

BIG LAKE YOUTH WRESTLING PARENT HANDBOOK

Philosophy/Mission Statement: *The Big Lake Youth Wrestling Association is an all-volunteer, non-profit youth wrestling organization dedicated to introducing local Pre-Kindergarten through 6th Grade students to the sport of wrestling. The focus of our program is to build self-discipline, sportsmanship, self-confidence and physical fitness.*



INTRODUCTION

Welcome to the Big Lake Youth Wrestling Association, AKA Big Lake Youth Athletic Association (BLYAA).

As organizers for the BLYAA, we are excited about the upcoming season. In this handbook you will find information about the club, as well as interesting information about the great sport of wrestling. The BLYAA is a non-profit organization run under the direction of a youth committee composed of volunteer parents operating under the BLYAA. The club is funded by a portion of each member's registration fee, proceeds generated from our annual wrestling tournament, and other fundraising activities. Donations are always welcome, as the club receives no public funding.

GOALS AND VALUES

- Provide a positive, fun environment that challenges our wrestlers to be the best that they can be.
- Positively influence character development by emphasizing good habits, attitudes, and work ethic.
- Prepare our wrestlers to become more competitive and foster a sense of accomplishment.
- Provide qualified adult leadership.
- Provide an atmosphere that encourages parent/family involvement in the club.
- Be CHAMPIONS in all we do!

BOARD OF DIRECTORS

Officers

- President: Terri Bessette - Email: Tbessette@biglakewrestling.org
- Vice President: Lacy Bienek - Email: Lbienek@biglakewrestling.org
- Secretary: Rachael Heidemann - Email: Rheidemann@biglakewrestling.org
- Treasurer: Dan Kipka - Email: Dkipka@biglakewrestling.org

Members at Large

- Volunteer/ HIVE Coordinator: Ashley Johnson - Email: Ajohnson@biglakewrestling.org
- Communications Director: Dayna O'Neal- Email: Doneal@biglakewrestling.org
- Team Coordinator/Head Coach: Marvin Sims - Email: Msims@biglakewrestling.org
- Apparel Coordinator: Stacy Weigel- Email: Sweigel@biglakewrestling.org

BOARD MEETINGS

- Regular meetings of the Board are held on the second Sunday of each month at 6:30pm @ The Buffalo in Big Lake.
 - If the meeting location changes, it will be posted on our Big Lake Youth Wrestling Facebook page.
- Board meetings are open to all that are interested in Big Lake Youth Wrestling.
- You may contact a Board member if there are any concerns or ideas you would like placed on the agenda.

VOLUNTEER HOURS

- Each family is required to volunteer for 6 hours per season. There are TWO opportunities to complete these hours. If you do NOT complete your volunteer hours, your check (\$200) WILL be cashed. The success of our events require the assistance of volunteers.
- You can volunteer at our local tournament or at Spud Fest.
 - We have a maximum number of volunteers needed for our tournament, a sign up will be provided. If you do not sign up for the tournament you will be required to sign up for Spud Fest.

MEET YOUR COACHES

- **Head Coach: Marv Sims Jr.**
 - Coach Marv has been coaching since 2006 at the youth level in Big Lake, and 2 years at the high school level at Spectrum. He has also wrestled from Kindergarten to college at SCSU, until, he sustained an injury that ended his career.
- **Assistant Coach: Craig Browen**
 - Coach Craig has been involved in the Big Lake wrestling program since 2009. His passion for the sport of wrestling is sure to rub off on your youth. He looks forward to a fun season and growth.
- **Assistant Coach: Marv Sims Sr.**
 - Coach Marv Sr. has 20+ years of coaching experience at the youth level in Big Lake. He is looking forward to rejoining the coaching staff and providing quality training to our youth wrestlers.

WRESTLING SEASON

- 2022-2023 Wrestling Season:
 - Practice: Monday/Thursday
 - Pre-K-2nd Grade: 5:45-6:30pm
 - 3rd-6th Grade: 6:30-8:00pm
 - Tuesday night Team Practice
 - Team practice is considered high intensity. Your wrestler will be required to pay attention and learn advanced techniques. All are welcome, if on team or not. There is NO additional Fee to attend.
 - All Competitive Wrestlers: 6:00-7:30pm

PRACTICE/SEASON CANCELATION POLICY

- We do follow the school's weather policy. If school is canceled or released early, for the safety of our families we will close practice. We do not reschedule as we have plenty of days in our season.
- If your child will miss practice, please notify the coaches using the Team Reach app, and the facebook page.
- If practice ends early for unknown reasons or circumstances, this will be communicated through the Team Rach app, and the facebook page.

SINGLET AND APPAREL

- BLYAA provides high-quality, custom designed singlets to each registered wrestler. A \$65 refundable deposit is required. Singlets are returned at our end of the year banquet in April. Deposit checks are returned or shredded; once the singlet has been returned in good condition. Each wrestler is provided a Big Lake Hornet Wrestling T-Shirt and is encouraged to wear the T-Shirt and Singlet to All Tournaments.
- Uniforms will be required for Team only. If you wish to order outside of team, you can purchase individually.

SINGLET INFORMATION

Each wrestler will be given a singlet to borrow for the season

- \$65.00 deposit is required.
- When the singlet is returned in good condition you will receive your deposit back.

Wearing Singlets at Tournaments/Team Tournaments

- It is important that your wrestler wears the singlet to tournaments.
- Wearing a Big Lake singlet makes it easier for the coaches to spot your wrestler on the mat for coaching.
- If your wrestler chooses to wrestle in his own singlet, we cannot guarantee that a coach will be able to coach your child. The Big Lake singlet makes it easier for the coaches to spot your wrestler when running from mat to mat coaching.
- Team wrestlers are required to wear a Big Lake Youth Wrestling singlet; this is not an option.
- It is important that your wrestler wears the singlet to tournaments.

Care of Singlet

- Wash in cold water ONLY.
- Hang up to dry.
- DO NOT place in dryer, use bleach or fabric softener

CLOSED PRACTICE

- All wrestling practices will be CLOSED. The association and our coaching staff feel the best scenario for kids to remain attentive and to best learn is to remove distractions. Parents/guardians are welcome to wait outside the wrestling room during practice. This is a good opportunity for the parents to get to know each other. Parents/guardians are welcomed and encouraged to help coach; if this is something you are interested in, please talk to Coach Levi or Coach Brandon in person, email or by phone.

PERSONAL HYGIENE

- To reduce the risk of skin infections in all athletes competing in any sport:
- Wear clean clothes to each practice.
- Take a hot, soapy shower right when you get home from practice or tournaments – THIS IS MANDATORY.
- If you see something on your skin - SHOW THE COACH!
- If you suspect you may have a skin infection, you should see a doctor as soon as possible. See a Board Member or the Coach to get a form for the doctor to fill out.
- Random skin checks will be performed at practices throughout the season.

WINS/PINS

- If your wrestler pins another wrestler during a tournament a Pin will be awarded at the end of practice on the following Thursday. Parents must fill out a “PIN” sheet, available at the HIVE table, in order for the PINS to be awarded. We want to thank the HIVE for organizing the PINS! PINS are only handed out on Thursdays. (Tuesday Only practice will be handed out on Tuesdays)
- **Pin:** is a “Win” that ends the match by holding an opponent's shoulders on the wrestling mat typically for a count of 1-2 by the referee.
- **Tech fall:** is a “Win” that ends the match by outscoring your opponent by a specified number of points, typically 15 points if this happens the referee will end the match.

WRESTLING PRACTICES TIPS

- Try to attend all practices.
- Arrive 10-15 minutes early, in order to get changed and be ready to work out.
- Wear clean clothes to each practice: t-shirt, shorts, and socks.
- Appropriate practice gear: leggings, knee pads, headgear and wrestling shoes.
- Stay quiet, sit up and focus during instruction. Ask questions if you don't understand.
- Wrestlers must follow the directions of the coaching staff during practice, including doing the exercises and participating in all drills.
- Profanity, horseplay, abusive language or fighting will **NOT** be allowed.
- Push your drill partner to work hard and focus during practice.
- Make sure fingernails are trimmed before practices and matches.
- Report any injuries to the Coach right away.
- Wrestlers are not to leave the room without permission from the coach.
- Concentrate on daily and weekly improvement and work hard on fundamentals, NOT wins and losses.
- Display good behavior before and after practice.
- Bring a positive attitude to practice.
- Street shoes are not allowed on mats.

IMPORTANT DATES/COMMUNICATION

- FOR ALL IMPORTANT DATES AND COMMUNICATION PLEASE CHECK YOUR EMAIL, TEAM REACH (APP), FACEBOOK PAGE, OR OUR WEBSITE AT: www.biglakewrestling.org/calendar