

**Viking Wrestling Club
2011-2012**

Parent Information Packet

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All of the information contained in this packet can be found online at the VWC
website: www.vikingwrestlingclub.org

Philosophy

The Viking Wrestling Club was established seven years ago for four purposes:

1. to teach boys and girls the basics of the sport of wrestling
2. to allow boys and girls to have fun and exercise their bodies
3. to give boys and girls experience in wrestling competition
4. to help grow the sport of wrestling across the state of Georgia

Every practice is designed around one or two fundamental moves. We begin each practice with an extensive warm-up. This warm-up improves conditioning and focuses on coordination and muscle flexibility. Once the warm-up is complete, we work on basic moves from the neutral, top and bottom positions. We work on both offensive and defensive moves, counters, and sequences. Instruction takes place via observation, step-by-step walkthroughs, slow motion up to high-speed drills, and live wrestling situations. Repetition is the key to learning any new move.

We try to teach the sport of wrestling in a positive manner. Encouragement and positive reinforcement are crucial to building athletes' enjoyment of the sport. We occasionally will play games, have contests or do team-building exercises during practices to encourage and reward athletes. However, we do expect students to remain focused and attentive during instructional periods. Weight loss is not promoted in any way at this level.

There are a number of different ways that we give athletes live, competitive experience. The first is that we will have periods during most practices that give athletes experience wrestling live and practicing moves against a teammate. Second, we are planning three or four dual wrestling meets during the season. Each of these is a low-stress environment for them to wrestle live against a new opponent. These take the place of a regular practice and can take place at our practice location or at the practice location of another wrestling club. Wrestling opponents are chosen by coaches based on similar weight, age, and experience level. There are two types of tournaments that we participate in. The first are beginner tournaments. They are designed for wrestlers who are first or second year wrestlers. "A single tournament participation during any particular season shall constitute a year's "eligibility". There are smaller brackets for more placers and a parent informational session. Finally, we are also participating in traditional tournaments. In these, athletes are paired up by age and weight and have opportunities for tournament championships and medals. We strongly urge parents to encourage participation at ALL levels of competition this season.

It is our hope, that through the positive experiences of the Viking Wrestling Club, athletes will continue their enjoyment and accomplishment of the sport of wrestling into their middle and high school years. We also hope that athletes will share their experiences with others and encourage them to join in the sport or come out in support of it.

Coaches' Biographies

Joe Winterscheidt –After few years struggling on the mat at the junior high and high school level in Illinois, I took off the mat a respect and love for a sport which challenges participants to be smart, yet strong; to be quick, yet endure; to be in pain, yet have fun. Twelve years ago I began a new wrestling program at Decatur High School. The first few years were learning years, both for me as a coach, and all of my athletes. During my final 5 years I enjoyed many successes on the mat as a team: 3 top 10 finishes, 1 Area Championship, 1 Runner-Up, and 3 entries in the top 8 dual team tournament. Individually, I have been honored to coach 2 state champions and over 20 other individual state medalists.

joe@usatestprep.com

Alex Lammers – I have spent life around the sport of wrestling, and I look forward to spending another year sharing my love of this sport with the young Viking Wrestlers. I began wrestling at the age of 10 and have been doing so ever since. In high school, I was a four-year starter and two time state champion in Ohio. I spent four years at Central Michigan and started all four years. My senior year, I was the Mid-America Conference Champion and attended the Collegiate Nationals. I also spent four years instructing at the CMU Summer Wrestling Camp with wrestlers of all ages. lamme1al@hotmail.com

Mark Wilson – Although I did not wrestle at the high school or college level, I became involved in the sport of wrestling because my son became very interested in it. Wrestling has been a very exciting sport to watch and learn. I look forward to another year of enjoyment. markwilson@bellsouth.net

Occasionally, we will have experienced members of the varsity high school team join us in coaching the club. As all of us have busy schedules, this can be very helpful and provide positive role models for the younger members.

All coaches are volunteers and work without compensation. Coaches all are required to take and pass a challenging Bronze Level Certification Course. In addition, all coaches have had background checks performed before they can step on the mat with your child. If you have experience with the sport and are interested in joining the Coaching Staff, we would welcome you. Please see Joe Winterscheidt for further information.

Practice Schedule

Tuesday, October 18	<i>Parent Meeting and Wrestling Demo, 6:30, LHS</i>
Thursday, October 20	Practice, 6:15 – 7:30, LHS
Tuesday, October 25	No Practice (Orchestra Concert)
Wednesday , October 26	Practice, 6:15 – 7:30, LHS
Thursday, October 27	No Practice (Orchestra Concert)
Tuesday, November 1	Practice, 6:15 – 7:30, LHS
Thursday, November 3	No Practice (Fall Band Concert)
Tuesday, November 8	Practice, 6:15 – 7:30, LHS
Thursday, November 10	Practice, 6:15 – 7:30, LHS
Tuesday, November 15	Practice, 6:15 – 7:30, LHS
Thursday, November 17	Practice, 6:15 – 7:30, LHS
11/23 – 11/25 No Practice, Thanksgiving Break	
Tuesday, November 29	Practice, 6:15 – 7:30, LHS
Thursday, December 1	Practice, 6:15 – 7:30, LHS
Tuesday, December 6	Practice, 6:15 – 7:30, LHS
Wednesday , December 7	Practice, 6:15 – 7:30, LHS
Thursday, December 8	No Practice (PTA Winter Concert)
Tuesday, December 13	Practice, 6:15 – 7:30, LHS
Thursday, December 15	Practice, 6:15 – 7:30, LHS
12/21/10 – 12/30/10 No Practice, Winter Break	
Tuesday, January 3	Practice, 6:15 – 7:30, LHS
Thursday, January 5	Practice, 6:15 – 7:30, LHS
Tuesday, January 10	Practice, 6:15 – 7:30, LHS
Thursday, January 12	Practice, 6:15 – 7:30, LHS
Tuesday, January 17	Practice, 6:15 – 7:30, LHS
Thursday, January 19	Practice, 6:15 – 7:30, LHS
Tuesday, January 24	Practice, 6:15 – 7:30, LHS
Thursday, January 26	Practice, 6:15 – 7:30, LHS
Tuesday, January 31	Practice, 6:15 – 7:30, LHS
Thursday, February 2	Practice, 6:15 – 7:30, LHS
Tuesday, February 7	Practice, 6:15 – 7:30, LHS
Thursday, February 9	Practice, 6:15 – 7:30, LHS
End of Season Party - TBD	

Tournament Schedule and Addresses¹

Centennial Holiday Classic, Centennial High School, 12/3/11
9310 Scott Rd.
Roswell, GA 30076
for all experienced wrestlers

Pope Beginners Tournament at Pope High School, 12/4/11
3001 Hembree Rd.
Marietta, GA 30062
for all first and second year wrestlers

Roswell Hornet Classic at Roswell High School, 1/14/11
11595 King Rd.
Roswell, GA 30075
for all experienced wrestlers

Lovett Beginners Tournament at The Lovett School, 1/29/12
4075 Paces Ferry Rd.
Atlanta, GA 30327
for all first and second year wrestlers

Hillgrove Hawks Classic at Hillgrove High School, 2/4/12
4165 Luther Ward Rd.
Powder Springs, GA 30127
for all experienced wrestlers

GACS Spartan Beginners Tournament at GAC High School, 2/12/12
1875 Indian Trail Rd.
Norcross, GA 30092
for all first and second year wrestlers

¹ Schedule is subject to change

Expenses

1. \$125 – Viking Wrestling Club Annual Fee – This goes to purchase singlets, headgear, medical supplies, Tee Shirts, etc. All coaches are volunteers, and no money is paid to coaches. This should be paid via a check to Viking Wrestling Club.
2. \$35 – Team Georgia Dues – This fee is paid to Team Georgia, a division of USA Wrestling, annually. The money is paid via your online registration process by credit card.
3. \$15 – Tournament Fee – This is a nominal fee paid each time you register for a tournament. These fees go to help run the tournament, purchase medals, pay referees, etc. These fees are paid during your online tournament registration by credit card.
4. Wrestling Shoes – generally these can be purchased for under \$50. This is the only equipment wrestlers have to buy. We have a handful of old shoes that can be used. Singlets and headgear are provided by the club. Athletic shorts, tee shirts and supportive underwear or a jock strap are required at all practices.
5. Some tournaments have entry fees for non-wrestlers, some don't. The cost to get into these tournaments is \$5 per family, \$3 for an adult and \$2 for a child.

Team Georgia Wrestling Registration

<http://www.teamgeorgiawrestling.com>

On-Line Registration for New Members

1. Sign on to the Internet and go to <http://www.teamgeorgiawrestling.com>
2. Select "Folkstyle", this is the type of wrestling that our club competes in
2. Click on "Memberships" on the right
3. Click on "USA Membership Cards"
4. Select New Athlete Membership Registration (\$35)
5. Complete the data as prompted (Club: Viking Wrestling Club)
6. Print 2 copies of your transaction and 2 copies of the card: one for your records and use and one to be given to Viking Wrestling Club Head Coach, Joe Winterscheidt.
7. Be sure to record your user name and ID. It will be necessary for renewal next year and for accessing the account in case you have to print a replacement card.

On-Line Registration for Existing Members

Same as above, except you will need to find and enter your USA Card Number from last year. Please contact Coach Winterscheidt if you can't find this.

Tournament Registration

For wrestlers without accounts:

1. Go to: <http://www.teamgeorgiawrestling.com> and select Folkstyle
2. If you have not registered here before, click on New Register on the left
3. Create your account as a parent, and hit I agree.
4. Now you can login
(if you already have an account, simply login with old username and password)
5. After logging in, go to the Add a Wrestler tab on the top
6. Go to add a wrestler
7. Fill in your wrestler's USA Card #
Make sure to indicate years of experience, and do not put in wrestler's age
8. Make sure to choose Viking WC under club affiliation
9. All wrestlers weigh-in at practice and should have a good idea of their weight

For wrestlers with accounts:

Then to register for the upcoming tournament, go back to the home logged in page and click on the Register for Tournament tab.

1. Select the upcoming tournament from the pulldown menu, or graphic
2. Click on your wrestler's name
3. Select a class (this is based on grade level).
4. Under Reg(istration) Wt., select the lowest weight which he will easily be below.
5. Under Approximate Weight input their actual weight from practice. This helps with the grouping for very large or very small populated weight groups.
6. Process Registration
7. Pay for registration; the cost for most tournaments is \$15 (with credit card, via PayPal)

Important Notes

- If your wrestler weighs 56 pounds at practice, it will be best to register him at 60 pounds, if the choices are 55 or 60. Anyone weighing in over the registration weight is not able to wrestle.
- You **must register by the Thursday at 10:00pm prior** to the weekend tournament. It is recommended to **register** for as many as possible weeks (if not months) in **advance**.

Questions? There is a tutorial on the bottom left side of the main page.

Tournament Information

There are different weight classes depending on your age. At each tournament, the tournament director makes decisions based on the distribution of the registrations as to the weight classes. Wrestlers are always split into groups of the same age and similar weight, usually within five pounds. It is important to register early.

Weigh-ins typically begin at 7am for the elementary age groups and at 11:30am for the middle schoolers. Wrestling starts around 8:00am for the younger guys. Some tournaments have weigh-ins also available the night before, check the tournament website to be sure. The 1-1-1 next to each age group refers to the length of time, in minutes, of each period.

To be ready for the tournament get a solid night's sleep. Make sure that you have a light breakfast – if you're close on weight, it is best to do this after the weigh-in. Also, cut your fingernails before you leave home. Finally, and most importantly, when wrestling, try your best to use the moves we have learned in practice. This is the best way to see immediate success.

Make sure that you bring a printout of your registration card when you weigh-in at the tournament. There is a printable version of this available immediately after you sign up on the Team Georgia website.

Make sure that you register by 10pm of the Thursday before each tournament.

Here are some things to make sure to bring with you to tournaments: **USA Wrestling Card, Tournament Registration Printout**, Wrestling Shoes, Singlet, or athletic shorts and Viking club T-shirt, Underwear: Jock or Briefs NOT Boxers! Kneepads and headgear if you have them, Book or homework for downtime, Healthy snacks and drinks for the day, Sweats or warm-ups, Towel, Some extra cash (\$5-\$10)

At tournaments, you should expect to win a few matches and lose a few matches. You should expect to have a long day hanging out with the team. Mostly, you should expect to have a good time.

Frequently Asked Questions

1. Is my son/daughter going to be cutting weight?
 - No. At this level, athletes are not encouraged in any way to lose weight. They are strongly encouraged to eat a healthy diet. But they should eat what is appropriate for their age and weight.
2. How can I keep my son/daughter from catching skin diseases?
 - Athletes should shower immediately after every practice and tournament. Athletes should cover any open wounds before stepping on to the mat. No athlete should practice or compete with a contagious skin condition, and the coach should be notified immediately. Finally, Kenshield can be applied before tournaments.
3. How many tournaments/meets should my son/daughter attend?
 - All of the appropriate ones – about four tournaments total. Unless there is a specific conflict with a family or school event, we expect to see the entire team at all wrestling events. This is to help give athletes the most experience and build team spirit.
4. I have a girl. Can she wrestle?
 - Absolutely. Girls are encouraged to wrestle. Girls' wrestling is growing tremendously in the state and across the country. There are many opportunities at the high school and college level for female wrestlers.
5. How strenuous are practices going to be for my son/daughter?
 - We try to make practices as challenging as possible to push the limits of the athletes. However, practices are focused on the gaining of wrestling skills and not physical conditioning. Athletes should expect to work hard for the duration of the practice.
6. How can parents help support the team?
 - We are looking for parents to help out with a number of supporting activities – including planning the end of the year party and helping with the Dekalb County Wrestling Tournament. Also, please keep encouraging your wrestler and provide a positive atmosphere for them, as it can be a difficult sport for first timers to pick up quickly.
7. What should my son/daughter do outside of practices?
 - Push-ups, sit-ups, pull-ups, and running are excellent exercises to stay in shape outside of practice. However, any sport or activity that promotes endurance, speed or coordination will be helpful. I strongly recommend exercises and workouts found on the CrossFitKids.com website.
8. How can injuries be prevented?
 - We will work hard to promote flexibility and warm-up the muscles before practicing and competing. Injuries can also be prevented by wearing proper attire and paying close attention to instruction.

Many of your other questions can be answered here:
<http://www.teamgeorgiawrestling.com/documents>

Wrestler Information Sheet*

1. Full Name: _____ Goes by: _____
2. Parent(s)/Guardian(s) Names: _____
3. Home Phone: _____
4. Parent Cell Phone: _____
5. Parent Email Address: _____
6. Wrestler Email Address: _____
7. Birth Date: _____ Age: _____
8. School: _____ Grade: _____
9. Weight: _____
10. Tee Shirt Size: Y-XS Y-S Y-M Y-L A-S A-M A-L A-XL
11. USA Wrestling ID: _____

* Please complete and return this form as soon as possible.

Birth Certificate Verification*

Birth Certificate Verification

Note: A Team Georgia Representative MUST verify your documents.

USA Card #	_____	Wrestler's Name	_____
Date of Birth	_____	Phone number	_____
Years Experience	_____	Email Address	_____
Weight Class	_____	Club Affiliation	_____
Age Division	_____	Grade	_____
Team Ga. Rep.	_____ <small>(signature)</small>		
Team Ga. Rep.	_____ <small>(please print)</small>		
Parent/Coach Presenting	_____ <small>(signature)</small>		
Parent/Coach Presenting	_____ <small>(please print)</small>		

I acknowledge that if anyone is found to be wrestling with false information the wrestler, parent and/or coach will be suspended from all USA events in GA and Nationally for 1 yr & 1 wk. I acknowledge that the information I am presenting to Team Georgia is accurate and correct, to the best of my knowledge.

This Birth Certificate Form is used to verify the age of wrestler and is required to turn in to Team Georgia. This is not a Viking Wrestling Club form. It is used to ensure that all wrestlers compete fairly in appropriate age groups. **If you completed this form in a previous year and presented a birth certificate then, you do NOT need to do so again.**

* Please complete and return this form as soon as possible.