

Welcome to the 2017-2018 Oconto Falls / Abrams Youth Wrestling Program

Introduction to the 2017-2018 Wrestling Season. We are excited for another great year of youth wrestling!
Introduction of the coaches: Abrams: Dale Steffenhagen, Cody Steffenhagen, Ben Stamsta & Cody Ness

Oconto Falls: Brady Holtz, Chad Gilbertson, Josh Derquion, Josh Magnin, Jesse Bozile & Rich Schmeisser

Expectations of our Wrestlers: We have a strong wrestling program with a strong commitment to our school and the program. We ask that you show good sportsmanship throughout the season. You are representing our school and our club. We ask that you work hard at practice, learn and have fun!

Purpose

The purpose of our program is to provide instruction and to support the youth in our District with learning the fundamentals of wrestling. Membership to the club offers space to practice, mats to practice on and coaching during practices.

Parent Expectations

Parents are to attend the monthly club meetings.

- Dates, times and site are posted on ofayouthwrestling.com.

Parents should monitor the club website for club announcements and activities.

Parents are encouraged to support the fundraising efforts of the program.

- Volunteer time at events: Brawl in the Falls, OF Youth Wrestling Tournament (mandatory), OF Middle School Wrestling Tournament, Abrams Bicycle Poker Run
- High School Regional and Sectional tournaments held at the high school.

Parents are encouraged to attend wrestling practice with their children whenever possible.

- Your child will need supervision to leave the wrestling room to use the bathroom.
- Wrestling is a one-on-one sport. Parents often have to coach their child during their match. Although the youth coaches do help children at the tournaments, they cannot always be at your child's mat since their own children may be wrestling at the same time or the coach may be at another tournament. Your child may depend on your help during a match, each parent should be somewhat familiar with the wrestling moves.

Be prompt for practice and pick up your wrestler from practice on time.

Parents are encouraged to assist with the various activities for the continuation of the club: maintain singlet inventory, compile volunteer hours, fill an executive office, etc.

Parents: Please be supportive and positive with your wrestler. This is not college wrestling. If they have learning and having fun, the probability of them remaining in the program greatly increases. Please represent yourselves in a positive manner at tournament's as all our wrestlers and parents are a representation of our program and school. The officers of the club and the coaches do this for free because they love the sport and want your kids to learn and grow from being in our program.

Club Registration/Participation

In order to participate in practice and be a member of the club, the following is required:

- The online registration form must be complete at <http://ofayouthwrestling.com/register/>
- Payment of club registration / dues (unless waived by an officer)
 - \$25.00 annually per child (can be paid online)
 - Youth Tournament Raffle – required to **sell 5 raffle books** or \$25 buyout
 - Purchase or **Sell 1 Poker Run Raffle** Ticket per wrestler or \$20 buyout.

- parents assume all liability of accidents and injuries
- a \$50.00 Check written out to OFA Youth Wrestling for a singlet deposit
(When singlet is returned in good condition, the check will be torn up or returned)
- a \$50.00 Check written out to OFA youth Wrestling for volunteer time
(If you volunteer a 4 hour slot at the OF/A Youth Tournament the check will be torn up or returned to you. If you do not volunteer your check will be cashed one week after the tournament)

Practice

Practices will be held at 2 sites:

- Oconto Falls High School Wrestling room – Monday and Wednesday 6-7:30 PM
- Abrams Elementary School – Tuesday and Thursday 6-7:30 PM

If school is cancelled, including early release days, THERE WILL BE NO PRACTICE.

Clothing/Equipment for Practice

Youth wrestlers are expected to wear singlets or snug fitting clothing such as t-shirts, shorts or sweat pants. No shorts may be worn with belt loops. (**Tournament singlets are not to be worn for practice.**)

No jewelry is allowed.

Headgear is important to wear during wrestling practice and matches. Headgear may be purchased on your own or from the club if available.

Wrestling shoes are the recommended footwear to have for wrestling; however, tennis shoes are acceptable during practice. You may want to check with other members of the club as they may have used shoes for purchase.

Skin Health

To prevent skin infection, all children are encouraged to shower using an anti-bacterial soap after each practice and tournament. Any child with an infectious skin condition (impetigo, ring worm, etc) will not be allowed to practice at that time.

Sportsmanship

All members of the club, including parents, spectators and wrestlers are required to exhibit good sportsmanship. **Poor sportsmanship is unacceptable** as a member of the club. Parents need to show a good example of sportsmanship for their children.

Team Tournaments

As individual wrestlers, you may attend as many or as few tournaments as you wish. The club will be offering 3 tournaments at no cost to club members. We ask that you wear club apparel and show sportsmanship.

Tournaments for the 2018 season will be:

Saturday Jan 27th at Wrightstown

Sunday February 18th at Oconto Falls

Saturday March 3rd at De Pere

2017-2018 Club Officers:

President - Ron Leja – pres@ofayouthwrestling.com
Vice President – Tim Konitzer vice@ofayouthwrestling.com
Secretary – Misty Gilbertson secretary@ofayouthwrestling.com
Treasurer – Candace Holtz – treasurer@ofayouthwrestling.com

We hope to have another great season this year! GO Panthers!