# Welcome to MWC

Practice Time

*K – 2nd (less experienced) grade*

* Tuesday 6:00 to 7:00 PM
* Thursday 6:00 to 7:00 PM

*2nd (experienced) – 4th grade*

* Monday 6:00 to 7:00 PM
* Wednesday 6:00 to 7:00 PM

*5th – 8th graders*

* Monday 7:10 to 8:30 PM
* Wednesday 7:10 to 8:30 PM
* Friday 6:00 to 7:15 PM

Introduction - Welcome to the Mukwonago Wrestling Club! The goal of this guide is to familiarize you with the sport of wrestling. Hopefully, the information outlined in this guide will help introduce you to the sport.

Wrestling Club Goals -The goal of the Mukwonago Wrestling Club is to share the sport we love with your child. We want your child to have a fun and positive experience. Like most athletic activities, we will emphasize the fundamentals of the sport, including the basic & advanced skills, with drills and technique.

Questions/Suggestions - When you register your child in the club, you register your voice for questions & suggestions of improvement. If you have questions/suggestions, please contact a coach or board member.

Athletic Development -Please understand that your child may not have instant success in wrestling. Very few wrestlers start winning when they are first introduced to this sport. There will be wrestlers who started earlier and have more wrestling experience, or are just more athletic. In some cases, it may be a few years before a young wrestler develops the competitive edge. The physical, emotional, and competitive stages of athletic development vary for every young athlete. Some children may be ready for tournament competition in their 1st year but most are not; as many develop confidence later. You know and understand your child’s development better than *anyone*. Do not push or drive too hard until you feel the child is ready. Give your child the choice, listen to what they say and give a lot of praise & encouragement.

Parental Support - Your support and involvement are critical to the success of your child and this club. However, please leave the coaching to the coaches. Give them a hug and let you know you are proud of them.

Competition, Winning & Losing- Unfortunately, many wrestling tournaments available to your child do not take into account your child’s athletic development or experience. Most Tournaments take into account weight and age or year in school. On occasion it is not uncommon for your young wrestler to meet more physically dominant and talented wrestlers. Regardless of whether your child wins or loses, always reinforce the positive. Let them know you are proud of them no matter what the result is. Emphasize the importance of participation, not winning or losing.

Wrestling Styles - There are 3 primary styles in amateur wrestling: Folkstyle, Freestyle and Greco. All three are taught at the MWC. Folkstyle is the primary American style of wrestling coached in the Mukwonago Wrestling Club, taught December through March. Freestyle and Greco-Roman are the internationally recognized styles of wrestling. It is the style you will watch at the Olympic Games. These two styles are taught in the Club, in April. We encourage Freestyle/Greco wrestling for all wrestlers, once Old enough, based on birth year (2nd/3rd grade).

Equipment & Dress - Club practices: Shorts, Club T-shirt & “**clean**” athletic shoes are all that we require. No Loose/baggy clothes, no socks only (shoes are required). Mouthpieces are required for wrestlers with braces.

* Wrestling shoes, headgear, and wrestling singlets are encouraged but optional. At the young youth level practices, there is generally not enough contact to warrant the use of headgear. Headgear, however, is recommended to prevent rubbing, banging or twisting of the ear causing “cauliflower ear” (swelling and hardening of ear soft tissue).

**Equipment costs:**

* Wrestling Shoes - MWC has used shoes $5 (limited by donations) retail price $30-$100.
* Headgear - retail price $30-$50
* Singlet is issued by the club, (require a $100 refundable deposit) or you can purchase a customized Singlet.

## Practice Session Rules

Please review these rules with your child:

1. No parents in wrestling room during practice.
2. No street shoes in the wrestling room. Sand & Dirt deteriorate the mat surfaces. Everyone must remove all street footwear before entering the wrestling room.
3. Wrestlers, please take home everything that you brought to practice. Shoes, Headgear are often left & disappear. If left we put in the cubbies outside the wrestling room.
4. Report all injuries to the coach immediately.
5. Have Fun

Injuries & Skin Conditions - Wrestling is a contact sport. Jammed fingers, bloody noses, and sore muscles are common in this sport. Major injuries in all contact sports can occur, but are not that common in wrestling. We make an effort to monitor practices carefully so illegal holds or potentially dangerous predicaments are halted at once. Wrestling is a safe sport and has less injuries than football, soccer, BB or baseball. If your child breaks out with a skin condition or rash, report it to the coach and see a Doctor/Dermatologist. On very rare occasions, we will have a couple cases of skin issues on a wrestler or two. Please shower (with soap) immediately after practice, wash clothes and disinfect headgear. The most common types of skin conditions are ringworm, impetigo, and cold sores.

Wrestling Associations – MWC state organization is the Wisconsin Wrestling Federation, affiliated with the USA Wrestling. It provides our liability insurance to the club. This protection is required by the school district to practice and hold tournaments to limit their liability. This is why we require every wrestler and every coach to have a USA card. These cards also carry secondary health insurance if your child is injured at a tournament or practice. A full listing of benefits can be found on our website under Parent Guides.

KIDS TOURNAMENTS - Traditional Kids (K - 8) Folkstyle tournaments begin in December and end in March. Our Club provides matside coaching starting in January. As mentioned before, most tournament pairings are made by birthyear or grade & weight. Your Child could be bracketed with more experienced wrestlers. Tournament entry fee is typically $20. Most tournaments are 4-man round robin, so each wrestler has 3 matches typically 3 minutes long. Awards are given to each wrestler at the end of the tourney. The # of tournaments you attend is up to you, however we have a recommended number of tournaments document that is based age and experience.

Finally, we have a web site [**www.mukwonagowrestlingclub.com**](http://www.mukwonagowrestlingclub.com)it contains a ton of information both inside and outside the club, including updates to schedules and other events**.** It also contains email addresses of all Club officer and coaches.

Let’s……………..WRESTLE!!!!!!!!!!!!!!!!!!!!

We wish you the best of success in the sport of wrestling. Hopefully this guide has sufficiently outlined the opportunities ahead. Good luck!