

POWAY SLAMMERS WRESTLING CLUB
PARENT INFORMATION SHEET
2009 – 2010 Season

Objective for the Season

1. Have FUN!
2. Learn the basic skills and techniques of freestyle wrestling.
3. Qualify as many wrestlers as possible for the State Folkstyle Championship.

Contact Information

Name	Role	Phone Number	Email
Jason Homestead	Head Coach - Olders	858-699-8157	jkhomestead@gmail.com
Spencer Swarts	Head Coach - Youngers	858-748-8011	spencerswarts@yahoo.com
Rich Shea	Parent Contact	858-748-5430	rkshea48@cox.net

General Information

The Poway Slammers Wrestling Club is sponsored by the Poway Wrestling Foundation, which is affiliated with California USA Wrestling, which in turn is affiliated with USA Wrestling. USA Wrestling is the officially sanction body for amateur wrestling in the United States.

The club is associated with the San Diego Imperial Kids Wrestling Association (SDIKW A). SDIKW A organizes and sponsors most (if not all) of the wrestling tournaments in which your children will participate this season.

All Slammer participants will be registered with USA Wrestling and will receive a USA Wrestling Card. Please bring your USA Card to every tournament.

Equipment

No special equipment is required; however, you may want to consider purchasing one or more of the following equipment:

- Wrestling shoes (\$35 – \$40)
- Headgear (\$15)
- Knee Pads (\$20 - \$40 per knee)

Of this equipment, shoes and headgear are by far the most valuable. Some sources for wrestling equipment include:

Vendor	Items	Website
SportsMart	Shoes	
WrestlingOne.com	All items	www.wrestlingone.com
Worldwide Sports Supply	All items	www.wwsport.com

Practices

Attire and Equipment

- Wear your Slammers (or other) shorts and T-shirt. Do not wear your tournament singlet for practices. You may wear a personal singlet if you have one. T-shirts should be tucked into shorts during practice.
- Wrestling shoes and headgear are strongly recommended. Otherwise, any type of sneaker. Shoes must be clean especially on the bottom.
- No jewelry (e.g., chains, watches, bracelets, etc.). Medical alert chains and bracelets can be brought to practice but should not be worn while practicing. Please alert the coaching staff to any medical condition that may affect your child.
- Fingernails must be cut and filed to remove any sharp areas.
- Securely cover any cuts or scrapes before practice.
- Do not practice if your child has a contagious infection especially a skin infection.

Schedule

- **Mandatory Parent Beginning of Season Meeting Thursday, October 29th at 7:00 PM in the Dr. Munday Wrestling Center at Poway High School.**
- Novice, Schoolboy and Cadet age divisions will practice from 6 PM until 8 PM on Monday and Wednesday. No Friday practice.
- Rookie, Bantam, and Midge age divisions will practice from 6 PM until 7:30 PM on Tuesday and Thursday evenings.
- Generally, we will not practice on days that are school holidays for Poway High School. Check the Slammers page of our website (www.powaywrestling.com) if you are unsure of a practice date.
- To allow us to follow our practice plan and to ensure time for proper warm-up, please have your child at practice about five minutes early.

Place

- All practices will be held in the Dr. Perry L. Munday Wrestling Center at Poway High School.
- Coach Branstetter (the Poway High School wrestling coach) allows us to use this facility. We need to keep that facility clean and avoid damage to it.
- Occasionally, Coach Branstetter's team will still be practicing when you arrive for practice. Please wait quietly on the side lines or in the bleachers until his team is finished.

Parent Volunteers

The success of the Slammers depends heavily on its volunteer work force and all parents are encouraged to help. We do hire coaches for the program, but still need parent volunteers to help with coaching and all other aspects of the program. We will be having a mandatory parent meeting at the Dr. Perry L. Munday Wrestling Center on Thursday, October 29th, 2008, at 7:00 PM to discuss the season as well as ways that you can help.

Parents and Siblings

- Parents are not obligated to stay during practice. If you do drop your child off, please plan to pick them up promptly at when practice ends.

- Parents are welcome to stay and watch practice (or help with practice). If you do stay, we need your help in a few areas.
 - Please keep conversations with other parents and/or between siblings to minimum or go outside. With 50+ wrestlers on the mat, we need to keep talking to a minimum so that they can hear. Sideline conversations interfere with this need.
 - Please keep siblings off the mats.

Tournaments

Attire and Equipment

- All Slammers will be issued a club singlet to be worn only for tournaments. Parents must provide a \$50 deposit check before a singlet will be issued. The deposit will be returned when the singlet is returned at the end of the season.
- Wrestling shoes or other sneaker type shoe. Please make sure shoes are clean. Shoe laces must be taped or covered with a shoe lace cover (cost is about \$8).
- Headgear and knee pads if you have them.
- No jewelry can be worn during a match. Medical alert chains or bracelets must be removed during matches.
- Fingernails must be cut and smooth. The referee will check nails at the start of each match.
- A small rag or towel must be tucked inside the front of each wrestler's singlet. This is used as a "blood rag" should the wrestler experience a bloody nose.
- Bring each wrestler's USA Card.

Regular Season Tournament Schedule

- Tournaments are held every Sunday (except during the Christmas Holidays and Superbowl Sunday). Tournaments are divided into two wrestling sessions: a morning session and an afternoon session. The younger age groups wrestle in the morning session, which generally runs from 9:30 AM until about 12:30 PM. The other age groups wrestle in the afternoon session, which runs from about 1:00 PM until 4:30 PM. Weighs-in for the younger age group are usually from 7 AM until 8 AM. The older age group usually weighs-in between 10 AM and 11 AM.
- Tournament locations change every Sunday. Different wrestling clubs within SDIKWA host each tournament as a fundraiser for their club.
- Tournaments tend to alternate weekly between San Diego and Imperial county locations.
- Tournaments are divided into three categories: Beginner, Novice, and Open.
 1. One beginner tournament is held each year on the first Sunday of December (this year it is Dec. 6th). This tournament is open only to wrestlers that have never wrestled before. Wrestlers that have wrestled in middle school are not eligible for this tournament.
 2. Two novice tournaments are held each year on the second and third Sundays of December (this year it is Dec. 13th and 20th). Novice tournaments are open to any wrestler that has never won an open tournament.
 3. All remaining tournaments are open tournaments. The first open tournament begins on the first Sunday (unless it is a holiday) in January (this year it is Jan. 10th). Open tournaments are open to all wrestlers.
- The SDIKWA tournament schedule will be provided to all parents separately. The schedule does sometimes change during the season. An up-to-date version will always be available on the website. Go to the Slammers page (www.powaywrestling.com/slammers.htm) and select the Schedule option from the menu on the left side of the window.

State Folkstyle Championship

- One goal of our program is to qualify as many wrestlers as possible for the Folkstyle State Championship Tournament. Our program won the Kids State Championship in 2009! The tournament is held in Fresno mid-March. Wrestlers qualify for this tournament by placing at the SDIKWA County Championships tournament.
- While wrestlers will not be required to attend the State Tournament if they qualify, it is a wonderful experience for wrestlers and parents alike. Families would be required to pay the costs of the trip but the club will coordinate travel and hotel arrangements to the extent possible. Our hope is to bring a large contingent of Poway Slammers to Fresno and create an athletic travel experience for our wrestlers that they will always remember.

Age Groups and Weight Classes

- For tournaments, wrestlers are divided by age. Within an age group, wrestlers are further divided by weight.
- A wrestler's age for an entire season is determined by the birthday he/she celebrates during the 2010 calendar year. For example, a participant whose 13th birthday falls on any day of 2010 is considered 13 years old for the entire 2009-2010 season.
- The age groups are as follows:

Group	Age	Birth Year
Cadet	15 and 16	Born in 1994 or 1995
Schoolboy/girl	13 and 14	Born in 1996 or 1997
Novice	11 and 12	Born in 1998 or 1999
Midget	9 and 10	Born in 2000 or 2001
Bantam	7 and 8	Born in 2002 or 2003
Rookie	5 and 6	Born in 2004 or 2005

- The following table shows the weight classes for each age group:

Age Group	Weight Classes
Cadet	84, 91, 98, 105, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, and 275 (17 classes, no heavyweight; maximum weight is 275).
Schoolboy/girl	70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 145, 165, 185, 205, 225, 250 (19 classes; no heavyweight; maximum weight is 250).
Novice	60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140, and heavyweight (15 classes; heavyweights must weigh more than 140).
Midget	50, 55, 60, 65, 70, 75, 80, 87, 95, 103, 112, 120, heavyweight (13 classes; heavyweights must weigh more than 120).
Bantam	40, 45, 50, 55, 60, 65, 70, 75, heavyweight (9 classes; heavyweights must weigh more than 75).
Rookie	35, 45, 50, 55, 60, 65, heavyweight (7 classes; heavyweights must weigh more than 75).

- The heavyweight class will be divided into a light heavyweight and heavy heavyweight class if the difference between participants exceeds a maximum allowance. The maximum allowances are as follows: Rookie – 15 lbs., Bantam – 15 lbs., Midget – 20 lbs., Novice – 25 lbs.
- Rookie, Bantam, and Midget age groups compete in the morning session. Novice, Schoolboy/girl and Cadet age groups compete in the afternoon session.

Weigh-Ins

- All wrestlers must weigh-in prior to each tournament. Weigh-ins are held at the tournament site and conducted by tournament volunteers. A digital scale is used to weigh each wrestler.
- Any wrestler that is not at or below their desired weight class according to the tournament scales by the time weigh-ins close must compete in the next higher weight class. No weight allowance is provided. There are no exceptions to this rule.
- Wrestlers must wear their competition singlet at the weigh-in. It is suggested that wrestlers arrive at weigh-ins wearing their singlet underneath their clothes, as changing rooms are often not available.
- Weigh-ins for the morning session generally run from 7:00 AM until 8:00 AM. Weigh-ins for the afternoon session generally run from 10:00 AM until 11:00 AM. However, each tournament may vary slightly. A flyer with the weigh-in times will usually be available prior to each tournament.

Miscellaneous Tournament Information

- The focus in all tournament matches (and all practices) is on improvement not on winning. Thus, sportsmanship and positive encouragement are expected from all wrestlers, coaches, parents, and other spectators. Any unsportsmanlike behavior will not be tolerated.
- SDIKWA rules require that wrestlers, credentialed coaches, and table help/referees are the only individuals allowed in the wrestling areas. Parents wishing to get close to the action must either become credentialed coaches or work the tables. To be a credentialed coach you must have your USA Wrestling bronze-level coaches' card. A bronze-level class may be held prior to the start of season.
- Volunteers are needed to run the matches on each mat. Generally, three individuals plus one or two referees are needed for each mat. Parent volunteers for mat help is greatly appreciated and earns money for our club. The three positions are scorekeeper, timer, and pairing.
- A tournament fee is charged for each tournament. The fee will be \$10 per wrestler. This cost is NOT included in your Slammers registration fee.

Miscellaneous

Opportunities to Learn More about Wrestling

- **Coaching Clinics** – It is expected that SDIKWA will conduct a USA Wrestling bronze-level coaching class sometime in November. The class will last approximately 2 ½ hours. A bronze-level card is required for access by coaches to the mat area during tournaments. Coaches will also be required to submit an application for a background check. No one will be allowed on the mat until the background check is completed. Contact Rich Shea at (858) 748-5430 for more information.

Parent Support

During the course of the season, there are a number of team tasks that need to be performed. Help from various parents to perform these tasks will be greatly appreciated. The tasks include:

Tournament Results Recorder	Someone to keep track of who wrestles at each tournament and how they do (wins, losses, and placing).
Referees	Anyone can learn to referee. Our club earns money each time one of our members referees a match.
Table Help at Tournaments	See Tournaments – Miscellaneous Information above
Practice Help	All parents are welcome to help with practices. Please check in with the coach prior to helping with a practice.
Registration and Clothing Managers	One or more parents who will help coordinate registration, USA cards, and clothing.
Team Party/Pictures Coordinator	One or more parents to coordinate and plan team pictures and the end of season team party.

Other Sources of Information

The following websites provide addition information.

Poway Wrestling Foundation	www.powaywrestling.com
USA Wrestling web site	www.usawrestling.org
California USA Wrestling	www.ca-usaw.org
SDIKW A Wrestling	www.ca-usaw.org/assn/sdikwa.html
FILA International Wrestling	www.fila-wrestling.org
The MAT	www.themat.com
Intermat Wrestling	www.intermatwrestle.com