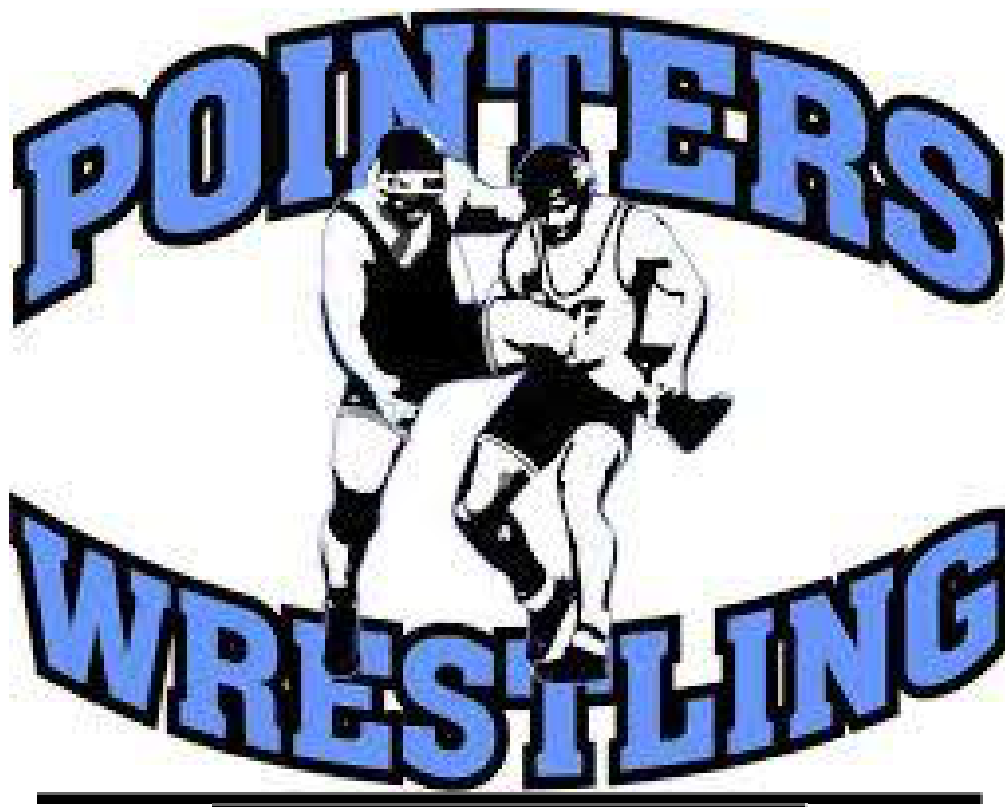


Pointer Youth Wrestling Wrestler/Parent Handbook



Win or Lose...ALWAYS a Pointer

Mission



To develop and foster a love for the sport of wrestling. And to keep that interest so that the athlete can compete at the high school with the goal of winning a WIAA Individual & Team State Championship.

“Once you’ve wrestled, everything else in life is easy”

Dan Gable – University of Iowa Coach, World & Olympic Champion

Coaches

HIGH SCHOOL

Curtis Fiedler: Head Coach

TJ Burke: Assistant Coach

Grant Miller: Assistant Coach

Cory Sokol: Assistant Coach

MIDDLE SCHOOL

Mike Potterton: Head Coach

Nate Chambers: Assistant Coach

POINTER Youth (K-8th)

Kolbi McReynolds: Coach

Justin Sokol: Coach

Joe Terrill: Coach

Greg Burke: Coach

Mineral Point Wrestling Club

The Mineral Point has a rich history in Wisconsin Wrestling from being 11x Team Champion, have 54 Individual Champions, and the Badger's first National Champion. Part of the reason for this success has been because of the support of the Mineral Point Wrestling Club. Since 1984 the Club has been supporting wrestling at all levels from grade school and beyond. They support the wrestlers by help purchase mats, bring in top notch clinicians, providing tournament entry fees, t-shirts, singlets, pizza parties, and bowling nights. If you are interested in getting involved, meetings take place on the first Wednesday of the month from September to May. Meetings take place at the High School and begin at 7pm.

Website: <https://mineralpointwrestling.com/>

Facebook Page: Mineral Point Wrestling

Volunteering

Part of the reason the Wrestling Club is able to support the sport of wrestling is because of the great volunteers. If you are interested in helping out, be sure to ask a coach. Duties range from event set up/tear down tournaments, concessions, pizza sale, tournament workers. Generally, youth parents volunteer at high school events, and high school parents volunteer at youth events.

Pointer Pride Wrestling Team Goals:

- To maximize our effort and our abilities every time we step on the mat
- To have a growth mindset – improve 1% each day
- To have a team built on trust, respect, and integrity of each member towards the others

“The only place success comes before work is in the dictionary”

Vince Lombardi – Green Bay Packers Coach, 2x Super Bowl Champion

As a Pointer wrestler, we want you to:

- **Show Respect** – to yourself, your teammates, your coaches, your opponents, the officials, and your parents.
- **Be Accountable** – Take ownership of your wrestling program – be on time, clean up after yourself, help move mats, help at fundraisers, etc.
- **Communicate** – Communicate your concerns, injuries, absences etc.
- **Promote** – Promote the image of Pointer wrestling by the way you conduct yourself in practice, on the bus, in school, and on the mat.
- **Work Hard** – Wrestlers are expected to work hard and have FUN

“There may be people who have more talent than you, but there's no excuse for anyone to work harder than you do...”

Derek Jeter – New York Yankee, 5x World Series Champion

• **Pointer Youth Competition Philosophy**

- Pointer Pride-KG-2nd is for fun with little to no competitions...Possibly wrestling in the Mineral Point Youth Tournament
- Pointer Big Dogs-3rd-5th number of competitions increase, still focus on fundamentals, focus on fun...not wins & loses
- Pointer Big Dogs-6th-8th Number of competitions increase even more, start freestyle/greco, joining a wrestling academy/school child is really interested, summer camps
- When we do compete...Score Points, Wrestle Hard, & Have Fun

Important Dates

- Oct 26th Equipment handout, Parent Meeting
 - Registration is online
 - Parents meeting at 6:15pm
- Oct 26th to Nov 23rd...KG-2nd Practice Starts
 - Tuesday and Thursday from 6-7pm at MPHS wrestling room
- Nov 30th Pointer Pride (K-2) Showcase prior to MPHS Wrestling vs River Valley
- Dec 6th Equipment handout, Parent Meeting
 - Registration is online
 - Parents meeting at 6:15pm
- Dec 6th to Feb....3rd-8th Grade practice starts
 - Monday and Thursday from 6-7:30pm at MPHS wrestling room
- Jan 14th Pointer Big Dogs (3-8) Showcase

Tournaments:

MP Youth Coaches will take teams to the following tournaments: Oregon, River Valley and Darlington, Youth Sectionals. Our youth coaches and parent coaches may attend other various tournaments throughout the season and will be happy to coach your wrestler. We will post tournaments on the door to the wrestling room. ****Please note dates are subject to change****
Updated information will be in club emails.

Any questions please contact a youth coach.

Link to tournaments: <https://www.wiwrestling.com/upcoming-events/>

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Basic hygienic principles for wrestlers:

- Wrestlers must shower immediately after practice and after competitions.
- Use bar soap to cleanse body and use a clean towel each time.
- Use clean workout clothing each practice.
- Parent should monitor all abrasions or open cuts as that is where skin infections usually surface. If a parent or wrestler do detect a possible skin condition, please let the coaches know as soon as possible

Equipment & Singlet Care

Basic wrestling equipment includes a headgear, wrestling shoes, and a singlet (used in competition). Kneepads can be worn and is up to the wrestler. When it comes to singlet care, please wash in cold water. Hang dry – do not put in dryer- the heat will make the lettering crack and peel

NEW TO WRESTLING? - - HELPFUL INFORMATION

MATCH BASICS

- Wrestling matches consist of three periods
- Periods can vary in length from one minute in duration for younger age groups, to as long as three minutes for college wrestling
- Either wrestler can win the match at any time if they are able to pin their opponent or develop a lead of more than 15 points
- There are only two positions from which referees start, or continue a match. The first is neutral position, with both wrestlers standing and facing each other. The other is the referee's position, where one wrestler starts in his hands and knees down on the mat, and the other starts on top, behind and in control.
- The first period always begins in the neutral position.
- Each wrestler has their choice in one of the remaining periods to choose to start from top or bottom referee's position, or in the neutral position

SCORING

- Takedowns (when from a neutral position one wrestler is able to bring the other to the mat and

gain control) are worth 2 points

- Escapes (when the bottom wrestler is able to break free from the top wrestler and revert back to a neutral position) are worth 1 point
- Reversals, (when a wrestler on the bottom is able to reverse the control so that the opponent is on the bottom) are worth 2 points
- Back points (also called near fall) are awarded when one wrestler comes close to pinning the other (i.e. exposing the other wrestler's back) and are worth 2 or 3 points depending on the length of time that the opponents' back is exposed
- Penalty Points can be awarded when the opposing wrestler performs illegal moves or is penalized for excessive stalling

TOURNAMENTS

Coach McReynolds and Coach Terrill will provide details on upcoming tournaments they will be attending. Our club coaches will coach your child at tournaments.

USA Cards. USA Cards are a 2nd form of insurance for wrestlers. The cost is \$40.00/per wrestler. MPWC does not require our youth wrestlers to purchase a USA card. However, some tournaments do require a USA card as part of registration.

As part of the MP youth wrestling program, MP wrestlers wrestler for free at the MP Youth Tournament on Feb 13, 2022

- Links to tournaments:

Trackwrestling: <http://www.trackwrestling.com>

Many tournaments may have you register via Track wrestling. So tournaments will have brackets to follow on track wrestling to follow

Wi Wrestling: <https://www.wiwrestling.com/upcoming-events/>

Has fliers for upcoming tournament

We will post a calendar on the door going into the wrestling room to see what tournaments are coming up.

Please check the fliers online to confirm details.

Tournament competition is organized by weight and age

- Weight classes are either predetermined, or blocked into groups of 4 or 8 after all wrestlers have weighed in
- Most tournaments during the school season are held on Sunday
- Wrestling tournaments can last for 4 to 6 hours or longer, and can involve as many as 200 to 300 wrestlers.

Mandatory weigh-ins are most often held the morning of the tournament approximately 1 to 2 hours before the first round of competition. At weigh-ins, wrestlers' weights, ages and experience levels are recorded on slips of paper that are used to form brackets

- Bracket: A completed bracket sheet will show specific pairings for each match.
- Tournaments are organized in rounds, allowing wrestlers sufficient time to rest between matches
- Tournament regulations usually limit the number of coaches allowed to coach from the edge of the mat. Parents are encouraged to allow their child to be coached by the coaches that are working with them and the practices. Parents are encouraged to take a role in supporting their child in the sport to allow growth for the child, coach and parent as we guide them to be successful in wrestling now and as they continue to progress to the high school level and beyond.
- Trophies or medals are awarded to the top 4 or 6 wrestlers in a weight class (depends on tournament)

- Tournaments can be long days, so here are some ideas of things to bring
 - Coolers with water and food
 - Something soft to sit on
 - Book
 - Pillow/blanket
 - Electronic device
 - Games or cards
 - Camera