

## Lion Elite Quick Reference Guide 2019-2020 Season

[www.lion-elite.com](http://www.lion-elite.com) will have all up to date information for Lion Elite.

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# www.lion-elite.com

# Lion Elite Mission

The Lion Elite mission is to promote interest in the sport of wrestling among parents and the youth of Lansing, Kansas and to supervise, sponsor, and financially assist a disciplined and competitive wrestling program. The Club will work closely with the Lansing High School Head Coach to ensure a common vision of wrestling in the community of Lansing. Lion Elite will cultivate the ideals of good sportsmanship, honesty, and respect for authority and our coaches will stress the strengthening of families and foster positivity in the community through all club activities. Lion Elite will instill a victorious attitude through the use of hard work, intelligence, dedication, accountability, goal setting, and education.

# LION ELITE RULES

- Teaching the fundamentals of wrestling in a safe learning atmosphere is the primary responsibility of Lion Elite coaches.
- **There is ABSOLUTELY NO SMOKING OR CHEWING OF TOBACCO, OR ALCOHOL PERMITTED ON SCHOOL GROUNDS.** The failure of parents to comply with this rule could cost the wrestling club the use of the practice room.
- **Parents are welcomed to attend practice. However, parents are asked to refrain from hollering or coaching the wrestlers during practice.**
- Parents are responsible for siblings or wrestlers attending practice. The siblings are expected to stay in the wrestling room. They are not to leave the wrestling room or disrupt practice.
- Wrestlers that are not listening, participating, or disrupting practice will be sent home or asked to sit in the hallway outside the practice room until their parents come to pick them up.
- Good sportsmanship is to be shown at all times. The coaches will not tolerate temper tantrums, bad language, etc. by any wrestler of the club. If a wrestler displays this kind of behavior, they may be disqualified from the next tournament they are signed up to attend.
- Hair and fingernails are to be kept short and clean. No jewelry is allowed during wrestling also. This is for the protection of all wrestlers involved in the sport.
- Coaching or cheering will not be allowed mat side when two Lion Elite wrestlers are wrestling against each other in a tournament. If a parent wants to cheer for their kid, they will need to stay in the stands during the match to do so.
- Parents are asked to remain in the stands during tournaments their child is wrestling in. This is for the safety of the wrestlers, to avoid congestion at mat side, and allow all attendees to watch the participants.
- Lion Elite parents and wrestlers are encouraged to sit together at tournaments.
- Coaches are not allowed to exclusively concentrate on their child. Ignoring other wrestler's developmental needs will not be tolerated. If a coach continues this practice he/she will be asked to leave the practice.
- Tournament sign-up sheets are to be completed two weeks prior to the tournament along with the payment of the applicable tournament fee. If a wrestler is signed up for a tournament and is then unable to attend the tournament, the parent/guardian is still responsible for the tournament entry fee.
- Parents are required to help out with the Lion Elite Tournament, the club's sponsored wrestling tournament. Tournament help includes Friday night setup and weigh-in, Saturday morning weigh-in, working tables during the tournament, and Saturday night tear-down of the tournament.
- If there is a returned check, any charges incurred by the club will be charged to you. Also, at that point you will be required to pay cash for any future tournaments.

Lion Elite has an excellent wrestling club because of the enthusiasm of our coaches and the cooperation of our parents. All of the wrestlers are important to the club regardless of their wrestling ability and whether they win or lose. The success of the club depends on encouraging our youth to always try and do their best. We need everyone's help to make Lion Elite Wrestling Team #1!

## Coaching Certification for the 2019-2020 season

We encourage parents to get involved with coaching if they want to.

The State of Kansas is no longer in charge of getting coaches their cards. Potential coaches will need to go to [themat.com](http://themat.com) and obtain a Leadership card. To coach at districts and state you will need to get bronze certification.

- Get bronze certification - for larger tournaments, bronze or higher coach's certification is required for a coach to be mat side. This is a national level coaches certification (class is 6-7 hours), taught at various locations across the country. It is good for life and costs about \$60. <http://www.usawks.org> will have the latest classes in Kansas. This allows you to get on the mat at practices and all tournaments (to include end of season qualification tournaments) and gives you wrestling tools/techniques.

# Lion Elite Online Registration

1. Go to [www.lion-elite.com](http://www.lion-elite.com)
2. Move your mouse over the "ON-LINE FORMS" tab on the topper left portion of the website ...
3. Click on the tab 2019-2020 Lion Elite Membership
4. Select the form "Lion Elite Registration Form for the 2019-2020 Season."
5. Carefully fill out the entire form.
6. Make sure to Check the box next to -\$125 2019-2020 Registration Fees.
7. Click submit.
8. You will then be directed to the payment page automatically.
9. Click the "PAY WITH PAYPAL" button.
10. You will then be automatically taken to the PayPal sight.
11. You can either pay using PayPal or below the PayPal option or you can select Pay with a debit or credit card, or PayPal credit.
12. Complete and follow the Debit card, Credit Card, or PayPal Credit form instructions and click the Pay button on the bottom.
13. Once you have made payment your child is registered and will receive his/her USA Wrestling Card and Shirt at the next practice or Parents Night.
14. Go to the [www.lion-elite.com](http://www.lion-elite.com) and scroll down to the bottom right corner of the home page.
15. Click on the "LION ELITE SPIRIT WEAR STORE" link.
16. You will then be automatically directed to the Blue Chip Team Store.
17. Purchase additional Lion Elite T-shirts for your wrestler and any other gear you wish to purchase.
18. To compete in wrestling tournaments your child must have the following items; wrestling shoes, head gear, wrestling singlet, mouth piece for children with braces. You can customize or buy the stock one for your child. Follow the instruction on the Blue chip web site. All other gear can be purchased at most sporting goods stores.
19. To participate in practice your child will need USA Wrestling Card, wrestling shoes, headgear, shorts and shirt.
20. Congratulations you have now totally completed Lion Elite registration.

# Required Equipment for Practice Participation

1. USA KS Wrestling card
2. Head Gear
3. Wrestling Shoes
4. Shorts and Shirt

## Required Equipment for Tournament Participation

To compete in wrestling tournaments your child must have the following items;

1. wrestling shoes
2. head gear
3. wrestling singlet
4. mouth piece for children with braces
5. hair net for long haired children

The Lion Elite On-Line Store will have the Shirts for sale. All other gear can be purchased at most sporting goods stores.

# Season Start Dates

## **OPEN wrestlers begin practice.**

Open wrestlers have some experience wrestling.

**Date practices start:** November 5, 2019

**Location :** Lansing High School Wrestling Room

**Days :** Tuesday and Thursday

**Time:** 6-8pm

## **NOVICE (new to wrestling) and 6 and under begin practices.**

**Date Novice & 6u start:** December 02, 2019

**Location:** Lansing High School Wrestling Room

**Days:** Monday and Wednesday

**Time :** 6-7:30pm

# **Save the Dates**

**12-29-2019**

**3<sup>rd</sup> Annual King of the Jungle Open/Novice**



Parents are required to help out with the Lion Elite Tournaments. These are the club's sponsored wrestling tournaments. Tournament help includes Friday/Saturday night setup and weigh-in, Saturday morning weigh-in, working tables during the tournament, and Sunday night tear-down of the tournament. Clean Up of the facility.