**VANDIT WRESTLING ACADEMY PARENT INFORMATION PACKET**



1. **Board Members:**

|  |  |  |
| --- | --- | --- |
| President | Agustin Gonzalez | auggieg@comcast.net |
| Vice President | Vanessa Lopez | vanessalopez4\_@hotmail.com  |
| Treasurer | David Wilson | wilsondavid2525@gmail.com |
| Secretary | Mandy Rathjen | mandyrat16@yahoo.com |
| Registration Coordinator | Jenni Wilson | jenniwilson1978@gmail.com |
| Travel Coordinator | Mandy Buck | mandylu22@hotmail.com |
| Fundraising Coordinator | Cristina Molina | tmolina226@gmail.com |
| Miscellaneous | Todd Rork | toddrork@gmail.com |
| Kingston Registration Coordinator | Dan Novick | drnovick@centurylink.net  |
| Kingston Treasurer | Matt Henery | mthenery@gmail.com  |

1. **Coaches:**

**Burlington**

|  |  |  |
| --- | --- | --- |
| Advanced Head Coach | Rafael Ibarra | rafaelibarra1234@gmail.com |
| Advanced Assistant Coach | Russ Aarts |  |
| Advanced Assistant Coach | Donny McMoran | allieandabbiesdad@gmail.com |
| Advanced Assistant Coach | Jerome Olsen | jholsen430@hotmail.com |
| Advanced Assistant Coach | Leah Olsen | leah.olsen25@gmail.com  |
| Advanced Assistant Coach | Andrew Toth | tatertoth152@gmail.com |
| Advanced Assistant Coach | Paul Troupe |  |
| Novice Head Coach | Cory McDonald | cmcdonald0241@hotmail.com |
| Novice Assistant Coach | Chad Rathjen | chadr22@yahoo.com  |
| Novice Assistant Coach | Ryan Spurrier | rpspurrier@gmail.com  |

**Kingston**

|  |  |  |
| --- | --- | --- |
| Head Coach | Bobby Reece | reecewrestling@comcast.net  |
| Assistant Coach | Ahmed Hammou | hammou1@live.com  |
| Assistant Coach | Matt Henery | mthenery@gmail.com  |
| Assistant Coach | Brandon Nees | neeskelci88@gmail.com  |
| Assistant Coach | Dan Novick | drnovick@centurylink.net  |

1. **Practice Times and Dates:**

-Schedules will be posted on the calendar at [www.vanditwrestling.com](http://www.vanditwrestling.com).

-Updates to the practice schedule and tournament schedule will be posted on Vandit Facebook.

-Emails will go out to registered Vandit wrestlers with updates and information.

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| **2019-20 FOLKSTYLE SEASON** Novice (Beginning Wrestlers)*Dates and Times:*October 14-January 26Mon/Wed @ 5:30-6:30 pm *Location:*Kingston Middle School9000 NE West Kingston RdKingston, WA 98346  Advanced*Dates and Times:*September 30-February 23Mon/Tues/Wed/Thur @ 6:30-8:30 pm *Location:*Kingston Middle School9000 NE West Kingston RdKingston, WA 98346  | **2019-20 FREESTYLE/GRECO SEASON** Novice (Beginning Wrestlers)*Dates and Times:*March 16-May 8Mon/Wed @ 5:30-6:30 pm *Location:*Kingston Middle School9000 NE West Kingston RdKingston, WA 98346  Advanced*Dates and Times:*March 2-May 8Mon/Tues/Wed/Thur @ 6:30-8:30 pm *Location:*Kingston Middle School9000 NE West Kingston RdKingston, WA 98346  |

**SUMMER PRACTICES:**

Schedule TBD in April of 2020

1. **Registration:**

There are two (2) ways to register for Vandit Wrestling Academy:

1. Go to [www.vanditwrestling.com](http://www.vanditwrestling.com) and follow the online registration process and complete the payment directly on the website.
2. Go to [www.vanditwrestling.com](http://www.vanditwrestling.com) and locate a PDF file of the registration packet. Print out a copy of the registration packet, fill out accordingly, and return to Jenni Wilson or Dan Novick with a check payable to Vandit Wrestling Academy.

Note: Scholarship forms are available upon request and online at [www.vanditwrestling.com](http://www.vanditwrestling.com)

1. **Membership Fees:**

**Folkstyle Only     $155 Sept 30, 2019 – February 23, 2020**

**Freestyle/Greco Only     $155 March 2, 2020 – May 8, 2020 (Includes Summer**

 **Practices)**

**Full year           $255 September 2019 – August 2020 (Includes ALL available**

 **practices)**

**Novice Only       $100 November 4, 2019 –January 26, 2020 (If Coach**

**recommends moving you up to advanced practice, you can upgrade your membership for $55 at a later date.)**

**NOTE:** After one family pays for two (2) kids, any kids they have above and beyond two (2) will be free of charge. You will need to fill out a hardcopy registration packet for them so you are not charged for them through the website.

**NOTE:** All Burlington Edison High School Wrestlers are free of charge.

1. **USA Wrestling Card:**

\*MUST BRING VALID USAW CARD WITH YOU TO REGISTER IN PERSON

**PLEASE NOTE:**  It is a legal requirement that you purchase a USA Wrestling Membership card before practicing in our club. This card is also required for you to wrestle at any tournaments. A card can be purchased online at [www.usawmembership.com](http://www.usawmembership.com). Card costs:

**Athlete Limited Folkstyle Only** = **$15**

**Athlete Full Membership** = **$45**

The limited folkstyle card will allow you to wrestle at most WA State tournaments; however, it will not allow you to wrestle at the WSWA State tournament held in February 2020, and it will not allow for freestyle/greco tournament wrestling.

1. **Volunteer Opportunities:**

\_\_\_ December Raffle Sales: Minimum Sales (25) tickets

Tournament Help (Set-Up/Weigh-Ins/ Table Help/Concessions/Hospitality/Break Down)

\_\_\_ February 23 Table Help at Vandit Mat at the Folkstyle State Tournament TACOMA DOME

\_\_\_ May 2/3 Table Help at Vandit Mat at the Freestyle/Greco State Tournament

1. **Prepared for Practice:**

All wrestlers should come to practice in athletic apparel such as a practice singlets, t-shirts, shorts, sweats, or athletic pants, and wrestling shoes. If you do not own wrestling shoes, you can wear socks until you order a set of shoes.

Although not required at practice, you should bring your headgear with you.

Bring a bottle of water so you can stay appropriately hydrated.

Bring your listening skills so you can pay attention to instructions from coaches.

A good attitude, willingness to learn, and your best effort will go a long way towards improving your skill in the sport of wrestling.

1. **Wrestling Hygiene:**

NAILS:  Nails must be clipped and kept short for wrestling practice and tournaments.  This will be checked at skin check at tournaments.

RINGWORM:  Wrestlers can minimize the chance of contracting or spreading ringworm to other wrestlers if they take a shower after each practice and after each tournament using an antibacterial soap.  If ringworm is present, also use an antifungal cream such as:  Lotrimin or Lamisil which can be found at your local Walmart, Target, Rite Aid etc.  WRESTLERS DO NOT GO OUT ON THE MAT WITH RINGWORM, OR ANY TYPE OF STAPH OR SKIN INFECTION.  Wrestlers are not allowed back on the mats until a Doctor or a Board Member clears them.  This is for everyone’s protection.  At tournaments, there will be a skin check done at weigh-ins, and if ringworm, staph, or other type of skin infection is found, the wrestler will not be allowed to participate.

STREET SHOES: Absolutely no street shoes on the mats by wrestlers or adults.

**10) Unacceptable Behaviors:**

* Talking when coach is talking
* Horseplay, pushing, shoving
* Fighting with opponent or team member
* Not shaking hands of opponent or other coach
* Hitting coaches, referees, or parents
* Throwing tantrums
	1. **Apparel:**
1. All Wrestlers will get a free Vandit Wrestling shirt with registration.
2. All other wrestler/parent apparel, singlets and gear can be ordered at [www.damagedear.com](http://www.damagedear.com). Scroll down to the bottom of the Vandit Wrestling Academy web page and click on “Order Gear”. You can order as much or as little as you would like.
3. We have an assortment of brand new Vandit Wrestling shirts and hats from past years, and we will sell all of them at $5 each. Please Contact David Wilson if interested.
4. Folkstyle Singlets will not be able to be used for Freestyle and Greco Wrestling. Both Red and Blue Singlets will need to be purchased to wrestle in any Freestyle and Greco tournaments.
	1. **Tournaments:**

**(WWKWL) NOVICE TOURNAMENTS**

Vandit Wrestling Academy will pre-register all beginning (Novice) wrestlers for these tournaments. When you arrive at the tournament you will already be registered. Contact Jenni Wilson or Dan Novick to pre-register.

**KEY ITEM:** WRESTLERS HAVE TO BRING THEIR USA WRESTLING CARD AND $20.00 CASH TO REGISTER AT THE TOURNAMENT. YOU WILL NOT BE ALLOWED TO COMPETE AT THE TOURNAMENT WITHOUT YOUR USA CARD AND MAKING PAYMENT.

Tournaments usually have weigh-ins at 7:00 AM – 8:00 AM the day of the tournament. You then have time to eat breakfast. Be back to the tournament by 9:15 for warm ups with your coach. The tournaments begin at 10:00 AM and will vary in length depending on how many kids arrive at the tournaments. They are usually completed by 2:00 PM – 4:00 PM.

WWKWL Tournament are for kids with two (2) years or less of experience. If a wrestler with over 2 years of experience is still struggling at open tournaments, we can waiver the wrestler into the WWKWL Tournaments.

All WWKWL tournaments are on our team calendar at [www.vanditwrestling.com](http://www.vanditwrestling.com) with locations.

Note: The oldest age division allowed at WWKWL tournaments is the Schoolboy or Schoolgirl division. If you are in an older division, you will only be allowed to wrestle at open tournaments.

**OPEN TOURNAMENTS**

Vandit Wrestling Academy will **NOT** register any wrestlers for these tournaments. When you arrive at the tournament, you will **NOT** already be registered.

To register for MOST tournaments, go to [www.trackwrestling.com](http://www.trackwrestling.com).

* Click on Events tab.
* Click on Search Events.
* Click state held in and select Washington or other state you are competing in.
* Click Search at the bottom of this tab.
* Click on the tournament you wish to attend.
* Click Enter Event.
* Click Pre-Register Now, and follow the prompts until you are completely registered.

NOTE: For most tournaments, you do not have to pay when you register. You pay at the event.

Most tournaments cost $20. You can still attend MOST tournaments if you do not pre-register, but you have to wait in the non-registered line and pay $25 instead of $20. Some tournaments charge more than that for non-registered wrestlers.

**KEY ITEMS:** WRESTLERS HAVE TO BRING THEIR USA WRESTLING CARD AND $20.00 or $25.00 CASH TO REGISTER AT THE TOURNAMENT. YOU WILL NOT BE ALLOWED TO COMPETE AT THE TOURNAMENT WITHOUT YOUR USA CARD AND MAKING PAYMENT.

Tournaments usually have weigh-ins from 7:00 AM – 8:00 AM the day of the tournament. You then have time to eat breakfast. Be back to the tournament by 9:15 for warm ups with your coach. The tournaments begin at 10:00 AM and will vary in length depending on how many kids arrive at the tournaments. They are usually completed by 2:00 PM – 4:00 PM.

All open tournaments in our greater area are on our team calendar at [www.vanditwrestling.com](http://www.vanditwrestling.com) with locations.

\*Burlington and Kingston coaches will be available to coach ANY Vandit wrestler at all tournaments. Our Burlington and Kingston wrestlers are expected to warm up together, and our families are asked to sit together in the stands.

**AGE DIVISIONS:**

See attached [USA Wrestling Age Division Chart](https://content.themat.com/forms/Weights.pdf).

* 1. **Parents wanting to help out and become a coach for Vandit Wrestling Academy:**
1. Discuss with your Head Coach.
2. If Coach wants your help in the Vandit Wrestling Room, the next steps need to occur before you can help out:
3. Go to [www.themat.com](http://www.themat.com) and obtain a USA coaching card.
4. Click Membership Login.
5. Click Purchase Membership.
6. Sign in with your E-mail/Password or create a New Account and sign in.
7. Once logged in, click on Purchase/ Renew Membership.
8. Under Wrestling Leader, click Purchase/Renew.
9. NOTE: This will require you to complete a background check through TC Logic, and it will cost $15.00.
10. NOTE: There is also a safe sport exam that is required for you to pass. Plan a few hours to take the safe sport exam. There are three (3) sections you need to be certified in by safe sport.
11. Once the background check is complete and you are fully safe sport-approved, you can then follow the prompts to complete payment to USA Wrestling. It will cost you $51.75 for a one-year coach/official membership.
12. Upon receiving your USA Coach/Official card, print it for your records, and send or bring a copy to Jenni Wilson or Dan Novick with Vandit Wrestling Academy for our records.
13. WE CANNOT ALLOW ANYONE TO HELP OUT ON THE WRESTLING MATS WITH OUR YOUTH WRESTLERS THAT DO NOT HAVE A CURRENT USA COACHING/OFFICIAL CARD AND APPROVAL FROM OUR COACHES TO BE ON THE MATS.
	1. **Parent Conduct:**
14. I will work hard to always keep youth wrestling a positive and fun experience for our wrestlers.
15. I will encourage good sportsmanship by demonstrating positive support of all wrestlers, coaches, and officials at every practice and all tournaments.
16. I will place the emotional and physical well-being and safety of our wrestlers and our team above all other considerations.
17. I will practice positive reinforcement at all times with our wrestler and our team, and will reward them for their accomplishments.
18. I will always speak to wrestling officials with respect at all times, on and off the mat.
19. I will be respectful in victory and defeat.
20. Discussions with coaches, board members, or spectators will be held before or after practice, unless absolutely necessary.
21. I will refrain from using profanity at any practices or any other youth wrestling events.
22. I will refrain from using or being under the influence of drugs, tobacco, nicotine, marijuana, or alcohol while attending practices or any other youth wrestling events.
23. I will remember that the sport is for youth progression and that results will vary and can be very slow.