



Club Information

Website: <http://portwrestling.com>

Email: PortPiranhas@gmail.com

Facebook: <https://www.facebook.com/pages/Port-Washington-Piranha-Youth-Wrestling-Club/275870390130>

The Organization:

The Port Washington Wrestling Club, Inc was founded in 1979, and the branch now known as the “Piranhas” was established in 1996. The group is self-supporting and non-profit.

The Piranhas are a **developmental** wrestling club for youth, K-8, attending school in the Port Washington Saukville District. This wrestling club feeds directly into the Port Washington High School Wrestling program. For this reason, it is our policy that the youth wrestler is to be a Port Washington Saukville School District student including the parochial/private schools in the district.

An important goal of the organization is to keep the PWSH championship wrestling tradition alive. The club is a Charter Member of USA Wrestling, a national federation, and its state affiliate, the Wisconsin Wrestling Federation. The Piranhas participate in tournaments sanctioned by these organizations throughout the year.

Core Mission & Goals:

Our mission is to educate youth about the sport, the benefits of participating in competitive wrestling, and prepare them for success both on and off the mat.

We will do this by:

- ♦ Providing quality instruction of wrestling techniques that will be reinforced in the TJ and PWSH Wrestling programs

- ♦ Teaching perseverance and the importance of ongoing improvement, learning, and development
- ♦ Teaching the wrestlers about the preparation it takes to excel
- ♦ Providing the opportunity to strengthen and reveal positive character
- ♦ Promoting self-discipline, physical strength, self-control, and teamwork
- ♦ Providing opportunities to develop leadership and self-motivation skills

Parents as Coaches

Coaching at Practices:

Coaches encourage parents to get out on the mat and help guide wrestlers through the instruction given. Especially with the young wrestlers, having the extra attention during drilling is very important for success.

Coaching at Tournaments:

Parents will be coaching their wrestlers mat-side for most tournament matches. This can be very intimidating for most people, but support will be offered. Coaches will attempt to make it to a minimum of one match per wrestler at the tournaments they attend. Please refer to the portwrestling.com website for a list of current events. If you have questions about any of this, please email Coach or portpiranhas@gmail.com.

Practice Information

Practice Location: PWSH Wrestling Room

Practice Days and Times: Please consult the calendar for specifics. Practice times are typically 6-7:30pm.

Practice Pick-up/Drop-off

It is recommended parents come inside to drop off and pick up children for practice, especially with the younger Piranhas (10 and under). Also, at times there is information shared about upcoming tournaments, picture days, etc. It is good practice to return 10-15 minutes early to pick up your wrestler so that your child is not left unsupervised or waiting outside in the cold, winter months. It is **NOT** the responsibility of the coaches to watch your children once practice is finished.

Wrestlers are expected to arrive early enough to change into their wrestling shoes prior to practice. Please be reminded that changing shoes should be done before going on the mat. Help cleaning the mats prior to practice is always appreciated!!

Practice Cancellation

We will hold practice if at all possible. Please check the team website, Facebook, your e-mail or contact one of the coaches or support staff for cancellation information.

Practice Attendance

Attending practice on a regular basis is *crucial* to developing the wrestling and life skills that result in success. Our wrestling curriculum at all levels relies on the progression of techniques that continue to build upon those learned in prior practices, and absence from practice hinders this process, not only for your wrestler but for the other wrestlers in the room. Participation in practice is directly correlated to the degree of success at tournaments; especially as a wrestler get older. A high level of attendance is *expected*.

Behavioral Expectations

Our wrestlers are expected to give their full attention to the coaches during practice and refrain from activities that may be disruptive to the coaches and the other wrestlers in the room. Disruptive behavior includes but is not limited to:

- Talking or not paying attention during instruction,
- Climbing on the wall mats, takedown-dummy, and other equipment in the room,
- Returning late from water breaks, and
- Rambunctious drilling or wrestling.

Wrestling room rules

1. Wrestlers must wait to enter the wrestling room until the prior practice is done.
2. Wrestlers should remove their boots, or outside shoes prior to walking on the mats.
3. Wrestlers should not leave the wrestling mat unless directed by the coach.
4. Wrestlers will not engage in horseplay (climbing on rolled mats, abusing exercise equipments, etc)
5. Wrestlers will not talk when the coach is talking.

This rule includes parents/adults in the wrestling room!!

Disciplinary action

If a wrestler cannot follow these rules, and creates a disruption for the rest of the team, the coaches will work with your child to help him/her to understand the expectations. If the behaviors continue the following courses of action will be taken:

- 1st Occurrence – Coach will have a discussion with the parent(s) about the disruptive behavior(s)
- 2nd Occurrence – Coach will ask that the parent(s) be present during practice so that if a disruption

occurs they can intercede without causing the entire practice to be interrupted.

- 3rd Occurrence – Coach will ask that the wrestler be removed from practice

Practice Clothing

Wrestlers must dress for practice and change shoes before walking on the mats. All gear bags and water bottles should also remain off the mat.

- Wear clean shorts and clean T-shirt (a team practice shirt and one pair of shorts will be provided for club wrestlers)
- Second pair of shoes that are only for wrestling (NO street shoes on the mats and **NO wrestling shoes should ever be worn outside**) Shoes are not provided and need to be purchased before practice begins.
- It is recommended that your child wear headgear during practice. **WRESTLERS MUST WEAR HEADGEAR DURING TOURNAMENTS.**
- Wrestling gear can be purchased from Burghardt Sporting Goods (I-43 Brown Deer Exit), most major sporting goods stores or Eastbay.com.

Piranha Health Guidelines (for Ringworm)

Ringworm is a highly contagious fungal infection of the skin. It is more common in males. Ringworm can affect many parts of the body (head, arms, chest, neck, etc.). The fungi, or parasites, feed on the body's perspiration. Ringworm doesn't always appear in the shape of a ring; it can appear as a rash or a swollen blister with reddening.

Ringworm **MUST** be treated or it will keep spreading. Listed below are the guidelines the Piranhas coaches will follow in ANY case of ringworm outbreak with wrestlers:

1. It is **EXTREMELY** important that ALL wrestlers shower with an antibacterial soap as soon as possible after each practice or tournament.
2. Any clothing worn before showering should be washed immediately to prevent the spread of ringworm.
3. If your child does break out with ringworm, please inform the coaches immediately. This is important so we can also keep the other team members and the high school coaches and teams informed to take preventative measures.
4. If your child contacts ringworm, it is **REQUIRED** that you take your child to the doctor and obtain a

release indicating where the ringworm is located, how it is being treated, and when they can wrestle safely again. (Normally 24 hours after treatment starts, the wrestler can begin practicing again). The wrestler WILL NOT be allowed to attend or participate in practices or tournaments without the medical release from the doctor.

IMPORTANT NOTE: Lamisil cream is one of the over-the-counter medicines used to treat ringworm. If the ringworm spreads or does not heal, the doctor will have to issue an oral prescription to treat it.

Season Tuition

Piranhas

Annual Membership fees for each wrestler will be available online at PortWrestling.com and will be part of the online registration process. Annual membership fees may fluctuate from year-to-year.

Notes:

- Tuition includes use of PWHS wrestling facility and coaches' fees.
- The fees do not include tournament fees
- The fees do not include USA Wrestling Membership Cards.

USA Wrestling Membership Cards

The Port Washington Piranha Wrestling Club is sanctioned by USA Wrestling and therefore all club wrestlers MUST have a USA Card prior to practicing. If they DO NOT have their USA Card, they WILL NOT be allowed to participate in practice. This is mandated for insurance purposes. In order to obtain a USA Card you need to visit www.usawmembership.com and create an account for each wrestler. If you already have your account created, simply renew your membership each year. Please select our specific Club name: **Port Washington Piranha Wrestling Club** so we may track your membership IDs online.

The cost/card is approximately \$40 and may increase.

Fundraising

The Piranha Wrestling Club does not force members to “sell” or “fundraise” in the traditional sense. Most of our expenses are covered through tuition. Beyond that, money is always needed for investment purposes related to running tournaments, dual meets, concession stands, regional weigh-in busing, and contribution to the PWHS equipment (mats, etc). We do ask for parent donations

for concession items to sell during tournaments/dual meets. Additionally, we are always looking for local businesses to sponsor our events/club. Please contact the Coach if you or your business is willing to sponsor!!

Team Singlet

A team singlet will be checked out to each wrestler at the beginning of the season. The singlet should be returned at end of season in good shape. The team singlet must be worn at each tournament. Instructions on how to care for your singlet will be provided.

Website / Facebook

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Tournaments

The club will provide a list of tournaments the team/coaches will attend at registration. The tournaments will begin in January and go through the end of March. Tournament attendance is NOT mandatory. There are wrestlers that will attend all and some that will only attend a few. It is up to parents to decide how many their child can handle. Often younger wrestlers can get “burned out” and overwhelmed attending tournaments every weekend for three months. Please keep in mind that the focus is to develop a well-rounded wrestler and grow the PWHS Wrestling program.

To sign up your child up for a tournament you will need:

- Your USA Wrestling Card #
- To know the weight/age group (either by birth year or grade depending on the tourney)
- To pay the tournament fee (fees generally vary from \$15- \$20 per wrestler).

Most Tournaments require pre-registration on-line using a system called Track Wrestling. The website is www.trackwrestling.com. You will need to create an account at Track Wrestling before registering for the first tournament. The basic TW registration is free.

As the season progresses, we will provide additional information to assist you.

Please note:

The day of the tournament there is usually an admissions fee for spectators (\$1 to \$3 for each adult).

Tournament Day

The coaches want to stress that at every tournament our wrestlers attend they are to represent our team with “**Piranha Pride**”. This pride will represent itself in good character, win or lose – on and off the mat. This does not end with the wrestler, but includes parents and team spectators as well. The Piranha Team will focus on our “**Piranha Pride**” each season, starting in practice, and our hope is that it will become a culture for our wrestlers for the future.

Parental Participation info – Tournament Day

Tournament day can be confusing for new wrestling families. Parents will be required to ensure their wrestler is registered properly (correct age/weight), has the required equipment (head gear, shoes, singlet, team shirt/shorts), and knows when/where the matches will take place. Coaches will be at most meets to assist in this, but it is the parents’ responsibility to guide their wrestler throughout the day, during and between matches. The typical tournament runs as follows:

Registration/Check In

This will take place an hour or two before wrestling is to begin. Most of the time you will have pre-registered your wrestler and this will be a relatively quick process. Some tournaments will allow day-of registration, which may take longer and require you to present your USA wrestling card.

Weigh Ins

Although you will have filled in your wrestler’s weight during registration, the tournament may require morning weigh-in. This will typically happen right after registration check-in. The wrestlers should weigh-in with their team issued singlet. The tournament will specify if wrestling shoes are necessary, etc. Gross discrepancies in your wrestler’s weight from pre-registration may cause your wrestler to be disqualified. This is done so that wrestlers are not mindfully registering at a much lower weight

dishonestly. Some discrepancies are expected as pre-registration can be done weeks in advance.

Bracketing

This can feel like the longest part of tournament day for both the wrestler and the parents. About half the time bracketing is done prior to tournament day – and only “no-shows” have to be accounted for and re-bracketed. In this case, wrestling can start fairly quickly after registration check in is closed. The other half of the time, bracketing is done after check-in and weigh-ins are concluded. This is a very complex process, and can take an hour or two which means you will need to prepare for this. Wrestlers can have a light breakfast, warm-up, have video games along, bring homework, etc. to help pass the time. You will need to stay in the gym area or wrestling facility because once bracketed, wrestling will begin immediately.

Team Warm-Up

This will be done as a group about 45 minutes prior to wrestling. It will be lead by the older wrestlers and coaches, but parents are welcome to take part.

Bracket Sheets

Once bracketing is complete, bracket sheets will be posted. Some brackets will be posted online at track wrestling but all will be posted somewhere on site at the tournament (a gym wall, hallway, etc – TBA). The bracket sheets determine who your child will wrestle and in what format (4 man, 5 man, round robin -etc). Copy the information from the wall bracket! It will be important to know the “bracket # or letter” your wrestler belongs to and the “mat # or letter” your wrestler will be wrestling on all day. This mat is usually the same for all matches – unless adjustments need to be made at the end of the afternoon to get everyone finished wrestling around the same time. (Example: C14 means your child is on Mat C and has a bracket # of 14) It is the responsibility of each parent to write down their child’s bracket for that day, once you have it written down, find a coach and let them know the information so when they are available they can find him/her. Your child needs to be mat side 2 brackets ahead of time to get ready at the table.

Bout Numbers

Some tournaments use Bout Numbers instead of bracket numbers. In this case, a number is assigned to each match – and none are repeated. This will be a sequential system and should be easy to determine when your wrestler’s match is up.

Coaching Requirement

Every wrestler should have a coach at side while they wrestle. If coaches are unavailable, it is the parents’ responsibility to fill this role. To assist the coaches please give the coaches your wrestler’s bracket/bout numbers. It is also helpful for your wrestler to find a coach and let him know he is within three bouts of his own bout number. Coaches will try to make at least one of your wrestler’s matches each tournament. Pay attention to how the coaches “coach” your wrestler during a match, it helps when it is time for you to coach solo!!

Rest Period and Bout/Bracket Check In

Every wrestler should always have at least 15 minutes between matches to rest (required). This is the minimum recovery time. At times, it is not enough time to leave the gym area so be aware of how fast brackets are moving on your mat. Check in at the scoring table each time your bracket comes up.

Tournament Types

There are many types of tournaments: round robin, double elimination, etc. Most weekend tournaments are round robin tournaments in which your wrestler will be guaranteed from 2 to 5 matches. All wrestlers will wrestle each other at least one time and rankings are based on their win/loss record.

In a double elimination tournament, a traditional bracket with bout numbers will be posted. If your wrestler wins/loses their match they will either move to the winners or losers side of the bracket. They will continue to wrestle until they have lost two matches. Be sure to check the brackets before leaving as larger tournaments may wrestle for 7th and 8th place.

If you are unsure about the format of the tournament – please ask!!

Tournaments may be run by bout numbers or a bullpen format. In a bout number format, the bracket will usually be a 3-digit number. This number indicates which mat and bout the wrestler will wrestle. The mat or bout number may change so you will need to listen for any changes. In a bullpen tournament, the announcer will

indicate when a group of wrestlers will need to go to the “bullpen”. A bullpen is when a selected group of wrestlers meet in a room and come out together. They may wrestle on any mat so you must continually look for your wrestler to figure out

Elimination

Your wrestler may not always be eliminated at 2 losses (even in double elimination). If they are in the larger brackets, they might still be eligible to wrestle for 7th and 8th place. Be sure to check before you leave. If a wrestler is not at mat side by the last call for the bout, the wrestler will forfeit the match.

Tournament Placement

We will ask that families report tournament placement to a coach or other individual to be designated at a later date. We collect this information so that we can report these placements to the Ozaukee Press for a weekly article. Kids love to see their name in print!

State Qualifier Tournament

- There are 8 regional tournament sites in Wisconsin, all tournaments take place on the same day. This is done to discourage wrestlers from competing at multiple sites for state qualification.
- The Piranha coaches will be present at the State Qualifier Local Tournament. Weigh-ins are the Friday night prior to the tournament.
- All participants must wrestle at the age and weight class in which they weigh in at the night before.
- The top 2 place finishers in each weight class and age division from the State Qualifier Tournament for the State Championships (held in Madison, WI)
- Girls will wrestle in a separate division.

State Tournament

- The two-day tournament takes place one (or two) week after the State Qualifier tournament at the Alliant Center in Madison, WI.
- The Piranhas will get a block of rooms at a hotel near the facility. All are welcome to come support our team, whether you qualify or not.

- The wrestlers who qualify for a state will have practices in the one or two weeks leading up to state.

Coaching at Qualifier/State Tournaments:

Only those coaches/parents that have obtained a USA Coaches Card will be allowed mat side at these tournaments. We will have coaching present for these matches, so you as parents do not NEED to obtain a USA Coaches card. If you think would like to get this certification it is best not to wait until right before the tournament. The process will take a couple weeks to complete.

