

# MEATHEAD WRESTLING CLUB

## Wrestlers, Coaches & Parents Handbook

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### MEATHEAD WRESTLING CLUB

2015-2016 Meathead Wrestling Club Handbook

Welcome Wrestling Club Athletes and Parents,

The Meathead Wrestling Club welcomes you to the wrestling season. We are looking forward to another exceptional year of youth wrestling.

The purpose of the Meathead Wrestling Club is to promote the sport of wrestling to area youth through instructional training of proper wrestling techniques. The Meathead Wrestling Club has a highly qualified coaching staff to assist in the instructional training of the Club's participants. Our coaching staff conducts all training in an environment designed to promote a fun, yet informative, training experience. Hard work, dedication and sportsmanship are promoted, and through positive reinforcement our staff provides the best possible training for our young athletes.

As we begin this wrestling season, please remember that the Meathead Wrestling Club has high character expectations for all persons associated with the Club. Every coach, wrestler and parent is not only a representative of this Club, but of our community. Our actions are as important as our words, so please lead by example to show our children the true definition of "good sportsmanship".

Should you have any questions concerning the Meathead Wrestling Club, please contact Jeff Barksdale - cell 805-235-0135 or [jeffbarx@gmail.com](mailto:jeffbarx@gmail.com).

Sincerely,

Jeff Barksdale, Club Director

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## Wrestler Code of Conduct

1. No wrestler is to physically or verbally abuse any coach or fellow wrestler.
  2. Wrestlers must listen to and follow the directions of all coaches. Wrestlers will be expected to work hard at practice or will be asked to sit out. Wrestlers are not to be disruptive during practice or competitions.
  3. If a wrestler is disruptive during practice, a parent will be required to attend all practices until the wrestler can act appropriately.
  4. At all times, wrestlers must conduct themselves in a mature and respectful manner.
    - a. No unsportsmanlike yelling or cheering if a wrestler is hurt.
    - b. Win or lose, wrestlers **MUST** always shake hands and congratulate their opponent.
    - c. No vulgar or obscene gestures of any kind should ever be made by a wrestler or official.
  5. No wrestler is to use abusive and/or profane language in the presence of anyone connected with a Meathead Wrestling Club function (practices, tournaments, meetings, etc.).
  6. All wrestlers are to treat all Meathead Wrestling Club property and equipment with respect (uniform included).
  7. Wrestlers should make every effort to attend all scheduled practices.
  8. The Meathead Wrestling Club is the guest of San Luis Coastal Unified School District schools and any school where competitions are held. Respect all property accordingly. Violation of this code of conduct will result in disciplinary action by the Director, up to and including dismissal from the team.
  9. Wrestlers are expected to be on time to practice. This means on the Mat with their gear on and ready to wrestle at the appointed time. NOT just present in the room.
  10. Wrestlers are expected to be silent while a coach is talking or teaching.
  11. At practice, wrestlers are to be attentive at all times. Sitting or lying down is not permitted during practice. Standing or taking one knee is the only permitted resting position.
  11. Wrestlers and their parents are not permitted in the wrestling room until a coach is present.
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## Parent Code of Conduct

1. No parent or fan is to physically or verbally abuse another parent, fan, coach, wrestler or referee. If a parent has a problem, concern or issue with a fan, wrestler or another parent, the ONLY proper venue for discussion is with the director in private at an appropriate time.

2. All parents are to conduct themselves in a sportsmanlike manner:

a. No unsportsmanlike yelling, such as: booing, teasing, or cheering if a wrestler is hurt or losing. No instructions should ever be given to your child to hurt or take specific advantage of any injury incurred by an opponent while wrestling.

b. No unsportsmanlike gestures of any kind will be allowed

3. Except in an emergency, no parent is to interfere with practices, meets or coaching at any time. Parents may observe, but are to wait until before or after practices to interact with their child or talk with the coaches unless a coach requests a conversation. Coaches will be glad to talk to parents in private about any issue or problem before or after practices or meets as their schedule allows. Also, we ask all wrestlers to remain silent when a coach is talking or teaching and we require the same of all practice spectators. If you would like to carry on a conversation with another spectator during practice, please move outside the wrestling room when a coach is talking.

4. Please see that your child is dropped off on time for the beginning of practice and is picked up at the designated time after practice. The coaches will try to finish practice as close to the designated time as possible.

5. Please remember that this program is for our youth, but in no way is it to be used as an excuse for unfinished homework, poor grades or other responsibilities. Explain this to your child so he/she can plan his/her time wisely.

6. Parents are NOT permitted to coach their child at any official practice or competition of the Meathead Wrestling Club unless you are an approved Meathead Wrestling Club Coach with an AAU, SCWAY and USAW coaching card. Parents should remain in designated spectator locations during official Meathead Wrestling Club practices and tournaments. If you would like to be an Club Coach, please contact Jeff Barksdale at 805.235.0135 or jeffbarx@gmail.com.

7. Parents, as well as their athletes, will be held responsible for their code of conduct.

## **Suggestions for a successful wrestling season:**

**Don't impose your ambitions or any expectations on your child.** Remember that wrestling is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they should be doing.

**Be supportive no matter what.** There are only three questions to ask your child, "How was it?", "Did you have fun?" and "Did you do your best?". Wrestling is a sport that will push the limits of any child. He will be required to deal with substantial discomfort in the pursuit of wrestling objectives. It will certainly not always feel fun for your child. A parent's roll is to offer encouragement during these times and to reinforce the principle that great rewards do not usually come without sacrifice. Please, do not force your child to participate, but please do encourage them to do so when they don't "feel" like it. Always encourage your child to give 100 percent effort and never give up.

**Avoid Coaching or Criticizing at all costs.** Your job is to support your child regardless of their wrestling performance. Conflicting advice and criticism work against the coach's efforts and only serve to confuse and de-motivate your child. Even if you are an approved Meathead Club Coach, it will serve your child best if you let the other coaches teach him. Wrestling is an extraordinarily strenuous and potentially emotionally charged sport and it is a rare parent that can effectively coach their child to wrestle without damaging the parent/child relationship.

**Communicate, communicate, communicate.** Whenever you have a question, concern, problem or an issue with any aspect of the program, please bring it to the attention of the director or a coach as soon as possible so that a private discussion, explanation and resolution can occur. Do not be part of spreading dissension by discussing problems, concerns or issues publically.

**Hygiene.** Fingernails must be clipped and wrestlers should bathe with an anti-bacterial, anti-fungal soap immediately following practices and competitions. Work-out clothes MUST be cleaned after every practice

## Coaches Code of Conduct

1. All coaches will follow all rules and regulations established by USAW, AAU, NUWAY and the Meathead Wrestling Club.
2. All coaches will not criticize wrestlers in front of spectators, but will reserve constructive criticism for private or in the presence of the other team members if they might benefit from the criticism.
3. All coaches will accept the final decisions of officials as being fair and called to the best ability of said officials. Coaches may discuss calls with an official in a manner that is professional, non-personal and within the rules. NEVER BERATE OR YELL AT THE OFFICIALS or the scorers, timers or other workers at competitions.
4. Coaches will not criticize an opposing team, its wrestlers, coaches, or fans by word of mouth or by gestures or on-line or by email.
5. Coaches should emphasize that good athletes strive to be good students and that both are physically and mentally alert.
6. All coaches should strive to make every wrestling activity serve as a training ground for life and a basis for good mental and physical health.
7. Together with officials, Meathead Wrestling Club Coaches are jointly responsible for the conduct and control of our parents, fans and spectators. Any team parent, spectator or fan who becomes a nuisance and gets out of control must be asked to leave.
8. Coaches will not permit or encourage "sweating down" or dehydration tactics to enable a wrestler to make weight. Coaches will only promote sound nutritional habits.
9. Coaches will not deliberately incite unsportsmanlike conduct. Nor should any coach ever direct a team member to intentionally hurt another wrestler or take advantage of an injury.
10. At tournaments, coaches are expected to coach wrestlers in every division and provide assistance when awaiting matches.
11. At practice and competitions, coaches are not to show favoritism toward any team member. Approved Parent-Coaches are expected to coach at the direction of the Lead Coach or Director and are not allowed to show favoritism toward their own child or put additional expectations or duties on their own child or give their own child a disproportionate amount of coaching time.
12. Coaches are to be on the mats during the entire practice. Discussions with parents, other coaches or spectators should take place before or after practice unless absolutely necessary.

13. Coaches are expected to be present at a minimum of 2 practices a week, in order to understand what the boys have worked on, and effectively coach them at tournaments.





















14. Coaches should never express any disagreement with another coach or disappointment with a team member publically or in the presence of Meathead Wrestling Club wrestlers, parents or fans. The only appropriate venue to express disagreement, concerns or other Club related issues is with the Head Coach or Club Director. Violation of this will lead to immediate dismissal as a Team Coach.

14. The Club Director, at his discretion, retains the right to immediately expel/suspend any coach, depending on the severity of the violation.



# OFFICIAL WRESTLING SIGNALS HIGH SCHOOL AND COLLEGE



 <p>Green Right      Red Left</p> <p>Unsportsmanlike Conduct and Flagrant Misconduct</p>	 <p>Stopping the Match</p>	 <p>Start the Injury Clock</p>	 <p>Stop the Injury Clock</p>
 <p>Technical Violation</p>	 <p>Out-of-Bounds</p>	 <p>Indicating No Control</p>	 <p>Awarding Points Left or Right Hand</p>
 <p>Reversal</p>	 <p>Interlocking Hands or Grasping Clothing</p>	 <p>Near-Fall</p>	 <p>Caution for False Start and Incorrect Starting Procedure</p>
 <p>Stalling Left or Right Hand</p>	 <p>Illegal Hold or Unnecessary Roughness</p>	 <p>Indicating Wrestler in Control Left or Right Hand</p>	 <p>Defer Choice</p>
 <p>Stalemate</p>	 <p>Time Out</p>	 <p>Neutral Position</p>	 <p>Potentially Dangerous Hold Left or Right Hand</p>

## SUMMARY OF SCORING

Individual Match

Takedown - 2 pts. Escape

- 1 pt

Reversal - 2 pts. Near

Fall - 2, 3, or 4 pts.

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## RINGWORM

What is ringworm?

Ringworm is a skin infection caused by a fungus that can affect the scalp, skin, fingers, toe nails or foot.

Who gets ringworm?

Anyone can get ringworm. Children may be more susceptible to certain types of ringworm than adults.

How are ringworm infections spread?

Transmission of these fungal agents can occur by direct skin-to-skin contact with infected people or pets, or indirectly by contact with items such as barber clippers, hair from infected people, shower stalls or floors.

What are the symptoms of ringworm infections?

Ringworm of the scalp usually begins as a small pimple which becomes larger in size and leaves scaly patches of temporary baldness. Infected hairs become brittle and break off easily. Occasionally, yellowish cuplike crusty areas are seen. With ringworm of the nails, the affected nails become thicker, discolored and brittle, or they become chalky and disintegrate. Ringworm of the body appears as flat, spreading ring-shaped areas. The edge is reddish and may be either dry and scaly or moist and crusted. As it spreads, the center area clears and appears normal. Ringworm of the foot appears as a scaling or cracking of the skin, especially between the toes.

How soon do symptoms appear?

The incubation period is unknown for most of these agents, however ringworm of the scalp is usually seen 10 to 14 days after contact and ringworm of the body is seen four to 10 days after initial contact.

Does infection with ringworm make a person immune?

Since so many species of fungus can cause ringworm, infection with one species will not make a person immune to future infections.

What is the treatment for ringworm infections?

Your doctor may prescribe a fungicidal material to swallow as tablets or powders that can be applied directly to the affected areas. Griseofulvin is commonly prescribed for treating fungus infections.

What can be done to prevent the spread of ringworm?

Towels, hats and clothing of the infected individual should not be shared with others. Young children who are infected should minimize close contact with other children until effectively treated. When multiple cases occur, seek advice from your local health department.



## IMPETIGO

What is impetigo?

Impetigo is a common infection of the skin resulting in blisters that may occur anywhere on the body but are usually observed around the nose or mouth. It is caused by one of two types of bacteria, either Group A Streptococci or Staphylococcus Aureus.

Who gets impetigo?

Commonly, children and young adults are affected. In adults, impetigo may follow other skin problems or after an upper respiratory tract infection. Impetigo occurs more in the hot humid summer months.

How is impetigo spread?

Impetigo is spread person to person through direct contact with discharge from blisters.

What are the symptoms of impetigo?

An itchy rash or red sores form that blister and then ooze. The sores may grow in size and spread. When blisters break, they form a flat, honey colored crust.

How soon do symptoms appear?

Blisters appear four to ten days after exposure to the fluids from blisters on another person.

What is the treatment for impetigo?

Impetigo can be successfully treated with antibiotics prescribed by a health care provider. With antibiotic treatment, healing should begin within three days.

What can a person do to minimize the spread of impetigo?

Impetigo is contagious. Follow your doctor's instructions. It is important to wash the rash with soap and water and to cover it loosely with gauze or a bandage. Thorough hand washing is necessary, especially after touching infected areas of the body. A person with impetigo should avoid contact with newborn babies and should be excluded from school, day care, or food handling until receiving permission from a health care provider or until 24 hours after starting antibiotic treatment. Do not share unwashed towels, washcloths, or clothing from someone who is infected.

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I, \_\_\_\_\_, have received the  
2015-2016 Meathead Wrestling Club Handbook.

I hereby acknowledge that I have read the handbook with my  
son/daughter,  
\_\_\_\_\_, and we understand all the conduct  
codes and disciplinary actions.

By signing this form we understand that both parent(s) and  
wrestler(s) have agreed to abide by these codes and the disciplinary  
actions that may result if violated.

Parent's Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent's Signature \_\_\_\_\_

Date \_\_\_\_\_

Wrestler's Signature \_\_\_\_\_

Date \_\_\_\_\_

THIS FORM NEEDS TO BE COMPLETED, SIGNED, DATED AND RETURNED