



# **Abington Bulldogs Youth Wrestling Club**

**PARENT HANDBOOK**

**2024 – 2025**

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## Welcome

Abington Bulldogs Youth Wrestling Club (ABYWC) is a 501(c)(3) non-profit organization and member of the Inter-County Wrestling League (ICWL). We are also a chartered member of USA Wrestling. ABYWC is open to athletes in kindergarten through 8th grade and provides training and competition opportunities.

Wrestling offers a unique combination of physical and mental challenges that can benefit athletes of all ages and skill levels.

Key benefits include:

- **Accessibility:** Anyone can participate, regardless of size or shape.
- **Equal opportunity:** Everyone gets to compete, ensuring fairness and preventing bench-warming.
- **Personal accountability:** Success and failure are solely based on individual effort.
- **Adversity management:** Wrestling teaches how to handle losses gracefully and learn from them.
- **Performance under pressure:** Athletes learn to stay calm and focused during high-stakes situations.
- **Persistence:** The sport rewards hard work and perseverance, even in the face of early setbacks.
- **Confidence building:** Achieving goals and mastering skills boosts self-esteem.
- **Physical fitness:** Wrestling provides a full-body workout, improving strength, endurance, and coordination.
- **Competitiveness:** The individual nature of the sport appeals to those who enjoy competition.
- **Fun and camaraderie:** Despite being individualistic, wrestling fosters a strong sense of community among athletes.

## Contact Info / How To Stay Informed

- Club email – [bulldogsabington@gmail.com](mailto:bulldogsabington@gmail.com)
- Club Website page - <https://abingtonbulldogs.teamsnapsites.com/>
- Club Facebook page - <https://www.facebook.com/groups/632461163528994>
- TeamSnap App is utilized for schedules and meet RSVPs

All communication regarding practice and weekly meet information will be shared via email AND the team Facebook page.

## **Wrestler Code of Conduct**

ABYWC firmly believes that for the wrestling experience to be a positive, safe, and enjoyable learning experience for all, wrestlers must be held accountable for their behavior.

A wrestler who violates the Code of Conduct will face swift action.

If violations are observed, disciplinary action may be enforced immediately on the spot by coaching staff, referees, or by members of the board. If the violation cannot be resolved immediately, a resolution committee comprised of the board, coaches, and parents (as appropriate) will set a meeting within one week of the occurrence to objectively evaluate the incident, determine a final resolution, and formally address the matter. Any further discussions, decisions, or disciplinary actions will be followed up directly with the offender within 24 hours after the resolution committee has met.

As an Abington Bulldog, I agree that:

1. I will adhere to the Wrestler's Code of Conduct while participating in any wrestling activity.
2. I will participate in wrestling to have fun and remember that doing my best is far more important than winning.
3. I will respect my teammates and not engage or encourage any form of verbal, physical, or sexual harassment, or abuse.
4. I will respect my coaches by not being disruptive during practice or competitions and understand that if I am, then my parent/guardian will be required to accompany me until I am able to act appropriately.
5. I will respect the property of others, whether personal or public.
6. Win or lose, I will shake the hands of my opponent and my opponent's coach. I will never ridicule or taunt another participant for making a mistake or losing a competition.
7. I will respect the authority and judgment of coaches and officials during any wrestling related event. At no time will I engage in a verbal confrontation with coaches, parents, referees, or any other wrestler. If necessary, I will respectfully request an appropriately agreed upon time discuss any issues with coaches or parents. I understand that the result of such behavior will be ejection from mat side involvement at practices, tournaments, or events.
8. I agree that failure to comply with these rules will result in my removal from a practice, tournament, or event in which the offense occurs, and that repeat offenses may subject me to expulsion from the Club.

## Parent Code of Conduct

ABYWC firmly believes that for the wrestling experience to be a positive, safe, and enjoyable learning experience for all, parents/guardians must also be held accountable for their behavior. We want to be an organization known for good wrestling and good people.

As an Abington Bulldog parent/guardian, I agree that:

1. I will adhere to the Parent's Code of Conduct while attending any wrestling activity.
2. I will review the Wrestler's Code of Conduct with my child and explain the meaning of the clauses so that expectations are understood by my child.
3. I will remember that children participate in wrestling to have fun, that events are for the children, not the adults, and will teach my child the same. I will not force my child to participate in wrestling and will never ridicule or punish my child or any other wrestler for making a mistake or losing a match.
4. I will attend and provide additional supervision at all practices, tournaments, and any other wrestling related activity or event that my child attends if a coach determines that my child needs such additional supervision. I will also intervene in a calm manner if my child's behavior is in any way unacceptable at a match or practice.
5. I will not engage in or encourage any behaviors or practices that would endanger the health or wellbeing of another including any hostile, violent, or negative behavior.
6. I will respect the authority and judgment of coaches and officials during any wrestling related event. At no time will I engage in a verbal confrontation with coaches, parents, referees, my child or any other wrestler. If necessary, I will respectfully request an appropriately agreed upon time discuss any issues with coaches or parents. If discipline is necessary for my child, I will calmly handle the situation in a less public area.
7. I understand that any inappropriate behavior will be an ejection from attending practices, meets or any other events.

## Practice Expectations

- There are 2 90-minute practices a week and are held at the High School and Middle School, split by age groups. Practice typically consists of 15 minutes of warm-up stretching and calisthenics, 60 minutes of drills and technique instruction and 15 minutes of cool-down exercises or a fun game. As the season progresses, more live wrestling will be added.
- **Equipment** - please bring wrestling shoes and a water bottle. Headgear is optional. Wrestlers should practice in shorts and t-shirt. To keep the mats clean, please **do not wear your wrestling shoes off the mats**. Wear sneakers and change shoes in the hallway outside the wrestling room before practice.
- **Restroom** – please have your wrestler **use the restroom prior to practice** to cut down on the number of bathroom breaks occurring during practices. Wrestlers should not wear their wrestling shoes into the bathroom.
- **Hygiene and Health** – please make sure your wrestler is showering immediately after practices and that their nails are trimmed. It is recommended to use an anti-fungal soap like Defense. If your wrestler has any skin irritations, **DO NOT** come to practice/meets but **DO** contact the coaches/send an email. If your wrestler is ill, **DO NOT** come to practice/meets.

## Meets

- Meets are held on Saturdays from late December through February and run from approximately 8am-12pm. The ICWL is currently finalizing the schedule and dates, times and locations will be added to the team Snap account and distributed via email.
- Your wrestler will participate in 2-4 matches per meet. Matches are based on age, weight and years of experience. Wrestlers must wear the Abington Bulldogs singlet. Singlets will be distributed before the first match and are loaned to your wrestler for the season. They must be returned at the end of the season to receive your \$50 singlet deposit.
- Attendance - a YES or NO response needs to be received by Wednesday at 9pm prior to the meet. Late/no response will result in your wrestler not participating in the meet. Our coaches work hard to make pairings with other the teams and it's a major disruption on the morning of meets to make changes to the pairings.
- Before you leave home on Saturday:
  - Please have your wrestler eat a healthy breakfast prior to leaving the house.
  - Have your wrestler dressed in their Bulldogs singlet, with sweatpants / sweatshirt over top & street shoes. They can change into their wrestling shoes upon arrival & their headgear is only needed when on the mat, so keep it close.
  - Bring a water bottle for between matches.
- Arrive:
  - Please arrive an hour before the scheduled match time to check-in with coaches. No-shows and being late requires the coaches to make last minute changes, which delays the beginning of the meet. If you no-show more than once, you will not be allowed to participate in meets.

- Once all teams have checked in, the coaches will be given the mat assignments for our team. Your wrestler will have a series of numbers written on their hand (ex: 130, 245, 318, etc.). The numbers correspond to the mat & match assignment; for example, 130 = mat 1, match #30.
- Wrestlers will then warm up together as a team.
- Before your first match:
  - Typically, a meet has 3-4 mats. Coaches will be available on each mat to instruct your wrestler during their match but it is your responsibility to get your wrestler to the correct mat.
  - Parents are asked to stay behind the coaches or on the sides of the mat and we ask that instructions come from only the coaches.
  - You should be near your mat assignment at least 4 matches prior. If you are match # 130, there is a display that shows what match is next, and the 2 upcoming (usually a wooden “tree”). If #126 or higher is displayed, your wrestler should have their sweats off, headgear on, and talking with one of the coaches, getting loose for their match.
- Match:
  - A match consists of (3) 1-minute periods. Please have your wrestler ready to go in just their singlet, wrestling shoes & headgear.
  - Your wrestler will be assigned an ankle wrap (green or red) that corresponds with the referee’s wristbands. Your wrestler will enter the center circle, put on the ankle wrap and shake hands with their opponent. The referee will then signal the start of the match.
  - Your wrestler will be awarded points that are earned during the match. If a wrestler pins his opponent at any time before the end of the third period, the match is over and the winning wrestler earns a win by fall (pin). The match ends with a pin, a tech fall (winning by 15 points) or by points when all 3 periods are completed.
    - **Takedown = 2 Pts.** From the neutral position, when one wrestler takes the other wrestler down to the mat and controls him from the top, a takedown is scored.
    - **Reversal = 2 Pts.** When a wrestler is on the bottom in the referee’s position and reverses his opponent to the top in the referees position, a reversal is scored.
    - **Escape = 1 Pt.** When a wrestler is on the bottom in the referee’s position and escapes to the neutral position without reversing the top man, an escape is scored.
    - **Near Fall (back points/exposure) = 2 Pts.** When the bottom wrestler has his back exposed to the mat on an angle of 45 degrees or less for a count of at least 2 seconds, but less than 5 seconds.
    - **Near Fall (back points/exposure) = 3 Pts.** When the bottom wrestler has his back exposed to the mat on an angle of 45 degrees or less for a count of 5 seconds or more.
    - **Penalty Points** can be awarded to the opponent of the wrestler in violation of certain rules and conduct.
- After the match:
  - At the end of the match, the wrestlers will shake hands with their opponent and the referee will raise the hand of the winning wrestler. The wrestlers will remove the ankle band & leave it in the center circle.
  - Wrestlers will then shake the hand of the opposing coach and return to their corner to speak with their coach.
  - Wrestlers should use Defense wipes after each match.

- Between matches:
  - There can be downtime between matches. You can remain in the stands with your family and friends, but please do not leave the facility.
  - There is typically a snack bar available with items for purchase. NO food OR drinks are permitted on the mats at any time.
  - Wrestlers are encouraged to cheer on their teammates that are competing but remember to let the coach give instructions to the wrestler on the mat.
  - As a guest of the host school, please be sure to place trash in the trash cans.
  - Remember to be mindful of your wrestler's mat assignments between matches.
  
- After your last match:
  - When your wrestler finishes their last match, they are done for the day and permitted to leave at any time; you can stay and cheer on other wrestlers that still have matches. You do not need to notify coaches you are leaving.
  - Before exiting the building collect your wrestler's belongings & dispose of any trash.

## **Volunteers at Home Meets**

ABYWC is operated entirely by volunteer coaches and board members. To successfully run home meets, we need many additional volunteers before, during and after meets. Opportunities include mat setup/breakdown, working the scoring table and working the snack bar. At least one person from each family should volunteer at each home meet. We also offer opportunities to earn service hours for middle and high school students.

## **Tournaments**

- Tournaments are optional.
- ABYWC does not typically enter a tournament as a team but if enough wrestlers are planning to attend and a coach is available, a coach may attend but are not guaranteed.
- 1st and 2nd year wrestlers should look at Novice tournaments and more experienced wrestlers should be competing in Open tournaments.
- There is usually a registration fee of \$20-\$40 depending on the tournament.
- In a tournament, a wrestler is eliminated based on his/her win/lose record (i.e. double elimination), unless the tournament format is round robin. Round-robin formats consist of a bracket of 4 or more wrestlers, and your athlete will face each wrestler in their bracket.
- Winners may receive trophies or medals, dependent on the tournament.