



WASECA WRESTLING

2024 – 2025 Rules

It is the mission of the Waseca Youth Wrestling Club to provide opportunities for youth wrestlers to learn the principles and fundamentals of wrestling. To achieve and to go as far as their talents, abilities and determination will allow them, while having fun doing it.

The Waseca Youth Wrestling Club would like to extend a warm welcome to you and your child. We hope that you will find the upcoming season to be both educational and rewarding.

- Practice will start December 3rd, 2024.
- Practice will be held on Tuesdays and Thursday nights. Times are as follows:
 - Pre-K through 2nd grade 6:00 – 6:50 PM
 - 3rd grade – 6th grade 7:00 – 8:15 PM

PLEASE HAVE YOUR CHILD TO PRACTICE ON TIME, SO WE CAN START ON TIME!!!!

- Parents must be prompt picking up their children. Please do not leave smaller children unattended, Tiny Tots are required to have a parent at practice, outside of the wrestling room. Children must be out of the building 15 minutes after their practice ends. Parents helping coach on the mat are allowed, but please do not hang around talking as it can be hard to hear the coach's giving instructions. Parents that are there to watch in the wrestling room, please keep noise to a minimum for it is hard for the kids to hear the coaches if it's too loud. If it becomes a problem, you will be asked to step out in the hallway for the remainder of practice. Please take the noise into the hallway.
- If school is canceled due to weather, so is practice.

- **Be sure to check in for attendance each practice.** We will need an excuse from parents by the next practice if your child is out ill. The following reasons for an absence will **NOT** be counted against your attendance:
 - Gun Training – attendance will be verified.
 - Scheduled school field trip or school activity.
 - Participation in a Wrestling Tournament or Event – approved by Head Coach.

It is the wrestler's responsibility to check in at practice! Wrestlers who have 80% attendance or above receive full awards at banquet. Wrestlers with attendance below 80% only receive partial awards and will not be eligible for the Gable award at the end of their 6th grade year.

- **Please do not wear your Waseca Wrestling singlet to practice.** Practice attire should consist of a tee shirt or long sleeve tee shirt, shorts or sweatpants and wrestling shoes. Shirts should be tucked into shorts, and we prefer shorts with no pockets, so kid's fingers aren't getting caught in them while they are practicing. Sweatshirts are allowed but the sweatshirt should have no hood. Street shoes are **NOT ALLOWED** on the mats or inside the doors to the wrestling room. Keep all snow boots and shoes out in the hallway. Wrestling shoes are required. The club has some extra shoes that can be signed out and borrowed and that is on a first come first serve basis. Head gear is recommended but not required. Wrestling shoes should not be worn outside and then onto the mat. Please change your shoes when you get there outside of the wrestling room in the hallway. No belts, bracelets, jewelry, or any other sharp objects are allowed. Jeans are **not** acceptable wrestling attire. Leave any valuables and toys at home. The Club is not responsible for lost, broken or stolen items.

Record Keeping Policy

- Parents are responsible for keeping their child's tournament records.
- Record totals must be turned into Tina Fierke no later than April 11th, 2025. Or emailed to wasecawrestling@gmail.com in order to receive a plaque at the end of the year banquet.
- Regular season records are from May 1st, 2024, to April 11th, 2025.
- Pins must be reported at the next practice following a tournament with attendance to receive their pins.
- Team alternate matches will count towards season record.
- Forfeit matches are to be recorded as a win, but not a pin.
- A bye is **not** to be recorded.

- Record your child's season record on attached page.
- In order to receive the IRON MAN T-Shirt at the end of the year banquet, a wrestler must have wrestled 30 matches at tournaments.

THE GABLE AWARD WINNERS ARE FOR ANY WRESTLER THAT STAYS IN THE WASECA PROGRAM FROM 1ST GRADE THROUGH THE END OF 6TH GRADE AND HAS AN 80% PARTICIPATION RATE EACH YEAR. NO EXCEPTIONS!!

- All kids must wrestle in the current grade they are in. Coaches and parents will decide if a wrestler should advance to a higher skill level.
- Tournament dates, times and places will be posted outside of the wrestling room or can usually be found on www.theguillotine.com , www.trackwrestling.com , www.MNUSAwrestling.org , www.NYWA-MN.com, www.rmnevents.com or www.nuwaywrestling.com
- Kids are encouraged to attend tournaments. However, if you can't provide transportation for your child, please see your coach. Coaches will only be present at a few tournaments, and they will let you know which ones they will be attending. Parents/guardians are encouraged to coach your child at individual tournaments that you attend. Some tournaments require you to have certain coaching credentials to be mat side with your wrestler. Talk to coach or other board members if you have any questions.
- If you and your child chose to participate in a team tournament, your child may have to be involved in a wrestle off to compete at the weight that you have selected to wrestle. This will be a closed door wrestle off and will be scored by the coaches. If your child does not win the wrestle off, your child may still be selected for an alternate position on the team. Please let the coaches know if you would like to have your child wrestle for a team event. If your child is selected to wrestle for the team, the coach will be in contact with you about what weight he wants your wrestler to wrestle at.
- In order for the Club to generate funds needed to support not only the youth program, but the junior and senior high programs as well, the club will be hosting a couple of tournaments this year. It currently costs the club approximately \$190 to run each practice day. Sponsoring tournaments is an excellent way for us to earn money and showcase the exceptional wrestling program in Waseca. It takes approximately 50 to 60 people to run a successful tournament and we are counting on many volunteers to help make these events a success. Signup sheets will be posted and emailed out when it gets closer to tournament time. Without these tournaments and fundraising we wouldn't be able to give the kids their singlets, shorts, pullovers, gift at the beginning of the year, and plaques at the end of the year. So please help when asked to.

Listed below are the current dates for our tournaments that we plan on holding this year:

Saturday February 15th, 2025 – Waseca Individual Tournament

Sunday February 16th, 2025 – Waseca K-3rd Team Tournament

We have an end of the year banquet in April for the wrestlers and their family. If you are unable to attend the banquet, you must make arrangements to have your awards picked up or they will be forfeited.

Any and all grievances and or questions should be made to a member of the executive board and not to the coach:

~ **Theron Kruger – President**

~ **Bridgett Jewison – Vice President**

~ **Megan Malecha – Treasurer**

~ **Tina Fierke – Secretary**

~ **Jon Berg – Historian**

- **Uncontrollable participants:** We average about 20 – 25 wrestlers per session. On occasion, we have a wrestler who requires too much attention. In cases like this, we will notify the parent or guardian requiring them to be at practice. If your child is upstairs running around past the restrooms, or on the stairs, in the hallway or in the weight room, they will be sent home. Biting will be an automatic suspension from the wrestling club for two weeks and at the end of two weeks an appeal can be made to the Executive Board of Directors and the coaches. No refunds will be made to the parent of guardian if the child is removed from the wrestling program. Cleanliness – Please make sure your child is cleaning themselves really well after practice. Ring worm, impetigo and other bacterial infections are easily transmitted if we don't do our part in stopping it.

The Waseca Youth Wrestling Club refuses to discriminate against anyone! All wrestlers will be expected to wrestle all other club members in their grade or weight level, regardless of gender.

Thank you,

Board Members and Coaches