

Merrimack Youth Association Wrestling Program

P.O. Box 153
Merrimack, New Hampshire 03054-0153

Parent Handbook

2019-2020 Season



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Letter from the Director

Dear Parent/Guardian:

The Merrimack Youth Association's (MYA) Youth Wrestling program is entering its 14th season and it will be our best yet! We have exciting things planned for the season.

This is my 7th year with the program and my 2nd as its director. Born and raised in Merrimack I have greatly enjoyed living and raising my children here. I have two sons in the program and they have both fallen in love with the sport. My oldest was inspired by other wrestlers in the program who went on to compete nationally and he has done the same himself. I can say both as a parent and director, I am extremely thankful to have such a dedicated board and coaching staff. They all dedicate their time and talents because they are passionate about the sport of wrestling. We hope that you'll join us in our collective goal of growing the sport here in Merrimack!



Children in grades K through 8 generally love to wrestle naturally. We will build upon those natural instincts by teaching them how to manipulate their body and use moves to gain an advantage over an opponent. Children tend to come out of the program with renewed sense of self-confidence and discipline, two traits that will serve them well in all areas of life. They will also make bonds of friendship with fellow wrestlers, both inside and outside of Merrimack, that will last a lifetime.

We will be making efforts to stay engaged with you online (e-mail, Facebook and website). We recognize that parents lead busy lives and it is our goal to make it easier for you to stay informed. We also need your help in order to make the season a success. Each parent is expected to volunteer at our home tournament, our two scrimmage matches (Open Mats), or in other roles. Volunteering helps us keep program costs low by maximizing fundraising opportunities. Remember to indicate your volunteer preferences on the registration form.

Please take a few minutes to browse this Handbook for more information about this year's program. If you have any questions or suggestions, please don't hesitate to contact myself or any coach or board member. All of the contact info is located in this book and on our website (www.myawrestling.com). Here's to a great season!

See you on the mat,

Heather Meehan
Director, Merrimack Youth Wrestling

No One-on-One Contact Policy Letter

Board of Directors Merrimack Youth Association Wrestling Program

P.O. Box 153
Merrimack, New Hampshire 03054-0153

Date: September 26, 2018

To: All parents, coaches, and mentors

Subject: No One-on-one Contact Policy.

For obvious reasons, the MYA Wrestling Program Board of Directors has adopted the following “No One-on-One Contact” policy. This policy applies to all board members, coaches, mentors, and those working on behalf of the program. This is a “zero tolerance” policy.

Policy: **1. No wrestler (from our team or another team) is ever allowed to be alone with an adult that is not his/her parent or guardian. At least one other adult or wrestler should be present at all times.**

Example: A wrestler has a bloody nose and needs to go to the bathroom to wash it. If any adult accompanies the wrestler there must be either another adult or another wrestler present.

2. No wrestler will ever be left alone.

Example: A wrestler’s parent is late picking him/her up after practice. An adult and either another wrestler or another adult will stay with the wrestler until the parent arrives.

Wrestlers are not allowed to leave the practice area unaccompanied.

Board members, coaches, and mentors are responsible for ensuring compliance with this policy.

All violations of this policy should be reported immediately to a board member (or member of the coaching staff who will immediately inform the board). The MYA Wrestling Program Board of Directors will vigorously enforce this policy.

Heather Meehan
Director , MYA Wrestling Program

Code of Conduct

- Wrestlers are not allowed to verbally, physically or psychologically abuse any other wrestler, coach, parent, or game official.
- All wrestlers will treat each other, parents, coaches, and officials with respect and dignity regarding language, attitude, behavior, and mannerisms.
- All wrestlers will respect the property and equipment used at any sports facility, both home and away. No kicking at the edge of the mats, climbing on the rolled up mats, or wearing street shoes on the mats.
- All wrestlers will encourage good sportsmanship through their actions by demonstrating positive support for all wrestlers, parents, coaches and officials at every match and practice.
- All wrestlers will treat other wrestlers, coaches, officials, parents and spectators with respect, regardless of race, color, creed, sex, or ability.
- All wrestlers are to treat their training partners in practice with respect and should not intentionally harm or perform any moves not taught in the Merrimack Youth Wrestling program.
- All wrestlers will listen to the instructions of the coaches, parent coaches and mentors at all times.
- There will be no biting, scratching, punching, etc to other wrestlers, coaches, or parents. This conduct may lead to being asked to leave the program.
- Wrestlers should wrestle in a “clean” manner with no intent to harm their opponent.
- Wrestlers should come to each tournament or practice ready to play and should give their complete attention to the coach. If a wrestler is injured, they are encouraged to sit quietly at the edge of the mat and pay attention to the instruction until they are able to continue

Board of Directors

| | |
|-------------------------|---|
| Director | Heather Meehan 603-801-9314 Director.myawrestling@gmail.com |
| Assistant Director | Matt Snavely AssistantDirector.myawrestling@gmail.com |
| Treasurer | Jennifer Dine Treasurer.myawrestling@gmail.com |
| Secretary | Heather Dodds Secretary.myawrestling@gmail.com |
| Equipment Manager | Liz Bell Equipment.myawrestling@gmail.com |
| Scheduling Coordinator | Vacant |
| Fundraising Coordinator | Vacant |

Board Meetings

The Board of Directors meets at the MYA Building on the first Monday of every month at 7:00 p.m. unless otherwise posted. Meetings are open to all parents and guardians of wrestlers in the program. We encourage you to attend and offer your suggestions as we strive to improve the program. The Board of Directors elections are held at the March meeting. Anyone interested in serving on the Board of Directors should notify the Assistant Director.

Coaches

Jeff Dewar
jdewar2010@gmail.com

Matt Snavely
assistantdirector.myawrestling@gmail.com

Jon Dine
jdine@hotmail.com

Molly DeLuca
hremy2004@yahoo.com

Tyler Meehan
tylermeehan33@gmail.com

We also welcome parent help during practice as “parent coaches.” Please feel free to talk with any of the coaches if you would like to get involved.

Description of the program

Our program is designed to provide a wrestling knowledge base to young athletes. Our program is open to boys and girls in grades K – 8. Wrestlers in grades 7 – 8 are expected to participate in the middle school program and use the MYA program for additional practice and competition opportunities. Each wrestler competes according to his/her weight, age, and experience level. We do not have weight categories and wrestlers do not have to “make weight”. Our focus, as a program, will be:

1. To provide a safe environment for each wrestler.
2. To provide the best instruction possible in an environment conducive to learning.
3. To enhance the self-confidence, self-esteem, and self-discipline in each wrestler.
4. To highlight the importance of nutrition and exercise in wrestling and in general health.

Our season begins in November and runs through the end of March. The team typically meets two times per week (Monday/Wednesday) for practices. Specific practice times and places will be posted on the schedule at the beginning of each season.

We also compete in several tournaments during the season on an individual basis. Tournaments are announced with sign-up deadlines and each wrestler has the option to enter or not. The entrance fees associated with tournaments are paid for by the program. We highly encourage all wrestlers to enter the annual Merrimack tournament because it is designed to accommodate beginner wrestlers.

We depend on volunteer assistance in the form of board members, coaches, and team parents. We appreciate parent assistance and make every effort to accommodate volunteering preferences when we need to ask for help. Parents are expected to help us host our home tournament. It is the largest single fundraiser for the program.

Our main purpose is to share the love of wrestling with the next generation of athletes. We think that a program that builds a solid foundation of wrestling fundamentals will generate new interest and awareness for the sport among Merrimack residents. We think that the sport is exciting, rewarding, and character-building. We trust that in time, you will love it too!

For more information, please visit our website at www.myawrestling.com.

A few things to know

- We have a “No One-on-one Contact” policy to ensure that no adult is alone with a wrestler at any time. This policy letter is reprinted in this handout and posted on the program's website (www.myawrestling.com).
- Wrestling mats are expensive. Only those wearing clean wrestling shoes or socks are allowed on the mats. This applies to wrestlers **AND adults**. Nobody should ever be on the mats in street shoes. A wrestler can practice in socks temporarily, but wrestling shoes will be required for competition. Shoes must be procured by the wrestler.
- Wrestling shoes should **NOT** be worn as street shoes. They should be carried to/from practice and tournaments and worn only indoors during competitions and practices. They are to be kept free of stones and dirt which can damage the wrestling mats.
- Uniforms are supplied by the wrestling program and must be returned at the end of the season. Parents are provided laundering instructions which must be adhered to.
- Wrestlers must wear headgear at all times while competing in tournaments or other sanctioned events. Wrestlers are encouraged to wear headgear during practice also. Headgear is not supplied by the program and it is the responsibility of each wrestler to procure headgear. Note that wrestlers with long hair are required to wear a head wrap also that attaches to the head gear.
- Male wrestlers should consider wearing an athletic supporter without a cup (also not supplied by the wrestling program).
- Mouth guards are optional and not supplied by the program.
- Please arrive at practice 15 minutes early so your wrestler can get shoes changed and help prepare for practice.
- Fingernails will be checked periodically. The length of a wrestler's fingernails is checked for safety reasons only – this is not a hygiene inspection.
- Parents of wrestlers K–4 must be present at practices, meets, and tournaments – they cannot drop their wrestler off and leave.
- Parents of 5-6 grade wrestlers may drop off their wrestlers but the parents must first check in and provide a contact number where they can be reached. Also, if there are behavioral issues with the child, the parent will be asked to stay for future practices.

Illness/Medical Condition

If your wrestler has a medical condition, you should provide the coaching staff with the pertinent information regarding the condition. If your wrestler will need an inhaler and/or medication during practice or a wrestling event, you need to be present with the inhaler and/or medication and assist your wrestler with the administration of such. While some of our coaches are trained in first aid they are not authorized (and not trained) to administer medication. Please be on the lookout for any abnormal skin conditions or rashes as these may be ring worm or impetigo. These conditions are easily treatable but also highly contagious. Please do not expose your sick wrestler to the others. If he/she is displaying symptoms keep them home. If your wrestler is diagnosed with something that might have been exposed to the other wrestlers, please inform the program as soon as possible.

Team Website

www.myawrestling.com

Our website will be an important tool for you as a parent. It has our most up-to-date schedule, all of the forms we use, contact information, a copy of this handout, and much more. We will also make announcements on the website concerning practices or other important information.

For those on Facebook, we have created a closed Facebook group. This group is only visible to members of the group. Only people associated with the MYA Wrestling program are admitted to the group in order to provide a safe environment for parents to share photos and stories about their wrestlers. You can request admission to the group by visiting:

<https://www.facebook.com/groups/myawrestling/>

Equipment Swap

Your wrestlers feet grow quickly and chances are your wrestler will outgrow his/her current wrestling shoes by next season. Please consider donating your wrestling shoes to our program at the end of the season. Additionally, if you are in the market for wrestling shoes, be sure to ask about our inventory of used shoes. There is no charge for used gear. We will also have new headgear and knee pads available for sale.

Fundraising

The revenue for our program is derived from registration fees, town funding, sponsors, and fundraising. Funds are used to cover the cost of insurance, equipment, uniforms, etc. We make every effort to keep fundraising that involves the participating families to a minimum. The hosting of our home tournament is the biggest fundraising event of the season and all parents are expected to pitch in.

Schedule

We will provide an initial schedule at the Parent's meeting. This schedule will change as we coordinate with other teams and learn about newly scheduled tournaments. Please check the schedule on the website often for the most up-to-date schedule information. Practices have been scheduled to occur at the same time every week but please note that when school is closed (i.e. holidays or snow days) we will not have practice unless other arrangements are announced. Tournaments are usually scheduled for Saturdays and Sundays.

Tournaments

Wrestlers of all ages can optionally compete in the season tournaments. Tournament competition is organized by grade and weight. Usually the tournament is divided into divisions based on grade. Typical divisions might be K, 1-2, 3-4, 5-6, and 7-8. Brackets within the divisions are based on weight groupings (and as much as possible, experience level) and not predetermined classes as they are in Middle and High School programs. There are many different ways to arrange brackets.

Most tournaments are held on Sundays with some on Saturdays. Wrestling tournaments can last for 4 to 6+ hours, and can involve as many as 200 to 400 participants. Depending on the team schedule, there can be as many as ten or more tournaments throughout the season, some of which can be as far as several hours away. Registration is usually taken in advance, however, wrestlers can sometimes register at the door when capacity has not been met. Our program will require commitments for each tournament 2-3 weeks in advance. A cutoff date will be set to sign-up for an event with the scheduling coordinator. If the cutoff is missed, the wrestler will not be able to compete. If a wrestler signs up for a tournament and fails to show up at the competition, the wrestler's parent/guardian must reimburse the MYA Youth Wrestling program the missed entry fee. The wrestler will not be allowed to enter any future tournaments until the debt has been repaid. The director can waive this fee for extenuating circumstances.

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

A completed bracket sheet will show specific pairings for each match. After each round, bracket sheets are updated to show pairings for the following round. Four-man brackets are common with 8 and under age groups, and eight-man brackets are common for older age groups. There is usually a 30 to 60 minute period before the tournament begins, when wrestlers can warm up and locate their bracket.

Wrestlers typically wrestle two to four matches in any one tournament; however, it's possible in some situations to wrestle more. Tournaments are organized in rounds, allowing wrestlers sufficient time to rest between matches. Before each round, pairings are determined, using result of the previous round.

Tournament regulations usually limit the number of coaches allowed to coach from the edge of the mat. A referee starts and stops the match, awarding points when appropriate. When the match is over, wrestlers shake hands and return to their coaches. Trophies or medals and sometimes ribbons are typically awarded for 1st, 2nd, 3rd and 4th after all matches in their bracket have been completed. Wrestlers are free to leave with their parent or guardian after awards are presented.

Tournament Registration Payment Policy: MYA Wrestling typically pays for tournament registration for MYA Wrestlers. The program reserves the right to require parents to pay tournament registration fees if they opt to send their wrestlers to the tournament of their choice if fundraising efforts are not sufficient for the program to cover the costs. If the program pays for a wrestler to attend a tournament and the wrestler is a no show due to illness, etc the program reserves the right to require reimbursement by the parent for the tournament registration fee.

How to Watch Wrestling

Our program teaches the Collegiate (or Folkstyle) style of wrestling. This is the same style that is taught in the Merrimack Middle School and High School programs. There are other styles but this section doesn't focus on them. When you watch a wrestling match, be it MYA, Middle School, or High School, there are a few things you should be aware of in order to understand what you are seeing.

1. A wrestling meet consists of several matches (usually around 14) – 1 match per weight class. Weight classes are set by a governing body. Youth wrestling (our program) does not have weight classes – we simply match the kids up by grade, size, and ability. The Middle and High Schools use predetermined weight classes. In a meet, the teams accumulate points based on how many matches they win (see Scoring below). The team with the most points at the end of the meet wins.
2. Each match consists of 3 periods. In MYA and Middle School matches each period is 1 minute long. In High School matches each period is 2 minutes long. During a match each wrestler tries to score points (see Scoring below). The wrestler with the most points at the end of the match wins. Points are kept on a scoreboard or a flip type scoring mechanism in plain view.
3. It is common practice for each wrestler to wear an ankle band - one wears green and the other wears red. The referee will wear corresponding red and green wrist bands – one on each wrist. When a wrestler scores points, the referee will hold up the hand with the colored wristband of the wrestler scoring the points and indicate the number of points scored by holding up that many fingers.
4. In the first period each wrestler starts in the neutral position (standing up). To start the second period, the referee flips a coin and the wrestler who wins the coin flip is given the choice of 1) starting in the neutral position or 2) top or bottom in the referee's position (in this position one wrestler is on hands and knees and the other wrestler kneels beside on one knee grasping the other wrestler's waist and elbow) or 3) the wrestler can defer to the other wrestler and let them decide. To start the third period the other wrestler is given the choice.
5. The match starts when the referee has both wrestlers come forward from their sides, shake hands, and return to their starting marks (red or green lines) in the center of the mat. The referee will then signal them to begin wrestling. This is when match time starts.
6. At times during the match the referee will stop the action for various reasons: the wrestler might have gone out of bounds; headgear or shoes might have fallen off; etc. In any case, to restart the match, the wrestlers are brought back to the center of the mat. If neither wrestler had control of the other when the match was stopped the wrestlers restart in the neutral position. If one wrestler had control of the other when the match was stopped then the match will be restarted with that wrestler on top in the referee's position. If the referee stops the match for any reason, time is also stopped. Time is restarted when the referee restarts the match.

7. The match ends when time has expired or one wrestler Pins (see Scoring below) the other or scores a Technical Fall (see Scoring below). Each wrestler will be brought back to the center of the match and the referee will instruct both wrestlers to shake hands and then the referee will raise the hand of the winner. It is common practice for each wrestler to also shake the hand of the opposing coach after the match.

Scoring

There are several ways for a wrestler to score points in a match:

- **Takedown** – 2 points – Accomplished from a neutral position when one wrestler takes the other to the mat and gains control of that wrestler. Many times you'll see the points for a takedown delayed until the referee determines that one wrestler has control.
- **Escape** – 1 point - A wrestler that is being controlled by the other wrestler breaks that control.
- **Reversal** – 2 points - A wrestler that is being controlled by the other wrestler breaks that control and immediately gains control of the other wrestler.
- **Near Fall** – 2 or 3 points – Points are awarded for holding opponents shoulders at 45 degrees or less, to the mat, for two seconds (2 points) or five seconds (3 points). Sometimes called “back points”.
- **Penalty** – 1 or 2 points – Awarded to a wrestler for illegal holds, infractions, technical violations, stalling, or unsportsmanlike conduct committed by the other wrestler. Wrestlers are usually given a warning for the first offense. If the violations continue the referee could disqualify the offender and award the match to the opponent. Teams score points if their wrestler wins a match. The number of points awarded a team is as follows:
 - **Decision** – 3 team points – Winning a match by fewer than 8 points.
 - **Major Decision** – 4 team points – Winning a match by 8 – 14 points.
 - **Technical Fall** – 5 team points – Awarded when one wrestler accumulates at least 15 points more than the other wrestler during a match. The referee will end the match immediately.
 - **Pin, Disqualification, Forfeit** – 6 team points – A Pin (sometimes called a Fall) occurs when one wrestler holds the other wrestler's shoulders or scapula on the mat for two seconds. The referee signals a pin by slapping the mat and ending the match. A wrestler can be disqualified from a match for several reasons but usually for unsportsmanlike conduct or purposely trying to injure the other wrestler. A forfeit occurs when a wrestler fails to report to the mat for the match.

Merrimack Youth Association

Registration: \$110

Wrestling Registration

2019-2020

Wrestler's Name: _____ **DOB** _____
Last First MI MM - DD - YYYY

Sex: M / F **Grade:** _____ **Weight:** _____ **Years Exp** _____ **T-shirt Size:** YS YM YL YXL
Circle One AS AM AL AXL

Address: _____ **Phone:** _____

Parent/Guardian: _____ **Phone:** _____

Address: _____

e-mail Address: _____

2nd Parent/Guardian: _____ **Phone:** _____

Address: _____

e-mail Address: _____

Volunteer Needs: Please rank top 3 preferences to fill volunteer needs:

- Work Tournament Concessions Work Open Mat Concessions Provide Concession Items
- Work Tournament Scoring Tables Assist Coaching Staff Fill Board Vacancies
- Work Tournament Door Work Apparel Sales Mop Mats Before Practice

Parent/Guardian Agreement

As Parent or Legal Guardian of the named wrestler, I indicate by my signature below that:

- 1 - The wrestler/participant is a resident of the town of Merrimack NH.
- 2* - I certify that I have read and will abide by the MYA Wrestling Program's No One-on-One Contact policy.
- 3* - I have read the MYA Wrestling Code of Conduct and will ensure my wrestler(s) upholds it.
- 4 - I understand that one parent per family will be required to fill at least one volunteer need each season.
- 5 - I accept responsibility for maintaining the issued wrestling singlet and upon completion of the season will return it promptly. Also, I understand that I will be liable for the cost (\$90) to replace damaged or lost uniforms.
- 6 - I **[do / do NOT]** (circle one) authorize the submission of photographs of my wrestler to the newspaper, the MYA Wrestling website, or the private MYA Wrestling Facebook group.

Signature of Parent/Guardian

Date

* These policies can be reviewed at any time on the Program's website (www.myawrestling.com).

AMATEUR MINOR ATHLETIC WAIVER AND RELEASE OF LIABILITY

In consideration of being allowed to participate in any way in _____
(name of organization)
athletics/sports program, and related events and activities, the undersigned:

1. Agree that the parent(s) and/or legal guardian(s) will instruct the minor participant that prior to participating he or she should inspect the facilities and equipment to be used, and if the participant believes anything is unsafe, he or she should immediately advise his or her coach or supervisor of such condition(s) and refuse to participate.
2. Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions, or negligence but the action, inaction, and negligence of others, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time.
3. Assume all the foregoing risks and accepts personal responsibility for the damages following such injury, permanent total disability or death.
4. Release, waive, discharge and covenant not to sue _____
(name of organization)

its affiliated clubs, their respective administrators, directors, agents, and other employees of the organization, other members/participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors or premises used to conduct the event, all of which are hereinafter referred to as "releases," from any and all liability to each of the undersigned, his or her heirs and next of kin for any and all claims, demands, losses or damages on account of injury, including death and damage to property, caused or alleged to be caused in whole or in part by the negligence of the releases or otherwise.

I HAVE READ THE ABOVE WAIVER AND RELEASE, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGN IT VOLUNTARILY.

Name of Participant (print) _____

Name of Parent/Guardian (print) _____

Parent/Guardian Relationship (print) _____ Date _____

Signature of Parent/Guardian _____

Address of Member/Participant _____

Telephone Number of Parent or Guardian _____ () _____