

Bear Essentials

1. Have A Positive Attitude. Nothing is impossible. The word itself says, "I'm Possible" Audrey Hepburn
2. Maintain a Great Work Ethic. "Hard work beats talent, when talent doesn't work hard" Anonymous.
3. Compete in all we do. "The ultimate victory in competition is derived from the inner satisfaction of knowing that you have done your best and that you have gotten the most out of what you had to give." Howard Cosell
4. Be willing to sacrifice. "As teachers and coaches, we must remember that when mere winning is our only goal, we are doomed to disappointment and failure. But when our goal is to try to win, when our focus is on preparation and sacrifice and effort instead of on numbers on a scoreboard then we will never lose." - Mike Krzyzewski

Mission Statement

Boyertown Youth Wrestling Club is a non-profit organization whose mission is to provide our young athletes with a positive and safe experience in the sport of scholastic wrestling in a fun environment, which will equip them with the tools to become successful leaders, students and athletes.

We strive always to teach our wrestlers valuable skills important to life such as teamwork, discipline, sportsmanship, worth ethic, self-motivation and confidence to succeed in all they do.

We are committed to enhancing the overall fitness level and development of wrestling skills in every wrestler. We offer programs for a wide variety of ages and ability to provide our wrestlers with the opportunity to be as good as they want to be.

We Will:

1. Encourage good sportsmanship, honor and pride in our TEAM!
2. Provide a fun environment that also challenges our wrestlers to be the best that they can be.
3. Positively influence character development by emphasizing good habits and attitudes.
4. Enhance overall fitness levels of our wrestlers by developing strength, balance, agility, flexibility and wrestling techniques.
5. Foster personal achievement by helping wrestlers set goals and meet them.
6. Provide an atmosphere that encourages parent and family involvement.
7. Provide coaches who have been successful at all levels of wrestling and develop the wrestlers to assimilate into the junior and senior high programs by integrated training programs.
8. Encourage and develop the ideal of the Triple Threat Athlete. A Triple Threat Athlete makes themselves better, makes the team better and positively impacts the sport as a whole.

"We are what we repeatedly do. Excellence, then, is not an act but a habit."-Aristotle

Rules for Practice

1. Show up at least 10 minutes early.
2. Show up dressed and prepared to start.
3. There is to be NO horseplay before, during, or after practice.
4. Do not leave the practice area without a coach's permission
5. Report all injuries immediately to a coach
6. Respect your teammates—No name-calling or bullying
7. Be positive and never say "I can't."
8. Shower after you get home, after every practice, to help prevent spread of germs and skin infections.

Practice Requirement:

Wrestling requires partners. Your workout partners depend on your attendance. If you cannot make a scheduled practice you must notify your lead coach ahead of time or you will earn an unexcused absence. The cut policy (see Cut Policy Page) will go into effect for all unexcused absences.

Required Equipment

Clothing—Wrestlers should wear shorts without zippers or pockets and a T-shirt to practice. Sweatpants are acceptable, as long as they don't have zippers or pockets. Long sleeve T-shirts or compression shirts are also acceptable, while hoods are not since they could lead to injury. To protect all of our wrestlers, we won't allow a wrestler with clothing that has zippers or pockets to practice with other wrestlers.

Wrestling Headgear—Headgear is not mandatory, but is suggested to protect your wrestler from getting cauliflower ears, which will be addressed in the health section. A hair cap is required for shoulder-length or longer hair.

Mouth guards—These are optional as well, but are recommended for any wrestler with braces.

Knee Pads—Knee pads are optional, but will protect your wrestler's knees from skin abrasions.

Footwear—Wrestling shoes are optional, but we require wrestlers to bring a clean pair of sneakers to change into before stepping on our mats. This helps maintain a clean environment and reduces the chance for skin infections.

*We ask anyone who has grown out of their wrestling shoes to consider donating them to the club so we can begin to establish a stock of used shoes that we can loan to wrestlers that can't afford a new pair.

Cut Policy

IMPORTANT - PLEASE READ

Discipline is an important part of wrestling. We (You) must have discipline in order to succeed. The following cut system will be enforced. If you earn a TOTAL of THREE (3) cuts you will be dropped from the team roster.

1 CUT = WARNING

2 CUTS = You must sit out the next CLUB competition.

3 CUTS = Try Again Next Year

YOU WILL RECEIVE ONE (1) CUT IF:

- You miss a scheduled match or practice UNLESS:
 1. The COACH receives a NOTE from your parent BEFORE the missed event.
 2. The COACH receives a call from a parent the morning of the event.
- For misconduct as determined by the coaches.
Examples: Fighting, Foul language, Poor sportsmanship, Disrespect to coaches or officials.
- You leave the gym before ALL of the mats are rolled up without permission.

YOU WILL RECEIVE TWO (2) CUTS IF:

- In the opinion of the coaches, the discipline problem warrants stronger discipline action.
Examples: Stealing, Vandalism, pulling Fire Alarm, etc.

OTHER PROBLEMS THAT MAY RESULT IN AFTER PRACTICE DISCIPLINARY ACTION.

- If you forget to bring your equipment to practice or competition
- If you forget to take your equipment at the end of practice or competition
- If you talk when the coach is teaching
- If you are laying down while the coach is teaching

IMPORTANT NOTE

- Crash dieting is not acceptable; Parents should control and monitor eating habits at home.

Health Issues

Wrestling Gear

Clothes and towels taken home for laundering should be placed in disposable, plastic bags, never directly into a gym bag. This helps prevent germs from being transferred to the inside of the gym bag. Put your clothes directly into the washer, and don't leave them lying around for an extended period of time. This includes practice gear and singlets from tournaments. Head-gear should be cleaned every two weeks with warm water and dishwashing detergent in the kitchen sink by hand.

Cauliflower Ear

This injury is caused by trauma to the cartilage of the outer ear. This can be very painful and will deform the ear. Headgear is not required at this level, but is strongly suggested. It is also very important that if wearing head gear that it fits properly. Ask a coach to check the fit if in question.

Clean Shoes

This is required to ensure the safety of our wrestlers. Prior to the wrestlers entering the wrestling room for practice, their shoe soles need to be clean. The easiest way to accomplish this is by bringing a different pair of shoes to wear on the wrestling mat. Don't wear your wrestling shoes outside!

Cuts & Scrapes

If your child has cuts or scrapes, please be sure they are clean and covered prior to coming to practice. Also, keep fingernails clipped short to prevent scratching other wrestlers.

Shower

Showering should be the first thing an athlete does when they get home.

Colds/Skin Checks

If you notice any lesion, sore, or rash on the skin—especially if it is red, swollen, or draining fluid. Notify the coaches and contact your health care provider for diagnosis and treatment. If you are sick, please do not come to practice until you have sought treatment for your ailment.

Parent Insight

The Parents Guide to Kids Wrestling, published by Human Kinetics Publishers, Inc., lists seven items that all parents should consider when determining where they stand as far as how they are helping their young wrestler. If you can honestly answer yes to all of the following questions, you are well on your way to helping your child in wrestling....and life.

1. Can you give him up? That means trusting the coach in guiding your son's wrestling experience. It means accepting the coach's authority and the fact that he may be gaining some of the boy's admiration that once was directed towards you.
2. Can you admit your short comings? Sometimes we error as parents and our emotions speak before we think. We judge too quickly, only to learn we made a mistake. It takes character for parents to admit they made a mistake and to discuss it with their child.
3. Can you accept his triumphs? It sounds silly, but some parents, fathers in particular are competitive with their sons. If their boy does well in a match, the father may dwell on the minor mistakes, describe how the boy's older brother did even better, or recount Dad did it "way back when".
4. Can you accept his disappointments? Sometimes as parents we are targets for our child's anger and frustration. This goes along with the job. Accepting his disappointment also means watching him lose a match when his buddies are winning, or not being embarrassed into anger when he breaks out into tears after losing.
5. Can you show him self-control? The coach has a tough enough job teaching good sportsmanship to youngsters especially if the parents are losing control and showing poor sportsmanship themselves.
6. Can you give some time? Some parents are very busy and have trouble being there frequently. Probably the best solution is never promise more than you can deliver. Ask about his wrestling experiences and make every effort to watch at least some of his matches.
7. Can you let him make his own decisions? This is an essential part of a child growing up, and can sometimes be a real challenge for parents. It means offering suggestions and guidance, but finally, within limits, letting the boy go his own way. All parents have ambitions for their children, but parents must realize that they cannot mold the boy's entire life. The great thing about wrestling is that it helps your child to start making his own decisions and living with the consequences.

The fact that your child is wrestling is wonderful. They are learning to work very hard, make sacrifices, and dedicate themselves to the extreme demands that this tremendously difficult sport has to offer. Truly there is no tougher sport in the world. With your support and encouragement, your child will reap the many benefits gained by participating and will not only succeed in the game of wrestling, but also in the game of life.

Parent Page 2

1. Be your child's best fan. Be positive and support your child unconditionally. Every child learns wrestling skills at a different pace. Encourage winning ways and habits, not wins.
2. Be mindful of the car ride home. A recent study showed 78% of kids by age thirteen quit competitive sports, one of the big reasons was the car ride home. Be supportive as a parent and attentive to their questions, but hold off on advice or critique unless asked.
3. If you wish to volunteer as a coach, contact the current head coach. Performance usually declines when a wrestler is confused from directions from too many sources. Advice or observations after the match is concluded should wait. Let your wrestler settle before trying to speak with him. Those five minutes after a match is the least productive time to communicate. Only after they have had a chance to process what just happened can you effectively communicate with them.
4. Tournaments and Matches– During the matches please remain in the assigned spectator area unless asked by a coach to join near or on the mats. This includes videotaping matches and taking pictures.
5. If staying for practice, keep your other children in check. All children, both wrestler and sibling must be escorted when outside the wrestling room. We are guests at all practice sites and must act accordingly.
6. Stay in the information stream at BYWC. Weekly announcements and our meet schedule will be posted on www.bashwrestling.com. It will be updated for the week on Mondays. From time to time other important announcements will be distributed via our email system. We also have a private Facebook group called Boyertown Wrestling. Please find it on Facebook and request approval.
7. Support the program. Our program consists of the elementary, Jr. and Sr. High teams. We are one family in three places. Attend the annual East/West Match and make sure your child gets to attend high school matches too. When they can see the big picture in person, it aids in their development.
8. Support all wrestlers on the team. Each teammate presents opportunities for your wrestler. Volunteer; help out with the club's annual tournament, set-up clean up, match day prep, scoring, etc. Our club's success depends on volunteers, please join our efforts.
9. Remember the formula: These are kids----coaches are volunteers----referees are human