



WASHINGTON TOWNSHIP
JUNIOR WRESTLING

2019 - 2020

PARENT HANDBOOK

WTJW Board Members

Board Member	Position
Joe Hoopes	President
Al Lucia	Vice President
Jim Hagerty	Operations
Jenn Wisor	Treasurer
Phil Olivo	Secretary
Frank Albright	Voting Member-at-Large
Damien Massa	Voting Member-at-Large
Andy Hetzel	Voting Member-at-Large
Rob Esgro	Voting Member-at-Large
John Chirico	Member-at-Large
OPEN	Member-at-Large
OPEN	Member-at-Large
OPEN	Member-at-Large

WTJW Coaches

Senior Head Coach: Mark Ring

Bantam Head Coach: Al Lucia

Tot Head Coach: Joe Hoopes

Team Moms: Jenn Wisor/Janine Wechter

Team Mom: Jen Lucia

Team Mom: Nicole Hoopes

Website

Website - www.twpwrestling.com

This will be our main source for general program information. We will update our calendar regularly for events and practices. For all specific questions, concerns, or suggestions please contact: Joe Hoopes jhoopes@wtps.org

Volunteers

As with most youth programs, the people who manage our program, assist with activities, and serve on the Board are volunteers. Volunteers are extremely important to the program. We should be very grateful for the time and energy these volunteers provide. Without them, there would be no program.

Many of WTJW's fundraising initiatives are completely reliant upon parent volunteers. The Board requires parents to volunteer to help at select tournaments (admissions, concessions, set-up, take-down, etc.). Without parent help, these events would not take place and WTJW would lose critical funding. Parents will be notified in advance of tournament dates and given time to sign up for particular responsibilities.

Practice Schedule

Tots: 5 & 6 years of age
Bantams: 7 & 8 years of age
Seniors: Ages 9+

	CAC Building	O'Brien Hall
Monday	Bantams 6:00pm to 7:30pm	
Tuesday	Tots 6:00pm to 7:30pm	Seniors 6:00pm to 8:00pm
Wednesday	Bantams 6:00pm to 7:30pm	Seniors 6:00pm to 8:00pm
Thursday	Tots 6:00pm to 7:30pm	Seniors 6:00pm to 8:00pm

Equipment and Clothing Needed

Practice:

- Shorts
- T-shirt
- Clean wrestling shoes
- Head Gear
- Knee pads (optional)

Regular matches, dual meets/travel team, tournaments:

- WTJW singlet
- WTJW uniform
- Clean wrestling shoes
- Head Gear
- Knee pads (optional)

Practices

The practice session begins with warm-ups, followed by instruction, drills and live wrestling. We take skin hygiene and mat safety very seriously. We take every precaution at our club to minimize the risk of skin infections for our athletes. We clean our mats before and after every practice with a disinfectant/sanitizer that is formulated to kill organisms that cause skin infections.

For practices, wrestlers should:

- Try to attend all practices unless you are currently involved in the Middle School Wrestling Program.
- Arrive at least 10 minutes prior to practice and be ready to work out.
- Wear appropriate practice gear: t-shirt, shorts, socks, knee pads, wrestling shoes. Wear clean clothes to each practice.
- Wear Clean Shoes on the Mat: We REQUIRE wrestling shoes while on the mats to ensure the safety of our wrestlers. Prior to the wrestlers entering the wrestling room for practice, their shoe soles need to be clean. Wrestling shoes should only be worn in the gym, stones and debris can rip mats and injure wrestlers.. Never wear your wrestling shoes outside!
- Stay quiet, sit up and focus during instruction. Ask questions if you don't understand.
- Wrestlers must follow the directions of the coaching staff during practice, including doing the exercises and participating in all drills.
- Profanity, horseplay, abusive language or fighting will NOT be allowed.
- Push your drill partner to work hard and focus during practice.

- Make sure fingernails are trimmed before practices and matches.
- Report any injuries to the Coach right away.
- Wrestlers are not to leave the room without permission from the coach.
- Concentrate on daily and weekly improvement and work hard on fundamentals, NOT wins and losses.
- Display good behavior before and after practice.
- Bring a positive attitude to practice.
- Keep all siblings off the mats during practice

Wrestler's Hygiene

To reduce the risk of skin infections in all athletes competing in any sport:

- Take a hot, soapy shower right when you get home from practice, matches or tournaments.
- If you see something on your skin - SHOW THE COACH!
- If you suspect you may have a skin infection, you should see a doctor as soon as possible
- Random skin checks will be performed at practices throughout the season.
- Wear clean clothes and equipment and keep them clean. Keep wrestling clothes cleaned, hit the mat with only clean practice clothing and wrestling gear. Even shoes, knee pads and headgear should be washed at least weekly

What Happens In a Wrestling Match?

Objective

The primary objective in wrestling is to gain control of your opponent and to ultimately pin your opponent by holding your opponent with their back (both shoulder blades simultaneously) on the mat for a period of at least two seconds. There's no let-up... it's the fastest six minutes in sports. Each wrestling match is divided into three periods. Yet, from the first seconds, the "Sudden Death" rule applies. Each opponent is going for a "pin". If one succeeds, at any time, the match is over.

First Period

Match begins with contestants facing each other on their feet. Referee signals the timekeeper, blows the whistle and commands "Wrestle". Each wrestler moves, attempting to take his opponent to the mat and gain control. This is called a "take-down" for which the referee awards points. A "take-down" is completed when offensive wrestler has taken his opponent to the mat and has moved behind and on top of him, or in some other manner has demonstrated his control. After securing advantage, top wrestler tries to retain it by keeping the underneath wrestler in his control. He may use his hands, arms, legs, or a combination to maintain control. The underneath wrestler must at all times try to escape and gain control, or get the top position for himself.

Second Period

Second period starts with the toss of a coin or colored disk and the winner of the toss has the choice to select neutral, top or bottom position; or to "defer" and choose his position in the third period. A wrestler choosing top position attempts to pin his opponent or retain control, while the underneath wrestler tries to reverse his position. When a wrestler on top trying to pin his opponent fails to hold both shoulders down for the necessary two seconds, he may still be given credit and points for a partially successful attempt.

Third Period

The wrestler who did not choose position during second period now has choice. This gives each wrestler an opportunity to show his skill from his best position during the course for the match.

Overtime

A one minute overtime period will follow a match tied after regulation, with no rest between the regular match and overtime. The overtime period will begin with both wrestlers in the neutral position and the wrestler who scores the first points shall be declared the winner of the bout. If no winner is determined in the one minute overtime, a 30-second tiebreaker will follow. The choice for position in the tiebreaker period will be granted to the wrestler who scores the first point(s) in the regulation match. If no points were scored in the regulation match, the choice will be granted to the winner of a toss of a colored disk. The wrestler winning the toss may select the top or bottom position, or he/she may elect to defer his choice. The wrestler who scores the first point(s) will be declared the winner. If no scoring occurs in the 30-

seconds, the offensive wrestler will be awarded one point and declared the winner of the bout. Note: If both wrestlers are called for stalling and awarded 1 point during the first overtime period; the first overtime period will be ended and the 30 second tiebreaker will be wrestled.

Additional Match Information:

When the wrestlers go off the edge of the mat, the referee brings the contestants back to the center of the mat, placing the wrestlers on the mat as determined by the position held upon going out-of-bounds.

The individual match point system in wrestling is an evaluation of the activity, used to determine a winner in case there is no fall (or pin, as it is called). It is the referee's duty, among other things to analyze the situation and signal the points to the scorekeeper. The points signaled by the referee are usually a reward to the wrestler for his actions. Once in a while, a wrestler is penalized, and points are awarded to his opponent for infractions such as illegal holds and/or unnecessary roughness, as well as various technical violations related mainly to stalling.

The match times vary with the age group:

- **Tots:** 3 periods, 1 minute each
- **Bantams:** 3 periods, 1 minute each
- **Midgets:** 3 periods, 1 minute each
- **Junior:** 3 periods, 1.5 minutes each
- **Senior:** 3 periods, 1.5 minutes each

Match Rules:

- All wrestlers must be accompanied at all times by a parent or legal guardian. You cannot drop off your child and leave them at tournaments. There will be NO exceptions to this rule.
- Check-in with your assigned Team Mom.
- Always have your child notify a coach when they are "on deck" to wrestle. ("On deck" means that the wrestler's match is on the board and will take place very soon.)
- No child should ever wrestle without a coach at their match. If there isn't a coach, request the ref to not start the match until you locate a coach.
- ALWAYS let the coach handle any problems that occur during a match. This would include point disputes and injuries. The coach will let you know if your assistance is needed.
- It's great to cheer for your child but please refrain from profanity or speaking negatively about any opponent.
- Be responsible for helping your child keep up with when and where he needs to be - if your child isn't at the mat when his match is ready to start, the official will disqualify him and award the opponent the win.
- Keep a record of your child's performance (how many matches, how many wins pins, etc.)
- Matches can be very chaotic, so be sure to bring lots of patience. If you have questions find your Team Mom or a Coach and ask for help.

Wrestling Terminology and Points System

Takedown - 2 pts Wrestler gains control of other wrestler

Reversal - 2 pts Control between wrestlers switches

Escape - 1 pt Wrestler escapes from other wrestler's control

Locked Hands - 1/1/2/DQ - Wrestler in control can't lock hands unless in pinning combination or standing up-4th time=DQ

Near Fall - (2 sec) 2 pts-Exposing the back for at least 2 seconds

Near Fall - (5 sec) 3 pts-Exposing the back for at least 5 seconds

Fall (Pin) - Wrestler in control holds other wrestler's shoulders on mats for 2 seconds-match ends

Neutral - Both Wrestlers Standing

Referees Position - 1 Wrestler on Top/1 Wrestler on Bottom

Stalemate - No wrestler can gain an advantage

Stalling - Not initiating action

Technical Violation - Illegal move/action/hold

Examples of technical violations include:

- * Pulling opponent's singlet
- * Pulling opponent's hair

- * Locking hands
- * Biting
- * Cursing
- * Poor Sportsmanship

Officials

Officiating is more objective than subjective in that it does not require judging, as with sports such as gymnastics or figure skating. However, situations can and do occur that are subject to interpretation. Those situations most often involve out of bounds calls, determination of when/if control is sufficient to award points and determination of when/if stalling or penalties apply.

The Coach's Role

An effective coaching staff is essential in helping kids derive the greatest benefit from their involvement in the sport. Coaches need to be effective in planning, organizing and running practice sessions, and coaching mat-side during competition. They are also called upon in a host of other related activities, but most importantly, coaches should strive to create and maintain an environment in which the champion in every child can blossom.

It is the coach's responsibility to provide opportunities for growth, achievement and excellence that can lead to success on and off the mat. A good wrestling coach is effective in preparing his wrestlers for the challenges of competition and is able to instill positive values such as goal setting and self-discipline, while maintaining a high degree of enjoyment and fulfillment for the wrestlers.

In addition, coaches must be perceptive, flexible and creative enough to address individual needs. In summary, the coach should be a person wrestler's trust, look up to, learn from, and rely on for support. This is certainly a tall order given personal limitations and other commitments most coaches face. It is more practical however, for these virtues to be present collectively within a coaching staff.

The Parent's Role

Parents Are a Big Part of Our Success!

You play a vital role in our wrestling program and we appreciate greatly all that you do. We want to give you opportunities to get involved in our club:

- Photograph our wrestlers at practice and events for posting on our website
- Offer your time, talents and suggestions

Thank you, parents, in advance, for your time, talents and energy! This is your club, and we are fortunate to have you as our partners in creating a great experience for our wrestling family.

Wrestling can be relatively demanding, not only for the wrestler, but also for the parent. Wrestling clubs typically hold practice sessions two, and sometimes three times per week, in the evening. Many open tournaments during the school wrestling season are held on Sundays, which conflict with other family plans, but at a minimum may require a good deal of preparation, driving and patience. Some tournaments are a good distance from home, and usually require an early start. There are other responsibilities as well, ranging from fund raising activities to helping with tournaments or participating in other team activities. The parent's role, however, extends beyond such tasks.

Matches and practice sessions offer new and unique learning opportunities for young athletes. Involved parents spot these opportunities and make the most of them. Most importantly, kids need support and encouragement. They need to be able to stake claim to something positive about themselves that they can build from in developing self-confidence.

Parents can facilitate this process by identifying and reinforcing strengths while helping their child to see past their weaknesses. Your positive reinforcement as a perceptive and caring parent can be the single most significant influence in your child's athletic development and personal growth.

Parents will be asked to read [Chapter 281: Youth Sports Code of Conduct](#) and then sign /return the **CODE OF CONDUCT ACKNOWLEDGEMENT Form**. The Code of Conduct link and Code of Conduct Acknowledgement Form can found on our website). A copy of the form is also attached to this packet.

Here's some additional do's and don'ts:

- **Don't impose your ambitions** or 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 is only one question to ask your child, "Did you have fun?" If meets and practices are not fun you should not force them to participate.
- **Do not coach your child.** Your job is to support, love and hug your child no matter what. Conflicting advice and criticism work against the coach's efforts and only serve to confuse and demotivate your child. If you feel you have the experience and ability to contribute to the team as a coach, volunteer your services through the proper channels.
- **Get involved.** Your club needs your help and support. Attend parent and club meetings to find out how you can help. And most importantly, show your child that you care by attending as many meets and tournaments as possible.
- **Acknowledge your child's fears.** Their opponents appear to be much more intimidating through their eyes than through the eyes of a grown-up. Consider their perspective and don't expect them to compete with the confidence and mental toughness of a seasoned expert.
- **Do not criticize the officials.** Unless you have been there, you have no idea how challenging officiating can be. Expect that in some matches your child could lose as a result of an error on the part of an official or score keeper. That's life. Help your child to understand that the official does their best to score the match fairly, and that it is important that we respect the ruling of the officials regardless of how we feel about the situation.

Dual Meets/Travel Team

Our club will participate in several team tournaments throughout the season. "Dual Team" or "Travel Team" refers to one team competing against another team. There is one wrestler per weight. Team tournaments are typically very competitive events as the top wrestler at each weight class is wrestling **can be grades K-6.**

Wrestle-offs

We will have Wrestle-offs; dates TBD. They will be held at O'Brien Hall or the CAC. WTJW has outlined guidelines for wrestle-offs for team tournaments. We hope this will help parents and wrestlers understand the process so that everyone feels they are being treated fairly.

Wrestle-offs/Challenge Rules:

- Wrestlers must sign up at either the CAC or O'Brien Hall if they would like to participate in the wrestle off. That wrestler will then be weighed to confirm that the wrestler does not weigh too much/too little for the challenged weight. Weight classes 50lbs-77lbs have a 1 pound weight allowance. 82lbs-Heavyweight have a 2 pound weight allowance. For open spots and first time wrestle-offs of the season, if two team wrestlers are at the same weight, final position is determined by the best two of three matches.
- **COACHING IS NOT ALLOWED DURING WRESTLE-OFFS.** This includes parents, coaches, siblings and other wrestlers.
- Parents may not keep score/time/referee for their wrestler's challenge. Only adults may keep score and time. WTJW coaches or a neutral official will referee the matches.
- Challenges/wrestle-offs are **OPTIONAL** - up to the parent and wrestler.
- Once a wrestler earns a weight class, that wrestler must be beaten twice by a challenger to lose the position.
- If a wrestler cannot make the wrestle-off time, they will lose their spot on the team until the next wrestle-off date, unless the Head Coach or coaches are previously notified.
- The coaches reserve the right to make exceptions for extenuating circumstances (illness, family vacation, etc.) and these wrestle-offs will be arranged at a different time. The coaches **MUST** be notified of these situations prior to the wrestle-off night, or the wrestler will lose their team position until the next wrestle-off.
- If your wrestler is on the team and cannot make a team tournament date, notify the coaches as soon as possible so another wrestler can fill that spot.
- Coaches will select alternates for the team if need be.
- WTJW will attempt to post team tournament dates as far in advance as possible.
- The WTJW Board and coaches reserve the right to make decisions regarding any other issues that may arise during wrestle-offs.

TEAM COMPETITION GUIDELINES

The team event is entirely under the discretion of the coaches. The coaches may need to make adjustments to the line-up in order to remain competitive with the other teams and opposing coaches who are doing the same.

In some situations, the wrestler who earned the spot may be asked to sit out or wrestle up a weight class for a round as strategy based on the upcoming match-ups. These decisions are based on the styles of wrestlers and the competition. In some cases, an alternate may be better suited/skilled at wrestling a particular style necessary to compete with an opponent.

Alternates at varying weights will be brought along to team tournaments. Alternates cannot be guaranteed a competitive match. Effort will be made to arrange an exhibition match for alternates, but this is dependent upon other teams alternates and their weights, whether there is enough time between matches, etc.

Parents are not allowed on the sidelines to coach their child during a team competition or interfere with any coaching decisions.

It is important to remember that these events are TEAM competitions. These events are about the sum of all wrestlers and not each match individually. Sometimes a wrestler who loses by a few points rather than a major decision or by fall contributes as much to the team winning as someone who wins their match by fall over his opponent.

It is MANDATORY that all wrestlers stay at the team event until ALL matches are completed.

Wrestlers are expected to sit mat side and cheer for their teammates.

Good sportsmanship is expected of all WTJW wrestlers and parents at all times.

Tournament Competition

If your child decides he wants to wrestle in a tournament, he will be wrestling opponents with various skill levels ranging from beginners to HIGHLY ADVANCED.

Our Coaches and Wrestlers attend wrestling tournaments every weekend throughout the season. Wrestling clubs in the area sponsor these competitions. Participation in the tournaments is strictly by personal choice and if you choose to enter your wrestler you may have to coach that wrestler in competition if no other coaches are available.

Our club hosts one tournament each year (Saturday, February 2, 2019).

Typical Tournament Timetable

1. Before each tournament, bathe and cut fingernails.
2. Remember to bring your wrestler's registration card (if required), wrestling singlet and attire.
3. Weigh-ins: Arrive at tournament, find appropriate registration table by grade level or by year of birth. Register and pay fee. Go to the scales to be weighed. Your weight will be written on the back of your hand and on the weight slip. A weigh-in official will also visually check your skin (for skin ailments) and check your fingernail length.
4. Go eat breakfast. This is usually offered at the wrestling site, but fast food or family restaurants are nearby or you can bring your breakfast 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.
5. Warm-up. Exercise with the other WTJW wrestlers and loosen up before wrestling by doing calisthenics and practice moves.
6. Listen to the announcer for your age group or class group to be called. Most of the youth tournaments are 4 to 6 man round robin. These types of tournaments will call a group to staging, bring them to a mat and you will stay there until all matches are wrestles. They will typically wrestling one group and then wrestle 1 or 2 other brackets before returning to yours. This allows the wrestlers to have a reasonable break. Plan your eating and drinking accordingly, (lunch, snacks). Refreshments are for sale after wrestling begins. You may bring your own food and drink. Typical awards are medals, plaques, or trophies.

Wrestling Terminology

Sprawl – Falling forwards with your legs going back. A defensive counter to an attack on the legs

Wrist Control – Control your opponent's wrist

Hand Control – Control of your opponent's hand

Shoot – Making an attempt for a takedown

Escape – Defensive person escapes for points from controlling wrestler

Takedown – Wrestler has taken his opponent down to the mat and gained control by being on top and behind the arms of opponent

Breakdown – Wrestler has his opponent flat on his belly

Reversal – Defensive wrestler gained control

Neutral position – Both wrestlers standing

Referee's Position or Base position – Wrestler is on his hands and knees and his opponent is on top of him

Pin – Wrestler has succeeded in turning over his opponent to the mat and keeping any part of both of his opponent's shoulders to the mat for 2 continuous seconds or less. Resulting in completion and winning of the match

Cross Face – Forearm is placed on the near side of the opponents face to maneuver him for control

Optional Start – In referee's position the offensive man is standing up with 2 hands on the defensive man's back shaped like a V. Usually to let him go to neutral but not always

Stalling – Offensive or defensive wrestler fails to attempt to gain control or go for the pin

Stance – Correct standing position

Technical Fall – Scoring a lead of 15 points in Folkstyle (10 points in Freestyle), resulting in completion and winning of the match

End of Match Scoring

Fall – Any part of both shoulders or part of both scapulae of either wrestler held in contact with the mat for one second constitutes a fall. A fall shall not be awarded unless part of both shoulders or part of both scapulae is in bounds. If any portion of the body of one of the wrestlers is out of bounds so that the wrestler is disadvantaged, no fall shall be awarded and out of bounds shall be declared. When the match is stopped for out of bounds in a fall situation, the match shall be resumed in the starting position on the mat.

Technical Fall – A technical fall occurs when a wrestler has earned a 15-point advantage over an opponent in Folkstyle Wrestling.

Major Decision – A major decision occurs when the margin of victory after three periods is 8 through 14 points.

Decision – A decision occurs when the margin of victory is fewer than 8 points. A decision also is credited to the wrestler who is awarded the first points in an overtime match that does not end with a fall, default or disqualification.

Default – A default is awarded in a match when one of the wrestlers is unable to continue wrestling for any reason. A default shall be included as a win or loss in each wrestler's season record.

Disqualification – A disqualification is a situation in which a contestant is banned from participation in accordance with a pre-determined penalty table. A disqualification shall be included as a win or loss in each wrestler's season record.

Forfeit – A forfeit is received by a wrestler when the opponent, for any reason, fails to appear for the match. In order to receive a forfeit or medical forfeit, the non-forfeiting wrestler must be dressed in a wrestling uniform and appear on the mat. A forfeit or medical forfeit shall be included as a win in the victor's season record. In the event of injury or illness, a contestant may declare a medical forfeit, which counts as a win but not as a loss on record.

Q&A's

HOW DOES WRESTLING COMPARE WITH TEAM SPORTS SUCH AS SOCCER, BASEBALL AND BASKETBALL? Wrestling is considered an individual sport, but includes many of the benefits of team sports. Wrestling differs from most team sports in that during

competition, athletes must rely entirely on their own individual abilities for success. Those that dedicate the time and effort will eventually achieve at a level directly proportionate to the investment they have made – even if their teammates prepare and perform at a different level.

Similarities exist in that teammates still depend on each other in team competition. Team victories in meets and tournaments are determined by the number of individual victories, and the extent to which each match was won or lost. Wrestlers also develop an appreciation and respect for teammates that have been through the same challenges, and a strong sense of belonging and camaraderie with teammates and other wrestlers.

Other team sports may be better for developing interactive player-to-player skills such as passing and blocking, but wrestling can offer benefits that other team sports lack. The individual nature of the sport provides an outstanding opportunity for young athletes to develop a sense of responsibility and self-esteem while learning the relationship between effort and achievement.

DOES WRESTLING TEACH OR PROMOTE AGGRESSIVE OR VIOLENT BEHAVIOR? Aggressiveness, Yes. Violence, No. Wrestling is often referred to as the toughest sport, and in many ways it is, but it is certainly not violent, nor does it lead to unruly or destructive behavior.

One of the factors that make wrestling so different from most other sports is that wrestling involves head-to-head competition. Each wrestler's efforts work in direct opposite from each other as in a tug-of-war contest. Success in wrestling requires the ability to attack, as well as the ability to stop your opponent's attack. The same factors apply with boxing and martial arts, but an attack in wrestling is nonviolent.

Wrestling does not permit opponents to strike one another, and imposes strict penalties or disqualification for violent behavior. In essence, wrestling is unique in the fact that it can be very aggressive without being violent. The objective is not to destroy or harm one's opponent, but to out-manuever them and to gain control.

The intensity with which wrestlers compete increases with age and experience. Kids wrestling, especially the younger age groups, is not nearly as intense as high school or college wrestling.

It's common for new wrestlers to feel somewhat intimidated at first, not knowing how they compare with other wrestlers, but that is soon overcome. Wrestling, perhaps more than any other sport, is a great for building confidence while retaining a healthy dose of humility. The long-term result is that it develops the champion from within, and leads to greater success both on and off the mat, and does not turn kids into bullies or thugs.

IS WRESTLING A "DANGEROUS" SPORT? There is a common misperception among the non-wrestling public that wrestling is a very dangerous sport. Perhaps it's the aggressive nature of the sport, association with "Pro Wrestling", or perhaps fear of the unknown. Several studies have been conducted in recent years that show wrestling to be safer than many more common sports including football, ice hockey and gymnastics. Most notable in these reports, is wrestling's low percentage of serious, permanent and life-threatening injury in relation to other sports.

CAN WRESTLING HAVE AN EFFECT ON CHARACTER DEVELOPMENT? Success factors in sports, or anything for that matter, are part God-given (i.e. height and size) and part acquired (i.e. endurance). Success in wrestling depends most on acquired factors, and unlike most other sports, wrestling does not favor athletes of any particular height, size, weight, muscle type*, race or social class, and does not rely on superior vision or hearing.

Wrestlers learn, by the nature of the sport, that long-term success has much more to do with the investment made than the "natural" gifts one is given. Wrestlers learn the value of preparation and hard work, and the role it plays in achieving one's goals. Wrestling provides real-life experiences that build and strengthen the following character traits: Self-Reliance, Mental Toughness, Work Ethic, Competitive Spirit, Responsibility, Self-Discipline, Goal Orientation, and Confidence

WOULD MY CHILD BE REQUIRED OR EXPECTED TO LOSE WEIGHT? NO! There's no weight cutting in youth wrestling programs. It's true that weight cutting does exist at the high school and collegiate levels, but there are quite a few public misconceptions.

Some parents automatically associate wrestling with excessive, out-of-control weight loss, akin to anorexia and bulimia. In reality, the opposite is true – wrestlers gain control of their body weight and body composition, and are able to set and achieve reasonable goals with respect to muscle mass, fat percentage and body weight.

This form of weight control is more of a factor in later years, when competing at high school or collegiate levels, but coaches and wrestlers at that level are well aware of health and safety factors, and not likely to engage in unhealthy or risky forms of weight loss. Furthermore, state and national governing bodies, such as USA Wrestling, now prohibit any form of rapid or unsafe weight loss.

To some, the practice of any sort of weight control for the purpose of competing in a sport may still seem extreme and unnecessary, however, at the appropriate age, with proper education, planning and discipline, weight control can be a good thing that carries into other

sports and can be an asset in maintaining one's health later in life. Proper weight control results in optimum body composition, allowing athletes to compete in peak physical condition, with the greatest ratio of strength, energy and power to body weight. These are factors in virtually every sport at the Olympic level. With young wrestlers, it is only appropriate to discuss concepts. It can be a good time to explain how healthy eating can have an impact on performance, or to discuss the difference between healthy foods and "junk foods". Virtually all kids can learn and benefit from this information, even at a young age.

-----Sign and return to your team mom by December 1st -----

Washington Township Junior Wrestling (WTJW)

The Washington Township Code of Conduct (Ordinance # 21-2002) was written to protect the moral, welfare and reputation of TWP organizations, athletes, members and all parties involved in the facilitation, organization and attendance of Washington Township sporting events.

Please continue to abide by the Code of Conduct to protect your athletes and their organization and allow those involved in the organization to focus on continued improvement of athletic, personal and organizational development without the distractions of disciplinary, legal or any other negative diversions.

Thank you in advance for your acknowledgement and cooperation.

Regards,

The Washington Township Junior Wrestling Board

CODE OF CONDUCT ACKNOWLEDGEMENT

I acknowledge that I have received a copy of the Washington Township Code of Conduct (Ordinance #21-2002). I have read the Code of Conduct and understand it. I agree to comply with the requirements outlined in the Code. I also agree to ensure any guests I bring to attend any WTJW events will abide within the Code accordingly.

If any situation involving a conflict, potential conflict, or perceived conflict or violation of the Code of Conduct occurs I will report it immediately to a member of the WTJW staff.

I also understand that a violation of this policy may result in disciplinary action, including exclusion from future Washington Township sporting events and/or legal action.

Signature: _____

Date: _____

Name (please print): _____

Wrestler's name: _____