



PTWC Frequently Asked Questions

Q: What age children is the PTWC program open to?

A: All children from K-8th grade.

Q: Can girls participate?

A: Yes, female wrestling exists at all levels of the sport, including the Olympics. Girls practice and compete directly with boys.

Q: When does the season start?

A: Practices start in November and the season goes through February with additional tournaments available at the parents discretion. All scheduling information will be listed on our website: parsippanywrestling.org

Q: How do I register and what does it cost?

A: All registration forms can be found on our website parsippanywrestling.org and you can register online or by mail. Registration is \$115.00 with an additional mandatory membership in USAW of \$41.00(to be purchased by you). A USAW wrestling card is insurance for your child. If you would like more information on USAW please visit their website at www.usaw.org. There is also a \$50.00 volunteer bond that is refunded at the end of the season if you complete 5 hours of volunteer time for the team.

Q: Do I need to buy equipment?

A: Wrestlers will need wrestling shoes and headgear, which is available at sporting good stores. Those with braces will need a mouthpiece.

Q: I notice that PTWC fields different teams; why?

PTWC has many wrestlers and to allow them all a chance to challenge themselves and grow, we participate in several leagues fielding the following teams:

- Grade School Varsity Team (5th-8th grade)
- North Jersey Varsity Team (K-8th grade)
- North West Jersey Varsity Team (K-6th grade)
- Future Stars JV Team (2nd-8th grade)
- King of the Mat (novice wrestlers below 5th grade)

Q: What team will my wrestler be on?

All novice wrestlers, 5th grade and below will begin on KOM. Novice 6th grade and above wrestlers will begin on the Future Stars Team. Based upon their performance, skill progression, and the recommendations of the coaches, they can be advanced to a more competitive team. The coaches will work with parents to let them know what team their wrestler will be on.

Q: Is my wrestler ready for a more competitive team?

Trust the coaches, who are themselves accomplished wrestlers, and who understand the skill sets that your wrestler possesses. Wrestling is a technical sport that requires participants to challenge

their skills in order to advance. If coaches see a wrestler stagnant in a less competitive team, they may be asked to move up. Although the competition may seem difficult at first, it is through those tough challenges that a wrestler will advance. Better yet, the life lesson of standing in front of adversity and facing it head on, is something that will live with your wrestler beyond their team years. Also know that the coaches will not put a wrestler out on a mat against a competitor who they know could hurt them.

Q: How is the Varsity lineup determined if there is more than one wrestler for the same spot?

A: There is only one varsity wrestler per weight class. When there is more than one wrestler at a weight class, a wrestle off will be held during a practice before the scheduled meet. That means the kids wrestle a match during practice and the winner gets the spot in the varsity lineup. There is absolutely no coaching or cheering allowed from coaches, parents, or other teammates during a wrestle off.

Q: Will my wrestler get to wrestle a real match if they are not in the varsity lineup?

A. Absolutely! Remember we field multiple teams to allow all our wrestlers a chance to compete. Also after every dual meet, we will try to match up each non-varsity wrestler with another wrestler from the opposing team for what is considered an Exhibition match.

Q: Will my wrestler be required to lose weight?

A: No. Wrestling is a very physically demanding sport so don't be surprised if your wrestler naturally loses some weight. However, the decision to lose weight is that of the wrestler and their parents, not the coaches.

Q: Are there a lot of injuries in wrestling?

A: Although wrestling is an intense physically demanding sport, there is a high ratio of officials to competitors (1 referee for 2 wrestlers), which makes serious injuries extremely rare. The most common injuries are nothing more than bumps and bruises.

Q: Should I be concerned about skin infections? How can I prevent them?

Unfortunately skin infections are common in all sports, but wrestlers should take some specific precautions to avoid infections:

- Wrestlers need to shower right after practices and matches.
- Uniforms and practice clothing should always be cleaned, including headgear.
- Wrestling shoes are to be worn only on the mats and not outside.
- Check your wrestler for any signs of skin rashes or infections and notify a coach of any infections.

If a wrestler shows signs of a skin infection they will not participate in practice until the situation is resolved.

Q: Who are the coaches?

The coaches are volunteers and parents who have a variety of wrestling experience. PTWC also mandates that all coaches are USAW Bronze Coaching Certified.

Q: Can I help coach?

A: ABSOLUTELY! We're happy to have all of the help we can get. Even if you don't have experience with wrestling, the kids can still benefit from your help. Our more experienced coaches will help guide you along too. We do require that all coaches take part in the USAW Bronze Coaching Certification Course and we'll even help guide you to the classes.

Q: I don't want to coach, can I help in another way?

A: Yes and glad you asked! We are all volunteers and we are always looking for help. Whether it be assisting with a fundraiser, a tournament, the web-site, or with an administrative function, we can definitely use the help.

Q: I have a question that isn't covered in the is list, who should I speak with?

A: You should first speak with the team coach of your wrestler. The coach will best know your wrestler and should be able to help. If additional assistance is needed, the coach will direct the question to the appropriate board member for clarification.