

KNIGHTS WRESTLING CLUB



SEASON GUIDE

PRACTICE EXPECTATIONS:

BEFORE PRACTICE:

1. Be on Time.
~We, as coaches, are expecting the wrestler to have his gear on (shoes, headgear, shorts, etc.) and be ready to wrestle **10 minutes PRIOR** to practice starting. We understand that many times it is hard to get the wrestlers to practice on time with work, traffic, other children's activities, etc., but with the small space, it becomes very disruptive when we have several kids showing up late.
2. Bring Water.
~Practices are hard and we only have two drinking fountains for the whole team, so to minimize the break times, bring a bottle of water with your name on it so that you know it's yours.
3. Come Prepared to Wrestle.
~Wrestling practices are only an hour and a half long, so to improve your technique and wrestling skills, it is necessary to come to practice both physically and mentally prepared to put in a hard practice.

DURING PRACTICE:

1. Practice Hard.
~Make a commitment to put 100% into your practices both mentally and physically. If you drill hard and wrestle hard you will further your successes on your tournament record. Wrestling is a sport for repetition and "simple" moves that win matches whether you're wrestling an IKWF meet or the Olympics.

~Practicing at 100% will not only improve your techniques, but also those of your practice partners. For the older wrestlers, this will “rub off” on the younger wrestler, and show your progression and leadership on the team.

2. Respect Your Coaches AND Fellow Teammates.

~Pay attention when listening and watching the demonstration part of practice.

Disruptions such as talking and laughing will NOT be tolerated.

~Follow the instructions that you are given in a timely fashion and complete the tasks to the best of your ability.

AFTER PRACTICE:

1. Clean Up the Wrestling Room.

~We will be picking volunteers at every practice to help clean the mats and pick up the wrestling room.

~Remember, we are guests in the High School’s wrestling room and should treat the area with nothing but respect.

2. Personal Hygiene.

~Taking a shower is a must after each and every practice. This is NOT optional.

~Clean wrestling clothes is required for each practice, using the previous practice clothes will not be allowed. Don’t leave your wrestling clothes in your bag until the next practice.

3. Complete Your Homework.

~Everyone is tired after practice and part of the discipline of being a good wrestler is completing your school work.

4. Eat a Healthy Meal.

~Wrestling takes a lot of calories and water out of your body, so make sure that you’re replenishing these by eating a healthy wholesome dinner, save your junk food for the next day.

Practice is the hardest part of becoming a champion, it is long, hard and at times seems repetitive and boring. Set your goals high and work as hard as you can to achieve them.

Dan Gable, who most consider the greatest coach ever, said the following: “I’m a big believer in starting with high standards and raising them. We make progress only when we push ourselves to the highest level. If we don’t progress, we backslide into bad habits, laziness and poor attitude.”

TOURNAMENT PREPARATION:

Tournament preparation itself is as important as the wrestling tournament itself, we ask that as a parent of a Knights Wrestler you consider both the mental and physical prep needed to be a solid competitor. Most of the items that are listed below will be initiated by you as a parent, with repetition and positive reinforcement it will become second nature for the wrestlers to complete most, if not all, of these tasks themselves. Many of the matches that are won or lost on Sunday have been decided by what was done or not done on Saturday by both parent and/or wrestler. Wrestling is a very unique sport in which, although part of a team, your child will be on the mat alone and in physical battle by him/herself in the most physical and mental sport. The more we prepare the wrestlers on Saturday and Sunday mornings, the easier the first matches will be.

PREPARATION:

1. Physical/Mental Preparedness Day Before Meet.

~Get your gear ready for the next days event.

-**CLEAN** singlet, shoes, headgear, socks, t-shirt, etc.

-Pack **BEFORE** you go to bed and double check your items.

~Get a good nights sleep!!! Remember that you will be weighing in on many Sunday's around 7:00 AM so getting up at 6:00 AM is not uncommon.

~Eat a healthy dinner, no garbage or junk food, plenty of carbohydrates. (What you eat tonight and tomorrow morning, you're going to be utilizing as energy for your matches.)

~Cut your fingernails and make sure your hair is short enough to pass the physical inspection at weigh-in. It is your responsibility to bring a hair net to the meet if you wish to have longer hair, if you don't have one with you and you do not wish to cut your hair **YOU WILL NOT WRESTLE.**

2. Physical/Mental Preparedness Day Of Meet.

~Get up and have a good breakfast (again no garbage or junk food). As younger wrestlers we are not going to be worrying about weight, technique and mental prep is more important than that extra pound.

~Time schedule, be on time and check in when you arrive.

~Weigh in and report weight to coaches.

~Pre-match prep.

~Give 100% during matches, all we ask is for your very best effort, winning will come secondary with time and more effort and input from both yourself and coaches.

~Show proper sportsmanship, this goes for both winning and losing, we will not accept unsportsmanlike conduct on either accord.

3. Post Match Conclusion.

~Evaluate with coaches your successes and/or shortcomings. Whether you record a win or a loss there are lessons to be learned and techniques that can still be improved upon. The techniques that worked well can be further refined to be more efficient. The techniques that either did not work or were not complete can be taught or worked on at the next practice. Be proud of what you have accomplished whether winning or losing, if you have given 100% and left everything you have on the mat, then you have been successful.

PARENT RESOURCES:

Sites to check out as parents

IKWF: www.ikwf.org

USA Wrestling: www.themat.com

EXTRAS:

Knight of the Week:

1. Each week, the coaches will decide on the wrestler (1 from tot/bantam; 1 from intermediate and up) who has exhibited all the qualities of a Knight. This includes practice quality, sportsmanship, dedication, and all leadership qualities. This DOES NOT reflect win/lose record on tournament day. Being an outstanding Knight is Leadership.
2. Knight of the Week will receive a special shirt to proudly display their accomplishments.

Pins:

1. If your wrestler PINS his opponent during his match resulting in a victory, he/she will receive and safety pin decorated in Knights colors to display how they chose. Upon the first pin, your wrestler will receive a pin holder as well. Pins have been kept on hats, bags, coats. NEVER should they be displayed on the singlet.
2. With so many wrestlers, it is hard for the Pin Parent to know who has Pinned their opponent and who has won by points. Please, stress the difference with your wrestler so they are not receiving award pins for fall by points.