

CUMBERLAND VALLEY  
YOUTH WRESTLING

A MIGHTY

ARMY

# OUR GOALS

- ▶ **TEACH BASIC WRESTLING POSITION**
  - From those positions we will teach wrestling holds
- ▶ **TEACH HARD WORK**
  - Connection between hard work and success
- ▶ **TEACH SPORTSMANSHIP**
  - Respect competitors, coaches, parents and officials.

# CODE OF CONDUCT

- ▶ PLEASE READ, SIGN AND RETURN THE CODE OF CONDUCT.


# TEAMS

- ▶ WHITE– (K–2) young kids with little experience.
- ▶ RED– (2nd–5th) kids with little experience.
- ▶ EAGLE– 6<sup>th</sup> grade and Kids with more experience.
  
- ▶ Our practices are closed– Mom, Dad, Sister, Brother, Uncle– please wait in the lobby.
- ▶ Please, please, please respect this and don't make the coach have to ask you to leave– it's awkward.


# COACHES

- ▶ White team– Chas Wardle
- ▶ Red team– Jeff Holley
- ▶ Eagle team– Mike Langan
- ▶ ASSISTANTS:
  - Doug Barrick
  - Denny Fortney
  - Eric Goodling
  - Jamie Thomas
  - Ron Tressler
  - Kyle Walker

# PRACTICE TIMES

- ▶ WHITE TEAM A- MONDAY AND FRIDAY  
AT EAGLE VIEW- 5:45-6:30
  - ▶ WHITE TEAM B- MONDAY AND FRIDAY  
AT EAGLE VIEW- 6:35 TO 7:20
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# PRACTICE TIMES

- ▶ RED TEAM– Tuesday, Wednesday, Thursdays at Eagle View– 6:00 to 7:30
  - ▶ EAGLE TEAM– Tuesday, Wednesday, Thursdays at the High School– 6:00 to 7:30
  - ▶ Parents– be available to pick up your kids at 7:20.
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# SCORING

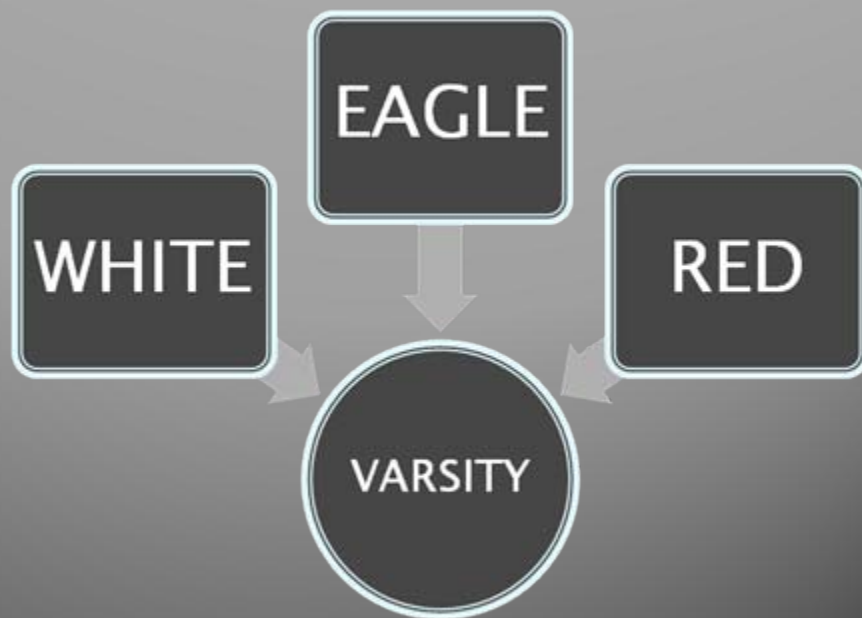
- ▶ PARENT TUTORIAL is scheduled for Monday, December 6 at 6:00 p.m. in High School Cafeteria. This is an explanation of wrestling, point scoring, etc. A very informative meeting – especially for first year wrestling parents.

# WEIGHT CLASSES CPWA LEAGUE

- ▣ 45 lbs
- ▣ 48 lbs
- ▣ 52 lbs
- ▣ 55 lbs
- ▣ 59 lbs,
- ▣ 63 lbs,
- ▣ 67 lbs
- ▣ 71 lbs,
- ▣ 74 lbs,
- ▣ 78 lbs
- ▣ 82 lbs
- ▣ 86 lbs
- ▣ 90 lbs
- ▣ 95 lbs
- ▣ 100 lbs
- ▣ 110 lbs
- ▣ 120 lbs
- ▣ Heavyweight  
(max. 150 lbs).

# HOW WE ARE ORGANIZED

- ▶ 3 GROUPS BASED ON AGE AND/OR EXPERIENCE. (White, Red, and Eagle).
- ▶ Varsity squad– made up of first string wrestlers for each weight class– wrestlers may be on any of the 3 groups (Red, White or Eagle) but are usually from the Eagle team (because of experience).
- ▶ Junior Varsity– Second string– Comprised from any group but usually from Eagle and Red.



# DUAL MEETS

## (head to head match up)

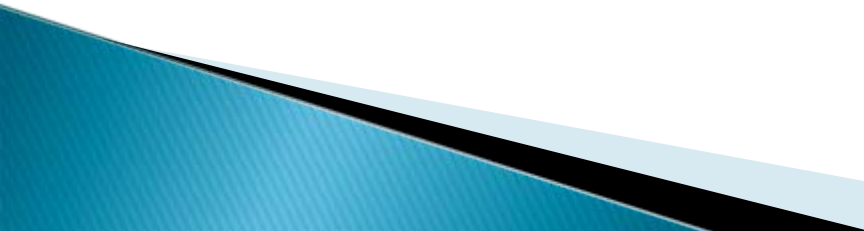
- ▶ BE AT THE DESTINATION BEFORE WEIGH-INS.
- ▶ WEIGHTS MUST BE EXACT.
- ▶ TYPICALLY CV WILL ENTER ONE WRESTLER PER WEIGHT CLASS.
- ▶ ATHLETES WRESTLE ONE MATCH.
- ▶ STARTERS ARE EXPECTED TO STAY UNTIL THE MATCH IS OVER.
- ▶ EXPECT A 1.5 TO 2 HOUR DAY.

# DUALS


6 to 8 teams go head to head- either round robin or bracket formation

- ▣ THE VARSITY TEAM MAY WRESTLE UP TO 5 MATCHES.
- ▣ CV WILL ENTER ONE WRESTLER PER WEIGHT CLASS.
- ▣ PLAN ON SPENDING 4 TO 6 HOURS IN THE GYM.
- ▣ STARTER IS EXPECTED TO STAY UNTIL THE MATCHES ARE OVER.
- ▣ FOR THE CV DUALS WE NEED A LOT OF HELP- WE ARE LOOKING FORWARD TO ADDING MORE FOLKS TO OUR WRESTLING FAMILY.

# OPEN TOURNAMENT

- ▶ WRESTLER CAN EXPECT TO WRESTLE AT LEAST TWICE.
  - ▶ CV CAN ENTER UNLIMITED WRESTLERS PER WEIGHT CLASS.
  - ▶ PARENTS CAN ENTER THEIR CHILD AT ANY OPEN TOURNAMENT REGARDLESS OF CV COACHES ATTENDING (WE ENCOURAGE THIS)
  - ▶ WRESTLER MUST WAIT AND LISTEN FOR HIS NUMBER BEING CALLED OR FOR HIS NAME TO BE CALLED.
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# NOVICE TOURNAMENTS

- ▶ Meant for wrestlers with 2 years experience or less.
  - ▶ We list several novice tournaments on our schedule.
  - ▶ If your child had success last year in Novice tournaments we suggest you register for an open tournament this year.
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# Frequently asked questions:



## What if my child is not on varsity or junior varsity—how will he improve if he is not competing?

- ▶ WRESTLING IS A SPORT THAT REQUIRES KIDS TO “PAY THEIR DUES.” (Wrestling teaches kids to delay gratification and teaches the benefit of hard work)
- ▶ IT IS LESS LIKE BASEBALL / FOOTBALL / SOCCER AND MORE LIKE A MARTIAL ART.
- ▶ IMPROVEMENT IS BASED ON PRACTICE.
- ▶ COMPETITIONS ARE USED AS AN ASSESSMENT. (what does the wrestler need to work on?)
- ▶ IF YOUR CHILD IS NOT A STARTER THEY CAN GET COMPETITIONS AT OPEN TOURNAMENTS (You can take them to as many tournaments as you want. We suggest you connect with other interested parents).
- ▶ FOCUS ON THE WRESTLING HOLDS NOT THE WINS AND LOSSES.
- ▶ WHEN WRESTLERS MASTER A SMALL AMOUNT OF MOVES, THE WINS WILL START HAPPENING.

# More ????????????

How do you determine varsity vs junior varsity wrestlers?

All of the wrestlers are eligible to start on our varsity squad. If your wrestler is the best wrestler at a given weight (determined with a wrestle-off) then they will be varsity regardless of the team they are on (White, Red, or Eagle).

Will my child have to lose weight?

Choosing a weight class will be a decision made by the staff, parents and the child. Your child may have to give up sweets, snacks and overeating- however, that is rarely a bad thing. We do not condone or promote unhealthy weight loss. Your wrestler may be required to forgo after dinner snacks/sodas the night before a weigh in.

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Whose responsibility is it to get my child to the various tournaments and matches?

It is the parents responsibility to have the wrestler at the site of competition ready for weigh ins etc...

Closed practices? Why can't I watch my son at practice?

The main reason is that we have a small room and we need all the space we can get. Some kids like when parents watch/some don't.

# SUCCESS IN WRESTLING

- ▶ Every successful wrestler I have ever coached worked hard, practiced on their techniques and had a SUPPORTIVE PARENT.
  - ▶ Parents that drove their child to various tournaments.
  - ▶ Parents that volunteered their time to help make the season a positive well run experience.
  - ▶ Parents that demanded academic success.
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VOLUNTEER: It is needed and noticed.


BE A SPECTATOR: Let the coaches coach.

If you have an issue with a coach speak with me about it– not your athlete.



PARENTS

# HYGIENE

- ▶ WRESTLING MATS ARE MOPPED BEFORE EVERY PRACTICE WITH AN ANTI-VIRAL/BACTERIAL SOLUTION.
  - ▶ MAKE SURE YOUR WRESLTER TAKES A SHOWER AFTER EACH WRESTLING PRACTICE/MATCH.
  - ▶ USE ANTI-BACTERIAL SOAP.
  - ▶ COVER UP ANY OPEN WOUNDS.
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# OUR WEBSITE

[WWW.CVWRESTLING.ORG](http://WWW.CVWRESTLING.ORG)

CHECK THE WEBSITE FOR NEWS ON PRACTICES,  
COMPETITIONS, CANCELLATIONS ETC..