

Marlboro Boys and Girls Club

2017-2018



Parent/Athlete Handbook

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Visit our websites at:

www.mbgcwrestling.com

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This handbook is designed to provide parents and wrestlers with information and provide an opportunity to ask any questions they may have. Please read through the entire handbook and ask any questions you may have.



WHY WRESTLE?

Wrestling prepares a person to compete in the game of life. The wrestler is the one athlete that must meet their opponent and compete completely on their own. No one can substitute and time outs are not allowed. There is no one to check, screen, block or assist you in anyway; there is no one to pass the ball to and no one to blame for your mistakes. When you win, you must display quiet pride and modesty; when you lose the responsibility is yours.

Wrestling is a special sport. In many other sports, when contact is made, the referee blows a whistle and stops the action; in wrestling when contact is made, we're just getting started.

No sport requires more sacrifice and discipline than wrestling. The individual, through self-denial, offers more of their character, than can ever be explained here. It is something you carry with you throughout your life, and through every trial, test, and tribulation. Wrestling truly teaches life skills and values.

Coaching Staff

COACHES

Christopher Owens

Hassan Phillips

Joshua Clark

Kelsey Miller

Joseph Lagman

Michael Sutton

Guidelines

What is a MBGC Wrestler?

A MBGC Wrestler is a wrestler who always follows the Wrestler's Creed. These align with the pillars of pursuing victory with honor.

Wrestler's Creed:

1. WRESTLE HARD:

After the contest is over, you can say,
"I gave everything I've got physically. I wrestled my heart out."

2. WRESTLE SMART:

Keep your poise. Be intent. Stay focused.
Concentrate only on the match at hand.

3. WRESTLE FAIR:

Obey both the letter and the spirit of the rules.
Wrestle clean.
No cheating.

4. EXPECT TO WIN:

Never concede. Never quit.
Never give up or give in.
Give an all out effort.
Leave it all on the mat.

5. HAVE FUN:

Don't shrink from the fear of defeat or let the bitter taste of defeat destroy your love of the sport.

6. KEEP PERSPECTIVE:

When the match is on, it is important that you win. After it is over, it makes no ethical difference whether you won or lost. Self-worth is not predicated on the vagaries of victory or defeat. What does matter most is that you love the challenge of the sport, savor the camaraderie of your teammates, and earn the respect of your opponents; namely, that you have been true to your best self.

Practice times: Practice will run from 6:30 pm to no later than 8:15 pm. Specific days to be determined.

Practice days may change and practices may be canceled if facility conflicts occur. Commissioner Allen will try to give as much notice as possible if this occurs.

Practice Dress: All wrestlers must have their own water bottle everyday. All wrestlers must wear a shirt and sweatpants to practice. Their shirt must be tucked in. Wrestlers with braces must wear a mouthpiece. WASH YOUR WORKOUT CLOTHES OFTEN, HAVE CLEAN WORKOUT CLOTHES EVERYDAY. Headgear should be worn during all live wrestling.

Practice Attitude: Team members are to show good character on the mat, as well as off. Foul language will not be tolerated. Childish stunts, which include but are not limited to hazing, will not be tolerated (tricks, picking on others, etc.). Hustle in and out of all demonstrations and coaching discussions. Get to work right after being told what to do. Once practice begins, wrestlers are not to sit down. During demonstrations and discussions, wrestlers may take a knee or remain standing.

Contagious skin rashes: If a wrestler has any kind of skin rash, he must bring it to the attention of the coach. Before a wrestler is eligible for competition, he needs to show a doctor's note to the referee (If visible) granting him permission for competition. Covering the rash is NOT acceptable for competition.

Absences

Wrestling is a sport that requires many hours of mat time to become proficient. Missing practices deprives your wrestler of needed repetitions to develop technique and it may also deprive another wrestler of a dependable partner. Please be courteous of the coaches who volunteer their time and try to give us some sort of notice if you are going to miss practices or wrestling matches. Wrestling season conflicts with Thanksgiving, Christmas, and New Years. We understand that you may have family commitments for the holidays but please try to keep the coaches informed of extended absences.

Injury Policy

Wrestlers should notify a coach immediately if they are injured or bleeding. (Note: Please discuss the difference between pain, cramps, minor scrapes, and INJURY with your wrestlers)

Wrestling Meet Guidelines

Basic Procedures: We are a team and you must always cheer on your teammates. After every match wrestlers must show good sportsmanship. WIN OR LOSE wrestlers will shake hands with the opposing wrestler and coaches. Wrestlers will remain close to their team at a match so the coaches can find them when their matches are approaching.

Dual meets : Dual meet matches are matches where we compete as a team against another team. There is usually only one (1) Dual meet during the season. Every wrestler must attend the dual from start to finish.

Lineup Determination: The line-up for Dual meets are determined by wrestle offs. Wrestlers should be available to wrestle in the event that one of their teammate cannot wrestle or does not show up.

Tournaments: We compete in tournaments almost every weekend during the season (beginning in January). All wrestlers are expected to compete in our league tournaments. Competing is the best way for us to determine if our young wrestlers are grasping the concepts that we teach. There is no need to show up for practices if your wrestler does not intend to compete in our tournaments.

End of Year Tournament: Our season culminates with the end of the year tournament. Unless there is an emergency, every wrestler must attend the end of the year tournament.

Academics

All wrestlers are student athletes! Student comes first! The coaches are in full support of parents on issues dealing with school work.

Weight Management

In past years, wrestling has gotten the reputation for excessive weight reduction. We do not condone “cutting weight” for junior league wrestlers. I advise parents to take a look at our league age/weight charts at [Southern Maryland Junior Wrestling League](#) homepage and if your child is close to a lower weight on the chart for our weigh in date, I would suggest very light meals before hoping on the scale.

Parent Support / Behavior

We as a team need all the parent support we can get. On occasion, we may need to support each other by carpooling to tournaments. We also need support to maintain our wrestling facility. We need all parents to assist with rolling up the mats each night, making sure that the wrestling room remains clean, and cleaning the mats.

We encourage you to support your child during his or her matches. However, please do not coach your child on the mat unless you have been asked to do so by a coach.

Under no circumstances are parents allowed to step on a mat to approach or question a referee’s call, or lose control because their wrestler is losing.

Set a good example for your wrestler. Under no circumstances should parents encourage cheating, biting, or other forms of poor sportsmanship.

If a parent becomes a problem on the mat, the coach will immediately forfeit the wrestler’s match.

Basic Wrestling Facts

There are five ways to score points in a wrestling match:

1) Takedown - (2 points) You score two points for taking your opponent down to the mat and controlling him/her.

2) Escape - (1 point) You score one point for getting away or getting to a neutral position when your opponent has you down on the mat.

3) Reversal - (2 points) You score two points when your opponent has you down on the mat and you come from underneath and gain control of your opponent.

4) Near Fall (Back Points) - (2 or 3 points) You get near fall points when you almost but not quite get your opponent pinned. A near fall (near pin) is when both shoulders are held for two seconds within four inches of the mat, or one shoulder touches the mat and the other shoulder is at a 45 degree angle coming down to the mat, or the wrestler is held in a high bridge or back on both elbows. If a near fall lasts for two seconds, you get 2 points. If a near fall lasts for 5 seconds, you get 3 points.

5) Penalty Points - (1 or 2 points) Your opponent is awarded points if you commit the following infractions.

Illegal Holds - There are several holds that the referee will penalize you for without warning. (There are other holds call "potentially dangerous holds" which the referee might make you let go of but will not penalize you for).

6) Technical Violations

Going off the mat to avoid wrestling ("fleeing the mat.")

Grabbing clothing, the mat, or the headgear

Incorrect starting position or false start (You get two cautions before points are awarded). Locked or overlapped hands: If you are down on the mat in control of your opponent, you cannot lock or overlap your hands, fingers or arms around your opponent's body or both legs unless you have your opponent in a near pin, or your opponent stands up and has all his/her weight on two feet.

- **Unnecessary roughness**
- **Unsportsmanlike conduct**
- **Flagrant Misconduct** (ejection, the match is over)
- **Stalling** (you get one warning before you are penalized and points are awarded).

The first and second time you are penalized, your opponent is awarded one point. The third time you are penalized, your opponent is awarded two points. The fourth time you are penalized, you are disqualified. (Except for illegal starting position or false start - you are cautioned twice, then one point awarded for each infraction, but you will not be disqualified).

These rules apply to the type of wrestling done in the United States in College, High School, Junior High, Middle School, and most youth wrestling. This type of wrestling is often referred to as "folkstyle"

wrestling. The rules for "freestyle" and "Greco-roman" wrestling, as is done in the Olympics and internationally, are a little different.

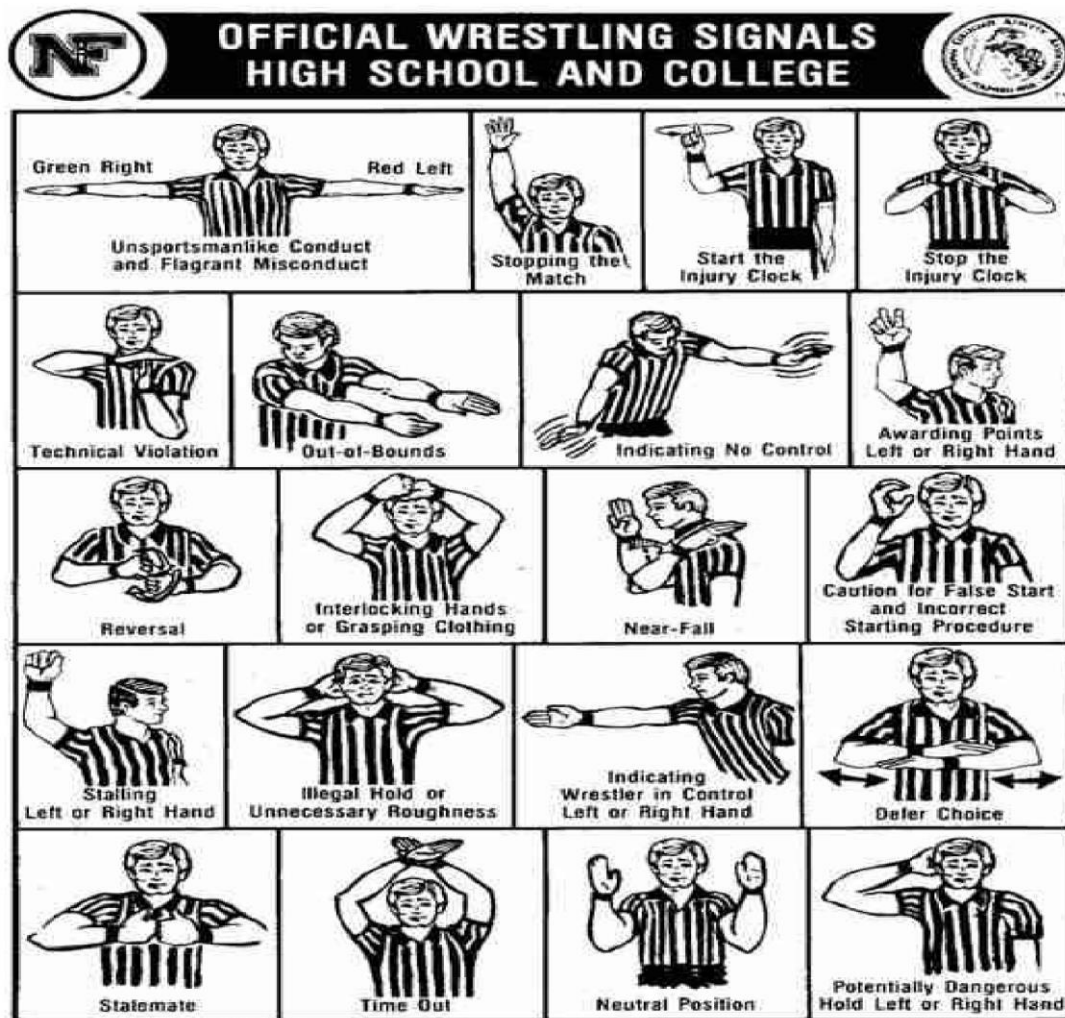
Dual Meet Team Scoring

Fall, Forfeit, Default, Disqualification - 6 team points

Technical Fall (getting ahead of your opponent by 15 points ends the match) - 5 team points

Major Decision (winning the match by 8 - 14 points) - 4 team points

Decision (winning the match by fewer than 8 points) - 3 team points



MBGC WRESTLING TEAM RULES

Here is a list of rules that must be followed by each team member. No one is exempt:

1. **Be on time.** This means ready to wrestle or workout at the start of practice.
2. **You must attend practice.** If you are not able to practice, notify the coach.
3. **Any skin rashes, i.e. ringworm, must be reported to the coaching staff immediately.** It is the parent's responsibility to obtain a doctor's note.
4. **All wrestlers are to be respectful at all times.** No disrespectful actions will be tolerated toward coaches, referees, teachers, etc.
5. **Proper uniforms must be worn at each practice, tournament and dual meet.** It is the wrestler's responsibility to keep clean and ready for each event.
6. **Always keep a positive attitude.** Negativity will not be tolerated. If you think it's the wrong thing to do, it probably is.

In summary, all wrestlers must pursue victory with honor.