

PARENT INFORMATION

To those new to our club, we welcome you and look forward to meeting you.

To our returning parents and wrestlers we hope you have all enjoyed your summer and are excited about the school year and the wrestling season ahead.

REGISTRATION:

What you'll need to register:

- 1) Completed Registration Form (online or paper) and copy of your completed medical history form,
- 2) a copy of your birth cert (**for new members only**) and
- 3) cash or check for the proper registration fee.

Registration fees are \$140.00 (with a \$20.00 discount per sibling in the household); this fee includes your wrestler's USAW membership and CYW T-shirt.

PRACTICES:

All practices will be held at Jack Jackter Intermediate School's gym at 215 Halls Rd.

Practices will begin Monday, November 12th. Practices will be structured as follows:

- Beginner wrestlers, as identified by the coaching staff, will practice Monday, Tuesday, and Thursday from 6-7:30pm.**
- Advanced wrestlers will practice Monday, Tuesday, and Thursday from 6-8:00pm. We may also offer some Friday practices to make up for weather cancellations or to scrimmage/ joint practice with other teams.

**We ask that those with younger children stay at the gym in case the need should arise that your child becomes unfocused and needs a break. It is very difficult for our coaching staff to continue instruction and maintain safety while there are children wandering around the mat.

Also, we have designated 3-4 Friday nights as scrimmage/duel nights with other local programs (as available). These scrimmage nights are highly recommended for all wrestlers to attend and are free of charge. This is a great opportunity for our athletes to work with wrestlers from other clubs in a cooperative environment, as well as, prepare for tournaments that they may choose to attend in the future.

EQUIPMENT & CLOTHING: All wrestlers will need headgear and wrestling shoes to participate (water bottle is recommended). **NO SNEAKERS WILL BE ALLOWED ON THE MATS.** Shoes and headgear can be purchased from most sporting goods stores or online. For practices, they should wear shorts and a tee.

COACHING:

Parent participation is vital to CYW's ability to maintain a high-quality, competitive program. The annual recruitment of new coaches, and development of our current coaching staff, is especially important given the one-on-one nature of the sport, the relatively short time frame we have for practices and the large number of wrestlers we have attending weekly tournaments. If you are interested in coaching this season, please contact me and I will get you set up.

CYW COMMUNICATIONS:

Email will be the primary method of communication. In addition to email, the club maintains a private Facebook group named Colchester Youth Wrestling where most announcements will be posted along with articles, videos and pictures of practice and tournaments. Parents are encouraged to join the group and post pictures or ask questions on the page provided that their posts remain appropriate and the discourse remains civil. Club membership does not entitle anyone to membership in the Facebook group and anyone who violates the policies of the club or Facebook will be removed from the group.

In the event of practice cancellations due to inclement weather, the club will try to notify all families via email or Facebook (between the hours of 3:00 and 5:00 pm). **Note:** If the Colchester school system is closed or has early dismissal on a day when a practice is scheduled, the practice is automatically cancelled.

WRESTLING TOURNAMENTS:

Wrestling tournaments (participation optional) take place both in state and out of state from late December through early spring. Regular-season tournaments are generally held every Sunday in Connecticut beginning in mid-December and ending with the New England Youth Wrestling Championship in early March. A registration fee (usually \$20; \$15 for each additional sibling) is charged for each tournament. At tournaments, wrestlers compete individually against opponents of similar age and weight and medals are awarded to the first, second and third place wrestlers in each age and weight division.

CYW encourages its wrestlers to participate in tournaments throughout the season (and post-season) based on their individual level of development and interest. With guidance from the coaching staff, wrestlers have the option to choose which tournaments they wish to wrestle in. "Beginner Tournaments" are held periodically for beginner wrestlers only (those wrestlers with one or two years of experience that have not medaled in a regular tournament). More experienced/advanced wrestlers may, at their option, travel out of state to compete.

Please note: The coaching staff will provide feedback on your child's progress/development to assist you in deciding whether they are ready for their first competitive experience.

If you have any questions, please email me at matthew.whitney@hotmail.com .
We're looking forward to seeing you all in November.

Sincerely,
Matt Whitney Director
Colchester Youth Wrestling