

## THE WEBSITE

*CHECK THE WEBSITE! This is the mantra you will hear out of our mouths and read in emails for the next four months. The PTWC website is updated daily with information, schedules, locations, and times. Wrestling is a frantic sport, on and off the mat. Believe it or not, we begin the scheduling process in August! PTWC does not own a private facility and therefore, we rely on the school and town facilities. However, so do other town and school organizations. As such, we can't always have a consistent schedule of times or locations but we do a pretty good job. An example: We hold many practices at nights in the wrestling room at Parsippany High School. However, when there is a PHS Basketball Game at night, we get bumped out of the room for a period of time so the PHS Cheerleaders may warm up in the room. June Madia tirelessly and meticulously maintains these schedules and is basically tethered to the scheduling office. The majority of the time, we have very advanced notice and can adjust ourselves without issue. However, there are times that things happen spur of the moment and we need to scramble to change up our location or times. Most often this happens once the snow starts falling. Please – Check The Website to confirm!*

## READING THE SCHEDULE

*Our website lists the schedule in two locations: the left side bar displays the week's upcoming events and the tab "Schedule" will bring you to a full month display. Both offer the same information and are linked so they are always the same.*

*Click The Event Link and you will be shown a page with all the information for the event. For example: Clicking the KOM Practice link will then show you:*

- *Practice's start and end time*
- *Location and physical address*
- *Link to Google Maps to find that location*
- *Information about that practice*

*Clicking The Link "Gold Team Cranford" will then show you:*

- *Match Information: who is the opponent*
- *Arrival Time for Weigh-Ins*
- *Match Start Time*
- *Location and physical address*
- *Link to Google Maps to find that location*

*It is imperative you Check The Website earlier that day for any updates or changes. Changes aren't often same-day but sometimes it is out of our control and does happen.*

## PRACTICES

*PTWC Coaches have developed a detailed training and teaching plan for all wrestlers. It is necessary to attend practice in order to progress and increase a wrestler's skill. Attendance is taken into consideration when rostering teams. Team practices include warm-ups, physical conditioning, skill-set teaching and review, live wrestling, and team-building exercises. No wrestler is guaranteed a spot in any weight class on any team regardless of ability, weight certification, or age. The team's Head Coach reserves the right to place any wrestler he feels is ready and has earned the right to wrestle in that spot. The team's Head Coach will make the final determination of weight class and participation in matches.*

## PRACTICE REQUIREMENTS

*PTWC Wrestlers are expected to participate in all practice sessions scheduled for their team. Exceptions are made on an individual basis between coach and wrestler but generally include: religious education classes, Brooklawn or Central middle school team participants having a match earlier that day, emergency situation, or illness. BMS or CMS students not participating on the school team are not exempt from PTWC practices.*

*Wrestlers training at an outside facility (Scorpions, The Edge, Buxton, private lessons, etc.) will be reviewed on an individual basis but are still required to attend at least two PTWC/week, with one being the REQUIRED Friday night session.*

*If a wrestler is unable to attend a practice, it is the responsibility of the wrestler and parent to notify the team's Head Coach of their absence prior to the start of practice. If the absence is an obvious or planned reason (i.e. middle school match, CCD class) the wrestler should inform the Head Coach the practice before. If the absence is last-minute (homework, illness or emergency) an email, text, or phone call to the Head Coach is expected to be made by the parent. Please be respectful to our coaches.*

### *PTWC Will Maintain The Following Practice Schedule*

- *Kindergarten Clinic: Practice once a week on Saturdays*
- *King of the Mat Team: Practice 2 times a week, Saturday morning jamborees*
- *Future Stars Team: Practice 3 times a week, one weeknight and/or Saturday dual match*
- *Gold Team: Practice 4 times a week, 1 weeknight dual match, REQUIRED Friday Night Practice*
- *Grade School Team: Practice 4 times a week, one Saturday tri or quad, REQUIRED Friday Night Practice*

*Once the competitive season begins, practice nights for our three older teams (Future Stars, Gold, Grade School) may be cut due to match schedules. The schedule will reflect this information.*

## TEAMS

*PTWC trains each wrestler to participate on a team that matches their skill and abilities. Team placement is not solely based upon weight class, age, or previous experience. Wrestling has a long competitive season with many opportunities to wrestle numerous matches. No wrestler is guaranteed a spot in any weight class on any team regardless of ability, weight certification, or age. The team's Head Coach reserves the right to place any wrestler he feels is ready and has earned the right to wrestle in that spot. The team's Head Coach will make the final determination of weight class and participation in matches.*

*Coaches will consider the following when rostering teams:*

- *Skill and Ability*
- *Attendance at practice*
- *Wrestle-Off Outcome*
- *Experience Level*
  - *PTWC Coaches will not place a wrestler into a situation he feels the child may be hurt by a stronger competitor. PTWC Coaches will abide by all referee decisions with regard to a match being stopped for a wrestler's safety. If a parent disagrees with a coach's decision it may be discussed privately after the event is over. It may not be discussed during the event or with an audience of children or other parents.*
  - *KOM does not permit wrestlers with 3+ years' experience or older than 5<sup>th</sup> grade to participate in weekly jamborees or novice tournaments in order to keep the experience safe and positive.*

## WHAT IS A WRESTLE-OFF?

*A wrestle-off is a head-to-head match between two wrestlers vying for the same weight-class spot on the same team. It will be held for roster placement on our Varsity teams (Gold and Grade School) and Future Stars team. Wrestler-offs will not be held for the KOM team. A wrestle-off may be requested to the team's Head Coach by the wrestler OR the team's coaches may request two wrestlers participate the practice prior to the match. Wrestle-Offs are at the discretion of the team's Head Coach. They will take place in a closed-door room and parents are not permitted to watch. There is no coaching or instruction given to the wrestlers participating. The 'winning wrestler' will be awarded the starting spot for that upcoming event. The 'losing wrestler' is not eliminated from attending or even participating in that event. Most times, the wrestler will be encouraged to attend and wrestle an exhibition match instead of for team points.*

## WHAT IS A WEIGH-IN?

*Wrestling is based on weights. Your child will always have an opponent within his general weight category. To do this, there are weigh-in's. Each wrestler will get on the scale and his weight will be recorded. The younger they are, the larger the window. In the Varsity leagues, there's no window. You may only wrestle that weight class if you're at or below the weight limit (so, at 118 lbs. you may wrestle the 120 lb. class, but if you're 120.1 lbs., you must wrestle up at 125 lbs.) Each league has different weight classes in competition.*

*Before each match, there is a weigh-in in the locker room. Only coaches and wrestlers are permitted to be present. Parents are forbidden. The usual attire for weigh-ins is singlet only, so they come in as low as possible. Shoes, warm-ups, headgear all add extra ounces, which are sometimes very necessary to be rid of. Occasionally, a wrestler will go underwear-only in a weigh-in. **This will probably only happen with a Varsity team weigh-in. KOM weigh-ins will never come to this point.** Please know and be confident that all coaches present are certified to be there and a major part of the certification process is a background check. Please believe me when I tell you that your child is safe and secure with his coach and no harm will come his way. If anything, his coach will go out of his way to protect your child.*

## WHAT IS MY UNIFORM?

*All PTWC wrestlers are given a uniform to wear for their team events. Kindergarten Clinic is given a t-shirt to wear to practices and keep at the end of the season. All grades 1-8r wrestlers will return their uniform at the end of the season or be subject to having their Uniform Bond cashed (in order to replace the items.) The uniform is a Singlet, a Warm-Up Top, and Warm-Up Shorts. Please note, KOM wrestlers generally do not receive a warm-up top and shorts due to availability.*

*Singlets and warm-ups should not be placed in the dryer after washing. It will shrink, colors will fade, and it will wear earlier than anticipated. Uniform items will dry very quickly being hung up or laid flat. The uniforms are approximately \$150 to replace. You may argue that a singlet is \$40 to purchase but our uniforms have a custom design, are very high quality, and are manufactured specifically to our specifications.*

*PTWC wrestlers are required to wear their full uniform to matches. They are responsible to keep track of the warm-ups when they are on the mat in competition. Having an equipment bag to stick it in is very handy and can be stored under the wrestler's chair at an event.*

*Wrestling Shoes: as a reminder, no wrestling shoes should be worn outside. This brings in dirt and fungus which can make wrestlers sick and it can rip or ruin the mats.*

*Wrestling Headgear: You can label this with your wrestler's name. There's never been a wrestler who hasn't left a headgear in a practice room. Pretty much ever!*

## WORK BOND AND VOLUNTEERING

*PTWC is fully run and staffed by volunteers. Our Board and Coaches are all volunteer positions, mainly wrestling parents. In order to run our practices, events, and fundraisers all registered PTWC families are required to volunteer their time at matches and events. This year each family is required to volunteer a minimum of five hours during regular season matches and four hours during our major fundraising events (Boxing Night and Holiday Tournament). Everything that occurs during matches happens because of volunteers and will not be possible without them. We literally enter an empty room at the start of the event. Mats need to be laid and taped, chairs need to be set up, concessions need to be brought out. Once the matches begin we need volunteers to fill out the book, run the timers, and man the concession stand. At the conclusion of the matches volunteers need to put away the chairs, clean up concessions, roll up the mats and put them away, sweep the floor and leave the building better than when we arrived. Our coaches are occupied an hour before match time doing weigh-ins and preparing our teams. During the matches they are obviously busy with coaching wrestlers. Afterwards they are doing paperwork and closing up the match events. WE NEED OUR FAMILIES TO HELP OUT! WE WANT YOUR HELP – NOT YOUR MONEY! There are many, many opportunities available to help out this season. You are not required to help out during your child's team events. In fact, we encourage you to volunteer during other team events. You see a different level of wrestling and you'll meet other families. Please – sign up today for your work bond. If hours are not completed by the end of the season, your Work Bond check will be cashed.*

## FUNDRAISING

*PTWC is a private organization. We receive no funding from the town, recreation department, national organization or other agency. All our funds are self-generated. We are 501 3(c) organization and hold a gaming license in order to fund-raise. Our major fundraiser is the Annual Holiday Tournament. It is a 2-day event being held the weekend after New Years'. Another fundraiser this year is participating in a PAL Boxing Night. Smaller fundraisers include our concessions stand, apparel sales, canning, pasta dinner nights, 50/50's and raffles.*

*To give you an idea of why we fund raise, here's a breakdown of general costs associated with the season:*

- *PAL Rental Fees: \$4,000*
- *League Fees: \$1,500*
- *Referee Fees: \$2,500*
- *Club Insurance: \$500*
- *Misc. Administrative: \$2,000*

*In order to keep our registration fees low, it is necessary to aggressively fundraise to cover our costs. Through long-term fund raising, we are proud to report that PTWC has recently purchased a new wrestling mat. On top of our regular club needs, an additional \$13,000 was raised to make this purchase! This mat will be used for many, many years by hundreds of Parsippany wrestlers.*

## CUTTING WEIGHT, CAULIFLOWER EAR, AND OTHER MYTHS

*You've probably heard it from non-wrestling family and friends, "Eww – wrestling is gross!" or "Your 12 year old is going to need to cut 10 pounds to wrestle!" or "Is that cauliflower ear?" or "What is that – a leotard?!" The answer to it all: That's not how this works. That's not how any of this works! You already know the procedure: no shoes outside, shower after practice, wear your headgear, singlets show off a well-conditioned and strong body. Some of our older wrestlers may need to watch their intake on match days to make weight but come January 1<sup>st</sup>, a pound allowance kicks in. NEVER will your wrestler be forced to cut weight. His weight class is his decision.*

## NOTIFICATIONS

*PTWC will update the website with necessary information as soon as it becomes available. You will receive an email alerting you to news, meeting notices, reminders, etc. In the case of a weather-related cancellation or change, you will receive an email as soon as possible. If its within reason, we will send out a text to the members of the affected team at the cell numbers provided at Registration. Also, if school is dismissed early or closed due to weather, practice may be moved to the PAL if it is safe to travel.*

## BASIC HOUSEKEEPING

*The following is a list of general do's and don'ts. Please use common sense!*

**Do:** Check The Website! Do it often to confirm where you're going.

**Do:** Check the weigh-in times for matches. Be on time or be left off the roster.

**Do:** Check the start and end times for practices. Be on time for both.

**Don't:** Be late for pick-up at a practice's end. Coaches and other parents are not responsible for staying with your kids after practice is over. You need to be on time to pick-up. Our coaches have families to get home to, jobs to work on, and lives to lead off the mat too.

**Don't:** Leave non-wrestling siblings unsupervised at practices or matches. Coaches are coaching. Parents are watching their own wrestlers on the mat. Children running around the halls is not permitted.

**Do:** Volunteer. It makes PTWC run smoother and a better experience for all the kids

**Don't:** Think You're Too Busy To Volunteer. You're not. If you have time to watch your child wrestle, you have time to help. Many hands make light work.

**Do:** Respect our coaches and teach your wrestler to do the same. Not all personalities match up – that's life. But disrespect from your or your child toward coaches will not be tolerated.

**Do:** Know that our coaches will respect your child and your family.

**Don't:** Disrespect June Madia. Just don't.

**Do:** Keep your wrestler home if he's sick or feeling funky. Wrestling is body-to-body. Use common sense.

**Don't:** Make your own parking spot. You'll be ticketed, especially if there's snow & you're at a school.

**Do:** Encourage your child to do his best and have fun.

**Do:** Remember that wrestling is a competitive sport, especially at the older levels. There is a winner and a loser.

***Do:** Remember that wrestling is a passionate sport. Tears may come but need to be appropriate.*

***Don't:** Make excuses or place blame on coaches, other wrestlers, other parents, or referees. Some calls don't go your way. It happens to the best of them.*

***Do:** Cheer your wrestlers and his teammates. Celebrate his victories and learn from his defeats.*

***Don't:** Coach your wrestler or his teammates. You will be removed from the event.*

***Do:** Read your updated Parent Code of Conduct (on the website)*

***Don't:** Think you're above the rules. You will be removed from the event.*

***Do:** Take pictures and send them to Cris Parente. There's always a great slideshow at the banquet.*

***Do:** Share your wrestler's accomplishments at open tournaments he attends. We love sharing and praising.*

***Do:** Meet people and have fun. Wrestling is a wonderful sport and the family is close-knit. Take advantage of the time you have together. It's going to be a lot!*