

Bettendorf Wrestling Club

2025-26 Season Information

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, positive attitudes, 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 team. 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.

Board of Directors:

Andrew DeCap – President
adecap@bettwrestle.com
Miguel Trevino – Vice President
Eric Howard – Treasurer
Rob Murray
Ian Chesnutt
Tyler Hammerlinck
Jake Anderson
Jason Evans
Nate Stralow
Ben Uker



AAU State Tournament Team Champions
2018 - 2019 - 2020 - 2021

Fees:

Registration Fee: \$100 – Includes Club registration and t-shirt - must register prior to starting practices. We strive to make wrestling accessible to all community members. If you have a financial hardship and cannot afford the registration, please contact the BWC President to discuss. president@bettendorf-wrestling-club.com

AAU Card – Must have athlete card before practices start

- <http://aausports.org/Join-AAU>

Equipment:

Competition Singlet: Singlets are not required but are recommended for competitions. Team singlets can be purchased through our team gear store. 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 is recommended, but not required at practice or the “official” tournaments attended by BWC coaches. It is normally 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 Equipment Swap site on Facebook 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 first check if a parent is present. If a parent is not present the coach will call the emergency contacts provided.

Website: www.bettwrestle.com or www.bettendorf-wrestling-club.com

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

Competitions:

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.

When are tournaments? You can find tournaments every weekend from mid-October through March. We will be participating in four “official” club tournaments plus the AAU District and AAU State tournaments. We will also send teams to four dual tournaments and at least one “Developmental” dual meet.

Bettendorf Bi-State Tournament: This is our tournament that will be held on Sunday, January 19th. 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: This is the AAU State Qualifier that will be held on Sunday, February 2nd. **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 nd Grade	Middle School	Monday & Wednesday	5:30 - 6:30 PM
3rd-5th Grade	Middle School	Monday & Wednesday	6:45 - 8 PM
3 rd -8 th Grade	High School	Monday & Wednesday	7:15 - 8:30 PM
Girls K-8 th Grade	Middle School	Tuesday & Thursday	6:00 - 7:15 PM (TBD)

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.

There will be no practice if school is canceled.

After Feb 3rd – practices will be for State Qualifiers and any partners that are needed. K-2nd and Girls practices will continue as scheduled.

Any optional practices over the holidays or prior to Districts/State will be announced as needed.

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 18th 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 - wrestlers will be told to leave the room and go around if they enter through the gym.**

Parents: Parents are allowed in the K-2 practice ONLY. If there are exceptional circumstances that require you to be in the practice room for grades 3rd-8th, please contact the Bettendorf Wrestling Club President.

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. We are looking for wrestlers to improve and if you are always winning at practice, you are likely not improving.

Bettendorf Wrestling Club

Wrestler/Parent Code of Conduct

Please review these rules with your child:

Practice:

1. Attend, and be on time for scheduled practices
2. Wrestling shoes or clean athletic shoes must be worn at all practices/tournaments. No "street" shoes on the wrestling mats
3. No climbing or running up the wall mats
4. If wrestlers/parents/siblings 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.

