

Parent Handbook



Youth Wrestling

James Gang Wrestling: Parent Handbook

Club Website: <http://northfieldwrestling.com/>

Facebook: <https://www.facebook.com/NorthfieldWrestling>

Club Philosophy

Our philosophy is to see each wrestler reach their potential both mentally and physically and to increase the participation of wrestling in our community. With participation from parents, coaching staff, and athletes, Northfield Wrestling will flourish. The key to any youth program is to have volunteers. The more parents that are willing to be active, the better our wrestling program will be.

Board Members:

Meetings are held monthly and all are invited to attend.

President:

Bob Pagel

bpagel10@gmail.com

Vice President:

Nate Kuhlman

npkbigfish@gmail.com

Treasurer:

Dana Kuyper

danakuyper@gmail.com

Secretary:

Kari Gorr

kari.gorr@gmail.com

Head Coach:

Tyler Faust

tylerfaust87@hotmail.com

Volunteer Coach and High School Head Coach: Geoff Staab

gstaab21@yahoo.com

Program Registration

Online: <https://northfieldwrestling.sportngin.com/>

Contact: Laura Underdahl phone: 507-475-3271

Apparel Orders:

Online: Available on the northfieldwrestling.com website

Contact: Cheri Staab email: cheristaab@hotmail.com

Programs

Beginner Program: Cost: \$55.00 for the program plus \$100 work check per wrestler (\$200 family cap) due the first day of practice. The work check(s) will be held and you will receive your work check(s) back after completing 4 hours (6 hour family cap) of volunteer time prior to January 31, 2020.

Designed for the beginner wrestler ages Pre-K through 2nd grade. However, unexperienced wrestlers older than 2nd grade can also register under this session. This program will focus on core fundamentals and provide an introduction to the sport of wrestling.

Practices: Tuesdays & Thursdays from 11/12/19 – 1/9/20 (except holidays and breaks) with the option to continue on until April. 6-7pm at the Northfield High School Wrestling room.

Competitive Program: Cost: \$95.00 for the program plus \$100 work checks per wrestler (\$200 family cap) due the first day of practice. The check will be held and you will receive your check(s) back after completing 4 hours (6 hour family cap) of volunteer time prior to January 31, 2020.

Designed for the wrestler who wants to further develop wrestling skills and advance to the next level. This program is for wrestlers in grades 3-6, but younger wrestlers are also welcome.

Practices:

11/12/19 - 1/9/20 - Tuesday and Thursday (except holidays) from 7:00p - 8:00p

1/14/20 - 3/31/20 - Tuesday and Thursday (except holidays) from 6:00p - 7:30p

Practice

- Wrestlers should be suitably dressed (Wrestling shoes / Clean gym shoes, shorts, and a t-shirt).
- Parents are welcome to attend and help wrestlers with technique during practice time.
- Please keep children who are not participating in the sport out of the wrestling room. We need all the mat space we can get. We also don't want a wrestler to fall on little children.
- **Parents and guests must remove their street shoes before entering the wrestling room.**

Hygiene and avoiding skin ailments

- Practice clothes and wrestling uniforms should be washed daily.
- Wrestlers should shower directly after practice with anti-bacterial soap.
- Mats will also be washed daily by coaches.

Wrestle-Offs for Team Competition

- Team competition is voluntary.
- Wrestlers should sign-up two-weeks before any competition.
- Wrestlers are not encouraged to lose weight to compete in any team competitions.
- It is our club philosophy to expose as many wrestlers to team competition as possible.
- Team competition is designed for building friendships and fun!
- Wrestle-offs are avoided whenever possible because we want to maximize as many wrestlers as we can for the team competition and we do not want to create hard feelings amongst teammates.
- Informal wrestle-offs will be used whenever possible and coaches may conduct wrestle-offs after practice if necessary.
- The coaches will rotate wrestlers through dual competition as much as possible.
- The coaches have the discretion of how many wrestlers they will bring to any team tournament.
- The coaches have the discretion which wrestlers they will bring to the team competition.
- Parents are required to provide transportation to and from team competitions.
- Youth must be registered in the James Gang Youth Wrestling program by Feb. 1 in order to wrestle off for a team spot. Special consideration may be made based upon parent and coach discretion and/or extenuating circumstances.

Individual Competition

Coaches will post a tournament schedule of planned area tournaments for the wrestling season. Some may include overnight stays at hotel water parks etc. These are all voluntary! Our goal is to associate wrestling/competitions with fun.

- Wrestling is a tough sport, so the more fun activities we can tie to competitions the better! Feel free to communicate any ideas to the coaches.
- The cost of a tournament varies by town and is usually \$10-\$15.
- Parents must provide their own transportation to and from the event.
- After wrestlers register and weigh-in, they will be bracketed into a group.
- Wrestlers/Parents should tell the coach what mat they have been assigned prior to wrestling, so coaches can do their best to be available to coach.
- **View the Guillotine website for other individual tournaments that you might be interested in at :** <http://theguillotine.com/wp/open-tournament-calendar/>
- Note: Some Tournaments may require a USA or NYWA wrestling card.

Volunteer Opportunities and Expectations:

Our program relies on parent volunteers. The more help we get from everyone the less each of us will have to do. Besides the registration fee, each family will be required to pay a \$100 work check per wrestler (\$200 family cap), due on the first day of practice. The check will be held and you will receive your check(s) back after completing 4 hours (6 hour family cap) of volunteer time prior to January 31, 2020.

The following dates are important dates for our program and good opportunities to volunteer:

- James gang tournament 11/16/19
- Larry Severson tournament 12/14/19
- James Gang K-3 12/15/19

Other ways you can earn hours include:

- Washing youth warm ups after team tournaments, various dates
- Hours spent helping or donating food (food donations limited to two hours per family)

A few important reminders:

- All hours complete before checks returned
- Checks will be held until Jan 31st
- Require 4 hours per wrestler. 6 max per family

- Sign up will be available first night of practice
- No practice allowed after first night/parent meeting without check
- Scholarships available

Basic Rules and Guidelines of Folkstyle wrestling

http://www.iahsaa.org/wrestling/Folkstyle_Wrestling_Basics_Phil_Henning.pdf

Questions/Concerns

- If you have any concerns please bring them to the President or Vice President. Coach Tyler Faust has a lot on his plate and we would like him to focus on coaching. Thank you.