

Dear Parents,

Welcome Tyrone Elementary Wrestling Club (TEWC). We are excited that your child has decided to register for the 2015/16 wrestling season. TEWC teaches children basic and advanced wrestling techniques, provides structure and discipline through physical fitness, and encourages self-confidence. TEWS has wonderful, experienced coaches who volunteer their time, who believe that wrestling is more than just a sport. This packet is to provide you with valuable information about the organization and things you can expect.

### **Communications**

TEWC will communicate all information through e-mail, Facebook, Website, and on the bulletin board at the practice location. The Facebook name is Tyrone Goldeneagles-Wrestling and the Website is [www.tyronewrestling.com](http://www.tyronewrestling.com). We send out message for reminder for matches, notice of practice cancellation, changes to practice schedule, and other important information. Each month there will be a calendar that will be sent via e-mail, posted on the Website, and also posted on the bulletin board along with copies that your wrestler can take home. This calendar contains practice schedule, matches, and tournament information. It is very important to check the communication modes often for possible changes to practice schedules, practice cancellations due to weather, etc.

### **League**

TEWC is a member of the Central Pennsylvania Elementary Wrestling League. The CPEWL is an organization focused on safe development of your wrestlers is their #1 goal. The other clubs in this league are who we will be facing during the dual meets. We encourage all of our wrestlers to participate in the annual CPEWL tournament.

### **Practice**

As you will notice, the wrestlers vary in age and experience levels. We are working on a practice location. More information regarding the practice schedule will be sent out via e-mail and our other modes of communication.

For practice, wrestlers should be dressed in shorts and t-shirt and bring their wrestling shoes. Wrestling shoes should be carried to practice and put on inside. Make sure your child bring water with them to practice.

### **Matches**

Matches are held on Friday evenings and will be listed on the calendar discussed above. There will be home meets and away meets.

The CPEWL has weight classes. Your child will be weighed and put into a weight class, however many times there are several children at the same weight class. Matches are made up of exhibition matches

and varsity matches. The head coach, in consultation with the coaching staff, makes up the varsity line up. Some weight classes may require a wrestle off to determine who will wrestle the varsity position. After the first match, there is a white board with a listing of weight and the name of the wrestler holding the varsity weight class position. If your wrestler would like to wrestle for the varsity position in his/her weight class your child's name goes next to the name in the varsity position. The coaches will determine the date for the wrestle offs which will take place at the end of determine the varsity wrestler. That date will be listed on the white board.

If your wrestler is not on the varsity team, they will still have an opportunity to wrestle in exhibition matches. Depending on the number of wrestlers from the opposing team, your wrestler could wrestle 1-3 times. At times, these wrestlers can have more matches than a varsity wrestler. If your child is not on the varsity line up, after her/she is done wrestling exhibition we ask that they please sit with you in the stands. At that time you are free to leave with your child or can stay and cheer on his/her fellow wrestlers.

If your child cannot attend the match, please let the coach know as soon as possible, especially if they are in the varsity line-up.

### **Uniform**

We are in the process of ordering new singlets for the upcoming season. Each wrestler should wear the team singlet to all matches and league tournaments. The estimated cost for the singlet will be \$40-\$50 and they will be available before the first tournament.

### **Tournaments**

TEWC wrestlers are highly encourage to participate in tournaments. Especially the tournaments hosted by Tyrone.

The Walk, Westley and Wallace Memorial Tournament will be held on Saturday, November 28, 2015. The Tyrone Novice Tournament (wrestlers with 1-2 experience) will be held on Sunday, November 29, 2015. Both tournaments will be held at the Tyrone Area High School Gym. Attached is more information on both of these tournaments.

Here are some suggestions of thing to bring to tournaments.

- Some sort of handheld game for the in-between waiting times
- Healthy snacks (fruit, oatmeal/breakfast bars, veggies, pretzels, peanut butter, etc.)
- Water and Gatorade
- Pillow and/or a small blanket (bleachers and gym floor can be quite hard)
- Camera (we need pictures for the Website and end of the year banquet)
- Wrestling gear (wrestling shoes, singlet, headgear, etc.)
- Books, magazines, homework, sketch pads, and writing utensils
- Tylenol/Advil
- Patience

We will forward more information about Tournaments as they become available. If you have any question if your wrestler should attend a tournament please contact the coach for guidance.

### **Fundraising**

This year we will have the following fundraising events:

1. Steeler Chances – Giving away 2 tickets to 2 Steeler games. The cost is \$5 per chance. Each wrestler is required to sell 20 chances. Chances were handed out at registration sign ups and are to be returned the week of November 16<sup>th</sup>. Please sure to have your chances along with the money in an envelope with your child's name on the envelope. If you would like to sell more than 20 chances please contact Danyel Barkman.
2. Gun Chances – Giving away 5 guns and the cost is \$5 per chance. Each wrestler will be required to sell 20 chances. More information will be forthcoming.
3. The Tyrone Novice Tournament on November 29. We will need parents to volunteer to work different areas at the tournament and to donate items for the concession stand. There will be an on-line sign up for food and drink donations and also shifts to work the concession stand. We will send out more information regarding the tournament and how to sign up to assist. Parent involvement is very critical in making this tournament a success.

Fundraising can be overwhelming which is why we try to keep our fundraising to a minimum. We ask that each wrestler's participate in these 3 events.

### **Clothing Apparel**

This year we will be selling t-shirts and sweatshirts. We have tried to keep the pricing for apparel as low as possible. When turning in orders please place the order form and money in a sealed envelope with your child's name on the envelope.

### **Concessions**

At each home match we have an admission table, 50/50 table, and concession table. We do not want to assign parents to work any of these and would appreciate if parents would offer to work. Once we have the matches scheduled there will be an on-line sign up. Please watch your e-mails for that information. If we don't receive enough volunteers we will have to schedule parents to work.

### **Banquet**

At the end of the wrestling season (usually near the end of March/beginning of April) we host a banquet. At the banquet there will be awards handed out and gifts are given to the wrestlers. Funds raised during the fundraisers help support the banquet. Notice of the banquet will be communicated through our communication modes.

## **Coaches**

All coaches volunteer their time and are very passionate about the wrestling program. If you are interested in assisting with coaching please contact Tommy Rumbarger.

## **Other Information**

The TEWC Board works closely with the Varsity Wrestling Boosters. We have recently purchased new mats for the programs. Both organizations are working to have Tyrone Wrestling program be a strong program as some have remember from the past. One item we are working on is looking for a permanent home for the elementary program for practice and clinics.

If you have any questions at any time please contact one of the members on the board. We want you and your child to have a wonderful wrestling experience.

Sincerely,

TEWC Board

Tom Rumbarger, President

Buddy Walk, Vice President

Jen Wood, Secretary

Deanna Heichel, Treasurer

Adam Weber, Parent Representative

Amy Weaver, Public Relations

Danyel Barkman, Fundraiser Trustee

# Wrestler's Hygiene

ALWAYS report any skin infections or rashes to the head coach for examination. Don't infect your entire team, these problems usually can be cleared up in a few days.

Keep your hair short, off the neck, and above the earlobe.

**ALWAYS shower with antibacterial soaps and cleansers after each practice, match, or tournament.** There are several agents on the market for pre-wrestling protection as well as post-wrestling cleansers.

Keep fingernails short and trimmed back to avoid scratching and open wounds.

Keep wrestling clothes cleaned, hit the mat with only clean practice clothing and wrestling gear. Even shoes, knee pads, and headgear should be washed at least weekly.

Wrestling shoes should only be worn in the gym. Stones and debris can rip mats and injure wrestlers. There are disinfectant sprays for shoes, gear, and gym bags. Keep your gym bag aired out. Never wear your wrestling shoes outside!

Do not share wrestling gear, hygiene products, clothing, food and drink containers with others. This can contribute to massive illness and outbreaks within a team.

Problems are often compounded when wrestlers ignore cleaning routines.

Be aware of symptoms:

- **Gladiatorum:** Lesions on the face, neck, or head that are often accompanied by headache or fever.
- **Chicken pox (varicella):** A viral disease accompanied by a low-grade fever, and is followed by a rash that quickly develops into small blisters.
- **Ringworm:** A fungal infection of the scalp or the skin which includes an itchy or flaky rash.
- **Impetigo:** A streptococcal- or staphylococcal-based bacterial infection that occurs on the surface of the skin.
- **Folliculitis:** A staph-based bacterial infection of hair follicles