

## Welcome to the 2019-2020 Oconto Falls / Abrams Youth Wrestling Program- Panther Wrestling

### 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](http://ofayouthwrestling.com).

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

#### **Parents are required to support the fundraising efforts of the program.**

- Youth Tournament Raffle – required to sell 5 raffle books/acquire donations, or \$25 buyout
- Volunteer time at events: OF Youth Wrestling Tournament, OF Middle School Wrestling Tournament, Abrams Bicycle Poker Run

#### **Parents are encouraged to attend wrestling practice** with their children

- 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.

### Club Registration/Participation

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

- Appropriate forms completed
- Payment of club registration / dues (unless waived by an officer)
  - \$30.00 annually per child
  - Youth Tournament Raffle – required to sell 5 raffle tickers or \$25 buyout
  - Purchase 1 Poker Run Raffle Ticket per family
- A signed release and parents assume all liability of accidents and injuries

### 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.

We are selling our old singlets for 15.00 a piece if you would like to purchase a singlet to wear at practice, please see an officer.

\*This year the club purchased new singlets. Please either hand wash the singlets or wash on delicate. **Do not put the singlets in the dryer.** Hang singlets to dry. This was a large investment and we appreciate your help in keeping them in excellent shape.

### **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.

### **Tournament Registration Fees**

**As individual wrestlers, you may attend as many or as few tournaments as you wish.**

2019-2020 Club Officers:

President - Tim Konitzer – pres@ofayouthwrestling.com  
Vice President – Misty Gilbertson vice@ofayouthwrestling.com  
Secretary – Lori Carlisle secretary@ofayouthwrestling.com  
Treasurer – Candis Holtz – treasurer@ofayouthwrestling.com

**We hope to have another great season this year! We appreciate your support! GO Panthers!**

