

# Bettendorf Wrestling Club

## 2020-2021 Season Information:

**We appreciate everyone's patience this wrestling season. Any time you are gathering with other people, you are putting yourself and others at risk of exposure to COVID-19. Wrestling is a close contact sport and we put together a plan using the IAHSAA sports guidelines to best keep kids safe. Kids, parents and coaches are required to follow these guidelines in order to use our school facilities. We want all of our returning kids to continue wrestling this season but also understand that during these unprecedented times every family's health circumstances are different. If you are not able to wrestle this winter season, please consider summer wrestling or going out next season. One season will not make or break your child's long-term development.**

The Bettendorf Wrestling Club is a fantastic opportunity for kids to learn the sport of wrestling in a fun and supportive environment. The Bettendorf Wrestling Club strives to develop confidence, self-discipline, a positive attitude, an excellent work ethic and good sportsmanship in all participants. The Bettendorf Wrestling Club is one of the top clubs in the state of Iowa and is the feeder program to the perennial powerhouse, Bettendorf High School Wrestling. The goal of the Bettendorf Wrestling Club is to not only prepare young wrestlers to compete at the high school level but also to help build the character traits and work ethic that will make them successful in life.

### Coaches:

Joey Trizzino  
Wade Baffa  
Aaron Bartels  
Rob Murray  
Jason Evans

Grant Jipp  
Dan Knight  
Josh Liddle  
Mark Trizzino  
Tim Hernandez

Kyle Schoenfelder  
Matt Schmit  
Sergio Mendoza  
Aurelio Delarosa  
Miguel Trevino

### Board of Directors:

Aaron Bartels – President  
Miguel Trevino – Vice President  
Sergio Mendoza – Treasurer  
Wade Baffa – Secretary  
Mark Fleming  
Rob Murray  
Mark Trizzino  
Josh Liddle  
Scott Newton  
Jason Evans  
Jim Kerr  
Kyle Schoenfelder

The logo for Bettendorf Wrestling features the word "Bett" in a large, bold, black, cursive-style font with a yellow outline. Below it, the word "Wrestling" is written in a smaller, black, sans-serif font.

**Fees:**

**Registration Fee:** \$60.00 – Includes Club registration and t-shirt (if registered by 11/15)

**Facility Usage Fee:** \$25.00 (\$50.00 for non BCSD students)

**Equipment:**

**Competition Singlet:** Singlets are not required but are recommended for competitions. Team singlets can be purchased for \$45.00. Club singlets are required to be worn at Districts, AAU State and Super Pee Wee State for wrestlers to be eligible for the Club issued State Qualifier jacket.

**Headgear:** Headgear normally is only required at USA Wrestling Folkstyle events

**Shoes:** Wrestlers should wear wrestling shoes or clean athletic shoes that are not worn outside. Wrestlers will not be permitted to practice without shoes. No “street” shoes are to be worn on the wrestling mats by wrestlers or parents.

**Practice Attire:** Shorts and t-shirts are recommended. All apparel must be clean at the start of practice. No clothing with snaps, buttons or zippers will be permitted.

**Equipment Swap:** The Bettendorf Wrestling Club Swap site is for club members to sell, trade or donate their used wrestling equipment to other club members.

**Safety Policies:**

**Fingernails:** Fingernails must be trimmed short enough that they will not scratch other wrestlers.

**Jewelry:** No jewelry is permitted at any time. This includes rings, watches, earrings, necklaces and bracelets. Medic alert bracelets are permitted if they remain covered with tape.

**Personal Hygiene:** Each wrestler should shower immediately following each practice or competition.

**Skin Infections:** The wrestling mats are disinfected daily. This combined with each wrestler showering immediately after practice greatly reduces the likelihood of spreading any skin conditions. If your child shows any signs of skin irritation please see one of the coaches.

**Injuries:** Most injuries in wrestling practice will be minor (scratches, bloody nose). In the event of a more severe injury the coach will call the emergency contacts provided.

**Website:** [www.bettendorf-wrestling-club.com](http://www.bettendorf-wrestling-club.com)

**Facebook:** Search Bettendorf Wrestling Club or link from the website (Facebook has the newest info)

**When should a wrestler begin competing?** Ultimately the decision of when to begin competing will be between the parent and wrestler. If you are unsure, feel free to discuss your concerns with the coaches before or after practice. The coaches will offer insight on which tournaments might best fit the goals you have for your child. As a general guideline, we recommend that wrestlers in grades K-1 attend at least four tournaments per year, grades 2-3 attend at least six tournaments

per year and grades 4-8 attend a minimum of eight tournament per year. These tournaments will supplement the Club practices and offer the mat time needed for success in the sport.

***\*\*Covid-19: Competition will not be number #1 priority this season. Focus will shift to training, development and technique.***

**When are tournaments?** You can find tournaments every weekend from mid-November through March. With COVID-19 we will be evaluating tournaments as the season progresses.

**Bettendorf Bi-State Tournament: [COVID-19 TBA]** This is our tournament that will be held on Saturday January 2<sup>nd</sup> and Sunday, January 3<sup>rd</sup>. This tournament not only gives our wrestlers the chance to wrestle in front of a Bettendorf crowd it is also our largest fundraising event of the year. We ask that each family works a minimum of one shift at this tournament. This is a great tournament with 600 wrestlers and it cannot be successful without everyone pitching in.

**AAU District Tournament [COVID-19 TBA]:** This is the AAU State Qualifier that will be held on Sunday, February 7<sup>th</sup>. We ask that each family works a minimum of one shift at this tournament also.

**Coaches at tournaments?** We will have most of our coaches at the “official” club tournaments. Our coaches are often at other local and national tournaments also. They will be happy to help coach your wrestler when they are available. To help ensure your wrestler has a coach in their corner be sure to wear a Bettendorf singlet and let the coaches know that your wrestler is about to wrestle.

**Practices:**

K-2 <sup>nd</sup> Grade	Middle School	Start in December	6:00 - 7:30 PM
3 <sup>rd</sup> -5 <sup>th</sup> Grade	High School	Monday & Wednesday	5:45 - 7:00 PM
6 <sup>th</sup> -8 <sup>th</sup> Grade	High School	Monday & Wednesday	7:30 – 8:45 PM***
Girls K-12 <sup>th</sup> Grade	High School	Start in December	6:00 - 7:15 PM

***\*\*\*Note practice time change this season to allow for cleaning and social distancing\*\*\****

Wrestlers should register for and attend the practice for their age group unless approved by the Bettendorf Wrestling Club President. Wrestlers may be moved to a different practice based on experience level, practice size or due to lack of practice partners.

Practice will be cancelled if school is cancelled.

## COVID-19 Requirements

If your child is feeling sick or has been exposed to someone sick, he/she should not attend practices or competitions. In practice, kids will be kept in the same small groups or partners weekly. Please monitor your child's temperature and health daily. Notify the club president IMMEDIATELY if your child has a fever or any symptoms or if they have known exposure to COVID-19. This is for the safety of all as we will have to determine quarantine with the health department and if anyone else has been exposed for contact tracing. Please continue to practice social distancing outside of wrestling practice.

1. No Parents allowed in the practice room this season
2. Wear mask inside school until in practice room (school policy)
3. Do not enter practice room until coaches finished cleaning
4. Break every 15 minutes in practice to sanitize and brief social distance.
5. Bring your own water bottle. There will be no drinking fountain.
6. No sharing practice gear, water bottles or towels
7. Sanitize your gear DAILY: wrestling shoes, head gear and sport gym bags
8. **Listen to coach directions at ALL TIMES.**

## Wrestler/Parent Code of Conduct

### Practice:

1. Attend and be on time for scheduled practices
2. Wrestling shoes or clean athletic shoes must be worn at all practices/tournament. No "street" shoes on the wrestling mats
3. No climbing or running up the wall mats
4. If wrestlers are a distraction during practice they will be asked to leave.
5. Report all injuries to a coach immediately.
6. No talking while the coaches are talking.
7. Give 100% effort at all times.
8. Positive attitude. Have fun!
9. Good sportsmanship at all times.

### Tournaments:

1. Represent yourself and the Bettendorf Wrestling Club in a positive manner at all times. If you can't do this you will be asked to leave.
2. Give 100% effort at all times.
3. Positive attitude. Have fun!
4. Good sportsmanship at all times.
5. Shake hands with your opponents before and after the match. Win or lose you need to be respectful.
6. Do not complain or question the calls made by the referee. If a call is questionable the coaches will discuss it with the official.

By participating in the Bettendorf Wrestling Club all wrestlers and parents agree to abide by these rules.

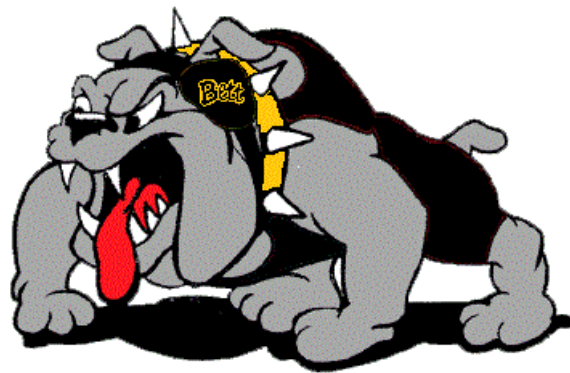
**Middle School Wrestling Room:** Enter at the main entrance. Go through the doors, straight ahead, crossing two hallways, until you reach the wrestling room.

**High School Wrestling Room:** Enter the main gym entrance (off 18<sup>th</sup> St). Go through the doors, turn left and go down the stairs. At the bottom of the stairs turn right and follow the hallway. You will pass the pool area. Turn left at the end of the pool and go up the stairs. This brings you to the back side of the wrestling room. **You must go this way. Please do not take a shortcut through the gym. This will disrupt basketball practice and cause problems for the Club.**

**\*\*\*Covid-19 want wrestlers to wait outside wrestling room until Coach tells you to come in.**

**Partners:** Wrestlers, with input from the coaches, will decide who their workout partners are. Please be aware that your wrestler will sometimes be paired with partners that are older, more experienced, heavier, stronger, faster or better conditioned. This is all part of the process of making them better wrestlers. Remember that nobody keeps track of wins and losses in practice.

**\*\*COVID-19: Same Partners or Group will be assigned for the entire week of practice.**



**2018, 2019 and 2020**

**AAU State Tournament Team Champions**