

## Wrestling Parent Letter 2011 Season. Mapleton/Springville Recreation—pre-K through 3<sup>rd</sup>.

Dear parents,

This letter is a reference guide. Don't hesitate to email if you have questions at [craiglamont@me.com](mailto:craiglamont@me.com) or [Dianelamont1@yahoo.com](mailto:Dianelamont1@yahoo.com). It is our goal to try to provide a positive, fun, experience for all. We oversee wrestling for 3 year olds through ninth graders for Springville and Mapleton City Recreation programs and we also manage Champions Wrestling Club.

Here is a copy of the sportsmanship commitment you signed:

### *Parental Commitment*

*As a parent I hereby commit that I, and any other related or unrelated significant other that I allow to support my wrestler, will demonstrate good sportsmanship. I understand that I could be asked to leave the premise and not return if I do not demonstrate good sportsmanship. I also understand that my wrestler may not be allowed to continue in the recreation program if I as a parent cannot live up to this commitment. Specifically, I will not yell at, degrade, argue with, fight with, threaten, or otherwise torment referees, coaches, other parents, or wrestlers (including my own) during practice, competition, or any other time.*

COMMUNICATION: Changes to the schedule and announcements will only be posted on [www.championswrestling.com](http://www.championswrestling.com). You should subscribe to the automatic email service on that website to receive an email whenever an announcement is posted. After you subscribe, the site will send you a confirmation email. YOU MUST REPLY to that email or your subscription will not take place.

We offer five sessions of wrestling:

Phase 1 Winter: (Nov & Dec) We cover folk style basics. We compete against ourselves during the week and augment that with optional weekend tournaments. The session will end before Christmas.

Phase 2 Winter: (Jan) Teams are rearranged based on year of birth instead of grade. There is no additional fee for the January wrestling. We are still under ci.

Phase 3 Spring: (Feb – Apr) For those that really love the sport or want to improve faster. Folk Style, Freestyle and Greco Roman styles will all be taught. New registration will be required. Club only. I will train coaches during this phase.

Phase 4 Summer: (May-Jul) This is a time for committed wrestlers to train extra and to prepare for national events. No additional fee if they participated in phase 3.

Phase 5 Fall: (Sep-Oct) This is a relaxed pre-season session of Folk style only. Short easy practices for those that want to keep their skills up during the fall. Fee for fall session also covers phase 1 and 2 of the following year.

All club, city recreation, and Jr. High wrestlers should have a USA Wrestling Membership card to participate. There are three versions of membership. A limited Folk style membership for \$15.00 will cover phase 1 and 2 tournaments. The full membership is \$40.00 and that covers all out of state and out of country events for all three styles of wrestling. There is also a \$100.00 version that gets extra gear, discounts, and various perks but is not required. You may upgrade online at any time.

The Caleb Williams Memorial Tournament (in honor of the late Caleb Williams from our club) is the tournament we host on November 19<sup>th</sup>. This is partially subsidized by the city recreation programs and also works as a fundraiser for our local high school teams. So instead of paying the \$12.00 entry fee, it will only cost champions wrestling club/city recreation wrestlers \$2.00. I will send out an electronic coupon code for this event during the week of the tournament. Each parent will need to sign up on-line for this event and it is expected that all will compete. Links to registration is on our website and the state website. Make sure your team name is Champions Wrestling Club and not the name of the local city recreation team we gave you. Please do not register and then not show up. Please do not show up Saturday if you have not registered. REGISTRATION closes on the Thursday before the tournament. All pairing is done Friday.

All other Saturday tournaments are optional and will cost more money to enter. Most are on-line registration at [www.trackwrestling.com](http://www.trackwrestling.com). There is no charge for spectators at most of these tournaments. Our team coaches will attend Saturday tournaments. If your team coach is not there, any coach with our program should step up and help coach your wrestler. The state tournament (a very fun tournament with awesome awards) is the first weekend in February. Saturday tournaments are something that I highly recommend so the wrestlers can learn competence and

practice what they are working on during the week.

Mat Care: DO NOT bring pop, Gatorade, or other drinks into any wrestling room during competition or practice. Water bottles are allowed. Because it is winter, please use the West doors at Memorial Hall. Do not enter from the street on the North side. This keeps dirt, snow and ice from the mats. For sanitation reasons, when you come to watch practice or cheer during competition, please do not wear your street shoes on the mats. Parents and loved ones should remove their shoes if they walk on the mat. Do not place chairs or other objects on the mats. They are easily damaged. NO HIGH HEALS, NO STROLLERS, NO WORK BOOTS!

Buildings: Please do not let children explore or run free in the schools. Keep your children from running aimlessly on the track at Springville or in the halls at Mapleton.

Please support your son at the competitions by being present or sending another significant other to cheer for him.

Please be prompt to practices and matches and to pick them up after practice if you cannot stay. Please call your coach if you cannot show up to the competition nights. Also, if your wrestler desires to drop out of wrestling, please notify your coach.

Your child is not required (but is encouraged) to wear a full uniform to compete. You may purchase singlets, wrestling shoes and headgear at sporting goods stores. A coupon to scoreboard sports in Orem can be downloaded on the club website. These items are not required in phase one. If your child does not have a singlet, make sure he is in a t-shirt and shorts. Levi cut-offs are not allowed. He needs to wear some kind of footwear if he does not have wrestling shoes. No jewelry of any kind is allowed.

Please help the coaches during practice and competitions. You do not need to know anything about wrestling to help with a drill. You just need to be willing. The more coaching on the mat, the better each wrestler will learn. Please be proactive in talking to your coaches, asking questions and sharing concerns.

“Cutting weight” is not allowed. Do not encourage weight loss for wrestling unless they are medically overweight.

Springville and Mapleton Cities have both been supportive of wrestling. They have agreed to allow Champion’s Wrestling Club to actually be the vehicle for their City Recreation Program. Parents should be clear that this program is a city recreation program and a club program all in one. This saves families hundreds of dollars per boy and allows for a more complete and quality program. It is important to note that Champion’s Wrestling Club does not pay any coaches or benefit financially from running the City Recreation program.

The club goals are:

- 1) Have fun (enough to want to return next year)
- 2) Learn sportsmanship
  1. Participation is more important than winning.
  2. Parents are the primary example of sportsmanship. If the following rules are broken I will ask parents to leave the room or competition.
    1. No negative taunting of the other team.
    2. No yelling at or engaging other parents or coaches from the other teams.
    3. No yelling at or mocking referees in derogatory ways.
    4. Please continue to be a good example of sportsmanship by not talking negatively about other teams, referees, teammates or coaches. Especially in your car or home.
    5. Enthusiasm: Learning how to get excited, to cheer, and to manage adrenaline is an important part of sportsmanship.
    6. Teamwork: I expect the boys to feel a commitment to the team and know that the team is not complete without him.
    7. Be positive about your son’s strengths and focus on his progress, not his weaknesses. The number one reason for kids quitting sports is negative pressure from parents.
- 3) Learn skills: Wrestlers will master the sport sooner by focusing on basic skills. They will love the sport more and feel more confident in themselves. Please note the champions’ colors sheet for a list of basic skills each wrestler should know by the end of the season.

- 4) Build character and teach life skills. Wrestling teaches important lessons of life. Your coaches have been challenged to teach something about life in each practice. Examples are sportsmanship, hard work, honesty, teamwork, emotional control, trust, facing fears, practicing, patience, following instructions, etc.
- 5) Create an identity in each child so they see themselves as a wrestler.
- 6) Provide positive coaching.
- 7) Build respect in the community. It is important to make wrestling a cool and respected sport in the community. This will increase interest in the sport and help build championship teams as they grow up.
- 8) Increase the quality and quantity of wrestlers feeding into the high school programs.
- 9) Support Springville, Maple Mountain, and Spanish Fork High School wrestling programs.
- 10) Support Utah Valley University wrestling program.

Thank you,  
Craig & Diane LaMont