



# Jr. Warrior Wrestling Parent Handbook



## WOODHAVEN TOURNAMENT INFORMATION

1. The Jr. Warrior Wrestling Organization hosts one tournament per year. This tournament is usually scheduled for the last Sunday in February.
2. Set-up for the tournament is the night before. At least one member of each family is required to help out at set-up.
3. Clean up is immediately following the last match of the tournament. At least one member of each family is required to attend clean up.
4. Each family must volunteer time as table help during the tournament. A sign up list will come around as the tournament gets closer.
5. There will be a hospitality room set up for this tournament instead of a food table. This room will be open for use by officials, and members of our wrestling club only! All families will be asked to donate food items to keep our hospitality room stocked with food and drinks for the day.



## JUNIOR WARRIOR WRESTLING TEAM RULES AND CONDUCT

### RULES FOR WRESTLERS

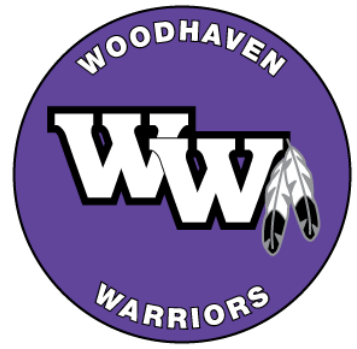
1. All wrestlers must be on the mat and ready to practice at the scheduled time. We also expect our parents to be prompt as well. Please pick up your children on time. Our coaches have families as well and obligations that they need to attend at the conclusion of practice.
2. All wrestlers need to be respectful of their coaches and teammates. They need to represent themselves, their families, their club, their community, their coaches, and their teammates in a positive manner at all times.
3. Rowdiness, bigotry, and destructive behavior will not be accepted and will have consequences.
4. Practice attire: Wrestling shoes are required on the mats. Do not wear wrestling shoes outside, bring them to practice and change them before entering the wrestling room. Shorts and t-shirts are worn at practice. Do not wear singlets for practice. No baggy clothing or sweats. **No jeans/jean shorts are allowed. No metal is allowed on your clothing and no makeup or jewelry of any kind should be worn. Head gear is required.**
5. Doors are locked at 6:00, weather permitting. Please be punctual. 15 minutes early is on time. On time is late.
6. No water bottles will be allowed in the wrestling room. Coaches will decide when a team water break will be given during practice.
7. Fingernails must be clipped and short. Skin and nail checks will be done before practice on Tuesdays.
8. All wrestlers are expected to attend all scheduled practices unless they have notified the coaches in advance. Tournaments are suggested, but not mandatory.
9. All wrestlers wearing orthodontic braces or permanent appliances must wear protective mouth gear at tournaments and at practices.
10. Wrestlers may leave the practice area only with the coaches permission. **NO EXCEPTIONS!!**
11. Every wrestler must shower after every practice and tournament. There are several diseases that can be passed. Showering regularly will help eliminate the cause and spread of these diseases. **Please be advised that if you are affected by a skin disease, you will need a doctor's note to return to practice.**

### CONSEQUENCES FOR WRESTLERS

1. Verbal Warning
  2. Written Warning
  3. Practice Suspension for 1 week (no tournament for that week).
  4. Removal from the Junior Warrior Wrestling Program (decided by the wrestling Executive Board).
- \*\*Depending on the situation, the Board has the right to suspend or remove a wrestler at any time.**

### RULES FOR PARENTS

1. There will be no wrestlers allowed on the mat for practice or tournaments without the appropriate forms turned in. This includes your registration form, athlete physical and birth certificate.
2. Parents should make sure that all fees are paid on time.
3. Parents will demonstrate good sportsmanship at all times through their actions and words. Demonstrate positive support for all wrestlers, parents, coaches and officials at every tournament and practice.



4. Parents need to remember that the matches are for the wrestlers and not for the parents to win or lose. Appreciate the efforts of all the wrestlers and the coaching staff.
5. Parents will inform the coaches of any physical or medical ailment that may affect the safety of their wrestler as well as any other wrestlers.
6. Parents may not yell moves or create any other distractions during tournaments. The coaches should be the only adults discussing wrestling with the children during matches. Yelling at your child, or slapping the mat creates confusion among the wrestlers.
7. Parents are not allowed to physically, emotionally, or psychologically abuse any other parent, wrestler, coach or official.
8. Parents agree to abide by the grievance procedure listed below for any items of concern.
9. **Each family must** provide a family member for tournament set-up and clean up.
10. **All families must** volunteer to work the Jr. Warrior Wrestling Tournament in February.
11. **All fees, charges and purchases are non-refundable.**
12. The team name and/or logo is not to be used, copied, or reproduced in any manner without consent from the Jr. Warrior Organization. Team apparel is not to be altered in any way.
13. In order to keep the team apparel consistent and uniform, no lettering is to be added to the team apparel. This includes names put on the front or back of team apparel.
14. You are responsible for signing up your children for tournaments and extra activities. No reminder phone calls will be made for signing children up for tournaments and other activities.
15. Provide the organization with an e-mail address and check it often. Important information will be sent to the e-mail address we have on file.

## GRIEVANCE PROCEDURE

It is possible that conditions arise where a member feels they have been treated unjustly. This situation may be with a particular coach, team or the wrestling program in general. You should attempt to resolve this issue informally by speaking with Coach Weirich after practice (and away from the children). It is recommended that you do this after you have considered the situation for 24 hours. You can do this face-to-face, by mail, or via e-mail. However, if the need arises to discuss things in a more formal manner, you can request an emergency meeting of the Executive Board. Coach Rudy Weirich will inform all Board members should this need arise.

### CONSEQUENCES FOR PARENTS

1. Verbal Warning
2. Written Warning
3. Tournament Suspensions
4. Removal from all Jr. Warrior Wrestling Activities

**\*\*Depending on the situation, the Board has the right to suspend or remove a parent at any time.**

\*\*Any complaint will be handled directly by Coach Weirich or Kim VonLinsowe. Please refrain from complaining to other parents before, during or after practice.



## **RULES FOR COACHES**

1. Coaches should show good sportsmanship at all times.
2. Coaches will attend all tournaments and practices or arrange for a proper substitute.
3. Coaches are not allowed to physically, emotionally or psychologically abuse any wrestler, parent, or referee. All coaches will treat each other, parents, opposing coaches and officials with respect and dignity, regarding language, attitude, behavior and mannerisms. Violations of this rule are disciplined according to the Jr. Warrior Wrestling Code of Conduct.
4. All coaches (prior to coaching) will be subject to a criminal background check.

## **CONSEQUENCES FOR COACHES**

1. Verbal Warning
2. Written Warning
3. Tournament Suspension
4. Removal From Jr. Warrior Wrestling

\*\*Depending on the situation, the Board may vote to suspend coaching privileges at any time.



## Athlete Contract

Dear Participant,

Being a member of a wrestling program is a privilege that carries with it a great responsibility. The lessons learned in our wrestling room will help you in many aspects of your life. Many adults have made the commitment to work with you. Therefore, we are asking you to make a commitment to this program. Please read this letter carefully, and sign if you agree to this commitment.

1. Arrive to practice on time and ready to give 100% (10 minutes early is considered on time).
2. Have all of the appropriate wrestling equipment with you (shoes, headgear, etc.).
3. Let the coaches know if you are unable to attend a practice.
4. Be attentive. Do not distract others by talking or fooling around.
5. Always work to the best of your ability.
6. Show respect to your teammates, coaches, assistants and your parents.
7. Remember to do your schoolwork. Wrestling and grades go hand in hand.
8. Don't come to practice if you are sick (24 hours must pass from vomiting, diarrhea and fever).

Wrestler's name \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## Jr. Warrior Wrestling Organization Parent Agreement

Dear Jr. Warrior Parent,

As adults, you are your child's first teacher. An old quote states, children learn through what they see. The Jr. Warrior wrestling organization takes our stellar reputation seriously. In order to uphold that reputation and continue to provide the best wrestling club for your children, we are asking that you read the following agreements and sign the bottom of this letter.

As parents of a junior warrior, we agree to:

1. Allow the coaches to coach.
2. Follow the rules set up by the coaches regarding closed practices.
3. Be a positive influence on all the children.
4. Bring my child to practices on time.
5. Refrain from gossip about coaches, children or others at any Junior Warrior Wrestling event.
6. Make sure that all of the siblings of a wrestler are watched closely if they must attend a practice.
7. Show respect toward the adults working with my child (never challenge a coach in front of the children).
8. Refrain from the use of profanity.
9. Bring any issues regarding the club to the attention of the head coach or another board member for discussion.

\*\*I have read the above rules, as well as the Parent Handbook. I understand and agree to all of the regulations of the Junior Warrior Wrestling Organization.

Parent name \_\_\_\_\_  
Wrestler's name \_\_\_\_\_  
Signature \_\_\_\_\_  
Date \_\_\_\_\_



## General Notes of Interest

- Stay informed and up to date with the Jr. Grappler. The Jr. Grappler is a weekly newsletter designed to keep you “in the know.” Please pick up your copy on the 1<sup>st</sup> practice of every week.
- The registration fee includes a t-shirt, shorts, and MYWAY membership. You will need to provide headgear (required for tournaments and practice), wrestling shoes and a singlet for tournaments.
- Tournaments are held on Saturdays and/or Sundays. The fees range from \$10.00--\$15.00 per tournament. Tournament participation is not mandatory. Wrestlers can wrestle in as few or as many tournaments as they wish.
- Fundraisers benefit the entire club and participation by all is the key to successful fundraising. Last year we did several events and we are constantly looking for new ideas.
- We will be hosting a tournament tentatively scheduled for the first Sunday in March. Everyone will be expected to volunteer for set-up, clean up and table help during the tournament.
- There is a food table for the wrestlers and their families at every tournament. Please do your part and sign up to bring something for the food table at all tournaments that you attend. A sign up will be provided, weekly, at practices.
- There will be a \$12.00 per month fee for mat time. This fee will be due on the first practice day of each month. The months that will need to be paid are November, December, January, February and March. Wrestlers will not be allowed on the mat to practice until that fee is paid. Fees can be paid in advance. The total cost for the season is \$60.00 per wrestler.
- On the Jr. Warrior Wrestling website, you will find links to MYWAY and MYWAY Metro. Please visit these sites and make yourself aware of all the MYWAY rules and regulations.  
([www.jrwarriorwrestling.com](http://www.jrwarriorwrestling.com))



## Junior Warrior Wrestling Board Members for 2009/2010

**President:** Coach Rudy Weirich  
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**Vice President:** Mike Emery  
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**Vice President:** Brian Sizemore  
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**Secretary:** Donna Cahalan  
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**Treasurer:** Brian Sizemore  
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**Webmaster and 1<sup>st</sup> alternate:** John Bouchard  
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**2<sup>nd</sup> Alternate:**