other teams in the league. There are two sessions each Sunday with four teams competing in the first session and four teams competing in the second session. A varsity member may NOT wrestle in a varsity match and the all-star division in the same day.

As a varsity team member, the wrestlers wrestle at a specific weight class and need to make weight each week. They wrestle one match against the opposing team. If there is more than one wrestler at that weight class on the team, they will wrestle-off with the winner earning the spot. The varsity wrestler may be challenged by other wrestlers to wrestle-off for their weight class in the varsity position. The varsity team competes on Sundays throughout December and January. They meet each team in the league at least once. Some Sundays will require the wrestlers to be at both the first and second session. The league dual meet season concludes with the Sectional tournament. The top four placers at the Sectional tournament will then move on to the District tournament. The top four placers at the District tournament move on to the State Tournament.

Varsity Weight Classes: 43*, 46*, 49*, 52, 56, 60, 64, 67, 70, 73, 76, 79, 82, 90, 95, 100, 105, 110, 120, 132, 150, 175
*** these weight classes compete throughout the season and in sectionals but DO NOT move on to the district or state tournament**

All Stars compete at the same date and times as the varsity team. The All Stars do not need to worry about making weight but do get weighed in each week. The All Stars wrestle in a “bull pen” format and will be matched up with wrestlers with similar age, weight, and experience. Their season concludes with an All Star tournament at the end of the season.

Admission Charge: At each league event there will be a nominal admission charge

\$5.00 per adult. Children 3

and under

are free.

(* Admission at tournaments may be different)

Practice Schedule:

Practices are held in the wrestling room at Mayfield High School.

Monday and Thursday 6 to 7:30 PM for Beginners

Monday and Thursday 6 to 8:00 PM for Advance

* all practices are subject to change

Fees:

Cost is \$125.00 for Mayfield School District residents and 150.00 for non-residents. Each additional sibling is an additional \$75.00 (must be in the same immediate family).

Additional costs are:

- \$25.00 for wrestling singlet rental
- \$100.00 wrestling singlet deposit (will be returned at the end of season when singlet is returned)
- \$100.00 volunteer's deposit (will be returned at the end of the season after volunteer requirements have been met) this is for the events that will be held at Mayfield
- Banquet at the end of the season, parent meal, and coaches' gift costs TBA, wrestlers are free.

Volunteer Policy: Each family will be required to volunteer two times in the concession stand, admission gate, table worker, set up or clean up, or table worker at the events that will be held at Mayfield. You will be required to sign up for a time slot. If you do not volunteer nor do not show up for your assigned time slot, then your \$100 deposit check will be cashed at the end of the season.

A \$100 volunteer deposit check dated 3/1/2024, is required AT SINGLET PICK UP. This check will not be cashed and will be returned to you provided you completed your volunteered requirement.

Wrestling room rules and etiquette / Parent Expectations:

- No street shoes on the mat
- Parents are not allowed in the wrestling room during practice
- Please notify coaches if your wrestler is not going to be at practice via e-mail mayfieldwrestling@gmail.com
- Leave the coaching up to the coaches
- Be a good role model for your wrestler, show good sportsmanship

Wrestlers Expectations:

- No street shoes on the mat
- Wrestlers must wear headgear
- No talking when the coaches are giving instruction
- Be a good sport
- Work hard and give 100%

Some LEAGUE Wrestling Basics:

A varsity match consists of 3 one-minute periods. A match can terminate early for these reasons:

1. one wrestler pins the other (fall)
2. one wrestler gains a 12-point advantage (tech. fall)
3. one wrestler is injured and can not continue

Individual Scoring:

Takedown (2pts.): A takedown occurs when either wrestler, starting from the neutral position, gains control of his opponent on the mat.

Escape (1pt.): When the wrestler in a defensive position moves to a neutral position, he is awarded 1 point for an escape.

Reversal (2pts.): The wrestler in the defensive position is awarded 2 points for a reversal when he gains control of his opponent.

Near Fall (2 or 3 pts.): Points for a near fall are awarded when a wrestler has control of his opponent in a near pinning situation.

A near pinning situation occurs during any of the following:

1. both shoulders of the opponent are restrained 4 or less inches off the mat
2. on shoulder is touching the mat and the other is held at a 45° angle to the mat
3. the opponent is in a high bridge or he is supported by both elbow

If the near fall criteria are met for 2 consecutive seconds, a 2-point near fall is awarded

If the near fall criteria are met for 5 consecutive seconds, a 3-point near fall is awarded

Team Scoring:

A match ends when one of the following occurs:

1. A wrestler pins his opponent
2. A wrestler scores 12 or more points over his opponent
3. Time expires and one wrestler is ahead in points

Fall (pin): A fall is awarded when a wrestler holds any part of his opponent's shoulders or scapula to the mat for 2 consecutive seconds, this is worth 6 team points.

Technical Fall: A technical fall is awarded when a wrestler has a 12-point advantage over his opponent, this is worth 5 team points.

Major Decision: When one wrestler has out scored an opponent by 8-11 points, this is worth 4 team points.

Decision: When one wrestler out scores his opponent by fewer than 8 points, this is worth 3 team points.

Once a match is over, the wrestlers return to the 10-foot circle. The referee declares the winner by raising his hand. The winning wrestlers team is awarded the following points:

Dual Meet Scoring

Forfeit – 6 points

Pin or Fall – 6 points

Tech. Fall – 5 points

Major Decision – 4 points

Decision – 3 points