

QYC – QUAKERTOWN YOUTH CLUB WRESTLING

www.quakertownwrestling.com

WRESTLER and PARENTS HANDBOOK 2011-2012

QYC MISSION, OBJECTIVES AND EXPECTATIONS

The QYC exists to offer Quakertown Youth (grades K – 6) the opportunity to learn and to participate in the sport of amateur (Folkstyle) wrestling. Our goal is to provide the maximum opportunity for all members to participate. The coaches will strive to develop community spirit, and encourage sportsmanship, good conduct, and fairness of mind. The youth will develop healthy bodies and physical skills, each to the extent of his individual ability. The youth will be encouraged and rewarded for good scholarship, teamwork, competitive spirit, love of competition, and leadership. The QYC will develop, organize and control team and individual competition to the maximum of participant accommodation and club financial resources. Those youth that stay with the club will be encouraged to develop their skills as far as desire and individual talent allows. These youth will hopefully go on to be successful in middle school and high school wrestling in the Quakertown Area. QYC will sponsor and promote athletic, social, and fund raising activities that contribute to the finances and goals of the organization. To that end, all members of QYC are expected to contribute to the mission and to abide by the rules.

TABLE OF CONTENTS

Mission and Objectives of the QYC

Board of Directors and Coaches

Why Wrestling?

Injuries

The Coaches Role

The Parents Role

Wrestling Practice: Attendance and Dress Policy (Headgear Required)

Groups by age and experience

Matches – Home and Away

Becoming a QYC Varsity Wrestler

Elimination's: Wrestle Off's

Challenges

Tournaments (with or without QYC Team)

Pictures

Annual QYC Awards and Recognition

Tentative 2011/2012 Schedule

Fund Raising

Admission Charge to Home Matches

How to Watch a Wrestling Match

Code of Conduct

THE QYC BOARD OF DIRECTORS AND COACHING STAFF

The board of volunteer directors and coaches oversee the operation of the QYC. Open board positions are elected annually at Parents Night in October. The running of a successful program takes a team effort. Our team members include the athletes, their parents, grandparents, coaches, fundraisers, and a solid board of directors. As a team member, it will be important for you to get to know the following people:

CURRENT QYC WRESTLING CLUB OFFICERS AND BOARD OF DIRECTORS

<u>NAME</u>	<u>Position</u>	<u>Phone</u>
Deb Hadley	President	215-536-4299
Clay Rosenberger	Vice-President	215-892-4922
Shelby Miller	Secretary	215-892-2178
Tim Mallo	Treasurer	215-538-9745
Scott Frinzi	Head Coach	215-536-7091
Paul Edwards	Board Member	267-241-9649
Missy Wood	Board Member	215-536-1144
Justin Wehmeyer	Board Member	215-527-4105
TBD		
TBD		

CURRENT COACHING STAFF

Scott Frinzi	Head Coach	215-536-7091
Paul Edwards	Assistant Coach	267-241-9649
Dennis Pierce	Assistant Coach	215-529-1844
Steve Lewis	Assistant Coach	215-679-7463

Try to get involved, wrestling is by nature a close knit sport. You will spend significant time with, get to know, and hopefully become friends with many of the other parents. This will become helpful as your son advances and the demands on your time increase. You and the other parents can share responsibility for taking and picking-up the children from school, home, practice, and matches. They are also a good resource for homework help. There is nothing like being associated with people who understand discipline, hard work, professionalism and success. We are looking for several organized people to become involved in all aspects of the club. During the year we will have many events to raise money to benefit the sport of wrestling, we need each parent to do their part. **Anyone desiring to assist with coaching please contact the head coach.**

WHY WRESTLING?

Many parents who did not participate in, or follow wrestling in school, cannot figure out the attraction; the psychological hold that the sport has on those who have wrestled. It is complicated. For those who have, wrestling is the most difficult and challenging activity that they will engage in during the course of their lives. It is extremely demanding both physically and mentally. Ask anyone who has both wrestled and played football. They will tell you that 6 minutes on a mat is much more grueling than 60 minutes on the gridiron (or on the basketball court). Unlike many youth team sports, wrestling combines the advantage of team work (you must practice with a partner and participate on a team), while allowing an individual wrestler to achieve victory based solely upon his own effort, or to handle defeat with no one to blame but himself. This contrast is what creates *the mystique* of wrestling.

As they train, each athlete learns that wrestling prepares you for life. If you set ambitious goals for yourself, you may have to work years to achieve them. Since you only have yourself and your individual effort to rely on, you learn: goal setting, intensity, focus, discipline, determination, and perseverance. No other sport (or workplace) instills these characteristics like wrestling. Consequently, wrestling coaches feel strongly that they are teaching the lessons that will allow the athletes to succeed in all aspects of life, as well as on the mat.

Strength, speed, endurance, quickness, coordination, strategy, balance and complete physical competence are the outcomes of wrestling training. What young athlete would not benefit from developing all these attributes? Let us concede that wrestling does not support weight gain (as in football), but it encourages its athletes to maintain their weight or lose fat. At the youth level, we encourage healthy eating and weight maintenance. This is actually a healthier approach. More has been written about the ill effects of weight gain promoting products than about the methods wrestlers use to lose weight. Our league has rules that an athlete can only drop one weight class after he has established himself in a weight category. Consequently, the certification weights at the beginning of the season cause weight loss (if necessary) to be achieved in a more natural and gradual process.

Pound for pound, you will not find a better or stronger athlete than a superior wrestler. Many an inexperienced wrestler has achieved victory through strength alone. However, those who excel are skilled, experienced, and strong. Coaches of winning programs incorporate weight lifting and strength building as a part of their training. Even wrestlers that do not follow a regimen of weight lifting will acquire strength based on the resistance they meet from their opponents. Many moves in this sport demand that you overpower your opponent, hence the strength imperative.

Speed is an indirect outcome of wrestling. It is achieved by the strength and conditioning requirements for a wrestler in training. As a part of conditioning, some coaches require running, both distances and sprints to get the body in shape (just as a track coach would work his runners to build speed and endurance).

As your children get older, more and more may still be participating in football when wrestling season starts. Do not be surprised to here them say “its wrestling season now and time to get in shape!” The “*downs*” (separate plays) in football and the “*innings*” in baseball lead to excessive downtime. In wrestling, the demand for constant action at all times is emphasized by the fact that a referee will caution or penalize wrestlers for stalling: if they are not actively trying to take down their opponent from the neutral position, pin their opponent if on top, or working to escape if on the bottom. You cannot build a lead in wrestling and then coast to victory. Time outs are allowed for injuries only, not to catch your breath. It is no wonder that a wrestler lies exhausted on the mat at the end of a grueling match.

INJURIES?

There are other benefits of wrestling, which should be considered. The injuries in wrestling are less debilitating than in football. It is almost “unheard of” to have a wrestler go through major surgery as a result of injuries sustained in wrestling. The most frequent reason matches stop for injury is for “blood time” due to bloody noses, minor scratches, or scabs being knocked off. You almost never hear a wrestler say, “I wrestled until I blew out my knee”. As a result, your young athlete will get the maximum physical training, with the minimum of life long problems and injuries. Freedom from injury is part of what brings old wrestlers back into coaching.

OUR COACH’S ROLE

An effective coaching staff is essential in helping kids derive the greatest benefit from their involvement in the sport. Coaches need to be effective in planning, organizing and running practice sessions, and coaching mat-side during competition. They are also called upon in a host of other related activities, but most importantly, coaches should strive to create and maintain an environment in which the champion in every child can blossom.

It is the coach's responsibility to provide opportunities for growth, achievement, and excellence, which can lead to success on and off the mat. A good wrestling coach is effective in preparing his wrestlers for the challenges of competition, and is able to instill positive values such as goal setting and self-discipline, while maintaining a high degree of enjoyment and fulfillment for the wrestlers.

In addition, coaches must be perceptive, flexible and creative enough to address individual needs. In summary, the coach should be a person the wrestler trusts, looks up to, learns from, and relies on for support. This is certainly a tall order given the personal limitations and other commitments most coaches face. It is more practical however, for these virtues to be present collectively within a coaching staff.

THE PARENTS ROLE

Wrestling can be relatively demanding, not only for the wrestler, but also for the parent. Wrestling clubs typically hold practice sessions two, and sometimes three times per week, in the evening, after the high school practice is over. Many matches and tournaments during the school-wrestling season are held on Sundays. This may conflict with other family plans, but at a minimum requires a good deal of preparation, driving, and patience.

Some tournaments are a good distance from home, and usually require an early start. There are other responsibilities as well, ranging from fund raising activities, to helping with tournaments, or participating in other team activities. The parent's role however, extends beyond such tasks. Matches and practice sessions offer new and unique learning opportunities for young athletes. Involved parents spot these opportunities and make the most of them.

Most importantly, kids need support and encouragement. They need to be able to stake claim to something positive about themselves that they can build from in developing self-confidence. Parents can facilitate this process by identifying and reinforcing strengths while helping their child to see past their weaknesses. Your positive reinforcement as a perceptive and caring parent can be the single most significant influence in your child's athletic development and personal growth.

Parents: Here are some additional dos and don'ts:

Don't impose your ambitions or expectations on your child. Remember that wrestling is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they should be doing.

Be supportive no matter what. There is only one question to ask your child, "Did you have fun?" If meets and practices are not fun you should not force them to participate.

Do not coach your child. Your job is to support, love and hug your child no matter what. Conflicting advice and criticism work against the coach's efforts and only serve to confuse and demoralize your child. If you feel you have the experience and ability to contribute to the team as a coach, volunteer your services through the proper channels.

Get involved. The club needs your help & support. Attend parent & club meetings to find out how you can help. Most importantly, show your child that you care by attending as many matches as possible.

Acknowledge your child's fears. Their opponents appear to be much more intimidating through their eyes than through the eyes of a grown-up. Consider their perspective and don't expect them to compete with the confidence and mental toughness of a seasoned expert.

Do not criticize the officials. Unless you have been there, you have no idea how challenging officiating can be. Expect that in some matches your child could lose as a result of an error on the part of an official or score keeper. That's life. Help your child to understand that the official does their best to score the match fairly, and that it is important that we respect the ruling of the officials regardless of how we feel about the situation. Also, officials are local people who have memory. If you abuse an official, chances are they will remember you the next time they officiate our team (and the close calls could go the other way).

WRESTLING PRACTICE ATTENDANCE and DRESS POLICY

- ✓ Please arrive at least 10 minutes before the start of practice so you can change your shoes.
- ✓ Wrestlers wear street shoes to practice and then change into clean wrestling shoes* or sneakers.
- ✓ Clean indoor running shoes or wrestling shoes **only** on the mats. Wrestlers are discouraged from wrestling in their socks or bare feet. Neither practice is safe or hygienic. **Parents:** no shoes on mats!
** Shoes sometimes become available as older kids outgrow them. Ask your coaches about availability.*
- ✓ Wrestlers are expected to be dressed appropriately before practice begins.
- ✓ Singlets, shorts & t-shirts, are acceptable... no jeans or clothing with zippers or buckles.
- ✓ Wrestlers are encouraged to leave valuables at home. No jewelry on the mat (wedding rings excepted).
- ✓ GO TO THE BATHROOM OR OBTAIN A DRINK OF WATER before practice begins (the coaches will allow for breaks during practice at their discretion)
- ✓ If you must leave during practice please speak to your coach first to let them know.
- ✓ Report any and all skin infections immediately when reporting to practice.
- ✓ Siblings & other children must be kept out of the wrestling room as they cause distraction and have dirty shoes.

Groups or Divisions based on Experience

For purposes of practice and teaching the sport of wrestling to children of various ages and experience level, the coaches divide up the wrestlers into 3 levels: Group 1, novice/entry level; Group 2, some experience, but limited by age & ability; Group 3, more experienced, more advanced and competitive, older & bigger. Parents (non-coaching) are not allowed in the wrestling room for Group 3 practices.

WRESTLING MATCHES: HOME AND AWAY

It is the parents' responsibility to get their children to the matches (or to arrange transportation). If the match is at home, you should arrive one hour prior to the start of the match for weigh-ins and setting up the mats, tables and chairs. We encourage all parents to stay until the end of the varsity match and help clean-up. If the match is away, we normally caravan to the school from an agreed upon departure point (e.g. Melody Lakes, or the Bon Ton). Coaches may transport wrestlers if agreed upon in advance.

HOW DOES A WRESTLER MAKE THE VARSITY TEAM?

If a wrestler wants to wrestle on the varsity or JV teams and there are other wrestlers at the same **weight class***, then the individuals will have to "wrestle-off" to determine who will wrestle on the varsity teams. Each wrestler will be assigned to wrestle-offs based on his weight and ability. If you would like to keep your child out of wrestle-offs until they have more experience, please let the coaches know.

Wrestle-offs will occur in late November and early December. Once the Varsity and JV wrestlers are determined, then there will be no further wrestle-offs, unless the coach sees the need, or if the varsity wrestler gets injured or is otherwise unable to compete (challenges are not considered "wrestle-offs"). There is no coaching or cheering allowed during wrestle-offs or challenges. We are all on the same team.

CHALLENGES: To challenge for a Varsity position, a wrestler must have qualified for the Junior Varsity Team. A Varsity wrestler must be defeated 2 times in succession. If a Varsity wrestler moves to another weight class and challenges the other Varsity wrestler, it will be the best of three wrestle-offs to decide the position. Once a Varsity or JV wrestler wrestles 4 matches at his weight class or on his team (V/JV), he is then locked into that spot and cannot be challenged. This is not to discourage competition, it is because each match that they wrestle helps them accumulate seeding points for the end of year championship tournament. These points are not transferable to another team member. Prior to a wrestler getting 4 matches, if another wrestler decides to "challenge" for a varsity or JV spot, he must notify the coach that he wishes to challenge. The coach will try to give the varsity/JV wrestler and his parents' 2 days notice of the challenge. The challenge will then happen at the next available practice. Challenging wrestlers must be within 2 lbs of the weight class that they are challenging for, and they must beat the existing varsity/jv wrestler twice in order to assume the varsity /jv spot. If a challenging wrestler does not make weight or make it to practice on the day of a scheduled challenge, the challenge is forfeited. Wrestlers should be encouraged to sign up for wrestle-offs at their current or certified weight class. Ask the coaches what your son's certified weight class is. If you desire your child to wrestle-off at a weight class other than what the coaches have them listed, you must let the coaches know in advance.

All coaches have the right to change or to move wrestlers and weight classes around before or during a match. This is done to make our team more competitive and not to penalize your child by having to wrestle at a heavier weight class. Other teams' coaches do the same thing and our coaches do their best to compensate for this. Please encourage your wrestlers to take this in stride and not be upset by it, because it is a part of the sport.

OUR LEAGUE

The QYC Wrestling Team is currently a member of the East Penn League. The East Penn League provides excellent local competition, and is made up of communities with similar demographics to our own. These communities currently include: Pennridge, Souderton, Central Bucks, Northwestern Lehigh, Bethlehem, Southern Lehigh, Northern Lehigh, Upper Perk, Lehigh, Pleasant Valley, Phillipsburg, and Stroudsburg. Matches against these teams can be at home or away.

***League weight classes: 42lbs(jv only), 45, 48, 51, 54, 57, 60, 64, 68, 72, 76, 80, 85, 92, 100, 115, 150.**

On the day of a match, at weigh-ins, a wrestler must weigh less than or equal to a weight listed above to be eligible to wrestle in that weight class.

LEAGUE TOURNAMENTS

At the end of the dual meet season, the EPYWL has three tournaments (Exhibition, Junior Varsity and Varsity). All boys that are not JV or Varsity wrestlers are eligible for the unseeded exhibition tournament. These tournaments are free to all boys who are members of QYC.

QYC Tentative 2011 – 2012 Schedule

Parents Night (Pizza money due)	October 19 th	High School Gymnasium
Practices Start (group 1 & 2)	October 25 th	Wrestling Room
(group 3)	October 24 th	Wrestling Room
First Dual Meet	December 4 th	TBD
QYC Tournament (Fundraiser)	December 3 rd	High School Gym
Picture Day	TBD	High School Wrestling Room
Night at the Races (Fundraiser)	TBD	TBD
JV and Exhibition Tournament	TBD	Pleasant Valley
Varsity Tournament	TBD	Souderton High School
QYC Banquet	TBD	The Meadows in Hellertown
MAWA Qualifier (Fundraiser)	TBD	High School Gym

QYC TEAM TOURNAMENTS

In order to get the wrestlers extra experience and the opportunity to wrestle against opponents with varied levels of experience, the QYC Board will vote for our wrestlers to attend a certain number of open and Novice Tournaments. Novice Tournaments are specifically designed for first and second year wrestlers. These tournaments change every year depending on our League Schedule and coaching availability. Prior to these tournaments, the coaches will ask the wrestlers and parents to complete and sign the tournament application. The QYC will pay for Novice tournaments based on the number of applications received prior to the application deadline. If you sign up for a tournament, and then are unable to attend or if your wrestler is unable to compete, you are required to reimburse QYC for the tournament fee (this can be from \$10 to \$30).

OPEN AND POST SEASON TOURNAMENTS

Any wrestler is permitted to enter any open tournament that does not interfere with the team schedule. Some entrance forms will be available from the coaching staff. These tournaments provide experience for wrestlers of all capabilities. The coaching staff may not be available for all tournaments. In general, Open tournaments for non-novice wrestlers will not be paid for by QYC.

PICTURES:

Pictures are usually taken on a non-practice day or night, but all participants are encouraged to attend, even if you do not intend to buy pictures. It is important that all the boys be included in the Team picture, which may be used during the awards ceremony and for the newspaper if we win the championship. Individual and team pictures are available. The **pictures** that you order may be picked up at the banquet.

QYC AWARDS AT THE ANNUAL BANQUET

Participation: All Wrestlers receive trophies for participation in Exhibition, JV, & Varsity Teams.

Scholar Athlete recognition: The top scholar receives a silver cup. To be eligible, students must have a B average or above and must turn in a copy of their report card to a coach by February 20th.

6th Graders graduating from QYC with 3 or more years of participation receive a blue and white Quakertown Wrestling jacket.

Special Awards for team and league performance, fund raising, and special “Coaches Awards” for exceptional improvement or contributions to team and/or to the league.

Perfect Attendance: at practice and matches.

The Walter Kenyon Award (recipient chosen by the wrestlers) is awarded by our JV and Varsity wrestlers to a Varsity or JV wrestler with at least three years experience who did the most to exemplify QYC wrestling. The Wrestler’s name is added to a plaque of honor on display outside the wrestling room. Mr. Kenyon founded QYC.

Awards to Coaches by thankful parents and wrestlers.

FUNDRAISING

The QYC Wrestling Club generates all of its income from the strong fundraising efforts of its members and with support from the community and the Quakertown School District. Members at all levels are required to participate annually in several fundraising events that support our efforts. The fundraising provides the money for uniforms, qualified referees, tournament registration and travel, equipment purchase (mats, headgear, tape, disinfectant), maintenance and janitorial.

Despite annual operating costs that can exceed \$20,000, QYC is proud to be able to offer the most comprehensive and least expensive (to the participant) sports program in the Quakertown Area. Our primary objective is to make our sport accessible and exciting to as many persons as possible. This would not be possible without the ongoing support of the membership, our volunteers, the community, and the Quakertown School District.

Failure to participate fully in fundraising has consequences. Exclusion from certain events or requirement to pay the equivalent of funds raised by others are two possible actions that may be taken. Details will be outlined to the parents or members by the coaches and / or the board at a parent meeting prior to the start of the season.

ADMISSION CHARGE FOR HOME MATCHES

Every year we receive complaints about the admission fee that we charge at our home matches. Some parents and grandparents believe that the \$25 registration fee should cover them for the entire year. In order to prevent some of this and to warn you in advance about the admission fee, here is quick QYC financial overview for 1st year parents. Please bear in mind that it is one of our goals to keep the cost of wrestling as low as possible to the participants and families associated with QYC. If you are involved in other team sports in Quakertown, you would have to agree that \$25 to register your son, and selling pizza kits is the best deal going. After that, it gets more complicated. So let us explain in detail.

The \$25 that you pay to register your wrestler with QYC just barely covers the \$12.00+ that we pay for insurance for each participant. That insurance is mandatory for our league, and gives us \$100,000 in secondary injury and liability coverage for each wrestler. All of the rest of the money needed to cover our expenses and run QYC comes from our admission fees and fund-raising activities (like 50/50 and the snack stand). **And our expenses are significant.** Many of you may not realize that since we are not a school sponsored activity, we must pay for the labor of having a Janitor on premises during all of our events (this is a school requirement in order to use the gym or the wrestling room). As an example of our expenses from a previous tournament, use of the gym was \$235, medals were \$130, tape for the mats was \$11.00 and the referees cost \$580. So the tournament cost us \$956. We did not charge an admission fee at the tournament, so we relied on entry fees to cover these expenses. At one of our home dual meets, we have to pay for the gym/janitor, which is at least \$100, and the certified PIAA referee is \$125. So every meet we have costs us at least \$225. That is why we ask that you and the visiting team parents pay the \$2 entry fee. We are not trying to take advantage of anyone, we are trying to break even! If we make any money at a match, it is in the snack stand. “So what do you do with all the money you make at fund raisers?” you might ask? We typically pay over \$400 per year in uniforms. We spend over \$5,000 per year for tournament entry fees. We spend \$2,000 on trophies for the banquet, \$100+ each on jackets for our eligible graduates, and up to \$400 on t-shirts and sweatshirts. And every couple of years we help buy a new wrestling mat for \$4,000. So please bear with us, the \$2 admission isn’t personal.

How to Watch a Wrestling Match

Sometimes it is hard to tell this, but the scoring in wrestling is precise. Both the spectator and wrestler can follow the progress of a match. The points given in wrestling are an evaluation of the activity on the mat. It is the referee’s duty, among other things, to analyze the match and to signal the points to the scorer. A normal match is three periods long. The length of the periods is determined by the age of the participants.

The Match Begins: Both wrestlers come forward, shake hands, and step back to their designated red or green (home or away) area in the center of the mat.

The First Period: Next the referee blows the whistle and the first period begins. The first period is in the standing or “neutral” position. Each wrestler tries to get control by taking his opponent down to the mat with a “Takedown”.

Scoring Points – The first points are likely to be given for Takedown. When one wrestler gets a takedown (gains control or a superior position) the referee signals two points.

After the takedown: The defensive wrestler (bottom or down) is trying to “ESCAPE” (one point) or “REVERSE” (two points). The top or offensive wrestler will try to “RIDE” (keep down) the bottom wrestler or get a “hold” (maneuver) with which he can put his opponent’s shoulders on the mat for 2 seconds for a “FALL” (pin – match over) or a “NEAR FALL” for 2 or 3 points. Control can change several times in a period and many points can be scored.

The Second Period – Choice of position (top or bottom or neutral) is decided by the toss of a disk (red and green sided for home and away). The winner of the toss may choose either up (top) or down (bottom)

in the “Referee’s Position” or “Neutral Position (standing)” or “Defer” his choice to the other wrestler. Wrestlers often “defer” in order to have the choice in the 3rd Period.

The Third Period – Whomever did not choose at the beginning of the 2nd period, has choice of position in the 3rd Period. The wrestler may again choose either up (top) or down (bottom) in the “Referee’s Position” or “Neutral Position (standing)”.

Glossary of Terms: The following are common terms and their definitions:

TAKEDOWN – From a neutral position, the wrestler gains control of his opponent and takes him down on the mat for two points.

ESCAPE – When the defensive wrestler gains a neutral position and his opponent has lost control, but the defensive wrestler has not assumed control. One point.

REVERSAL – When the defensive wrestler comes from underneath and gains control of his opponent. Two points.

NEAR FALL - When the offensive wrestler has control of his opponent in pinning situation and both shoulders or scapulae of the defensive wrestler are held beyond perpendicular to the mat or when the defensive wrestler is in a high bridge (on his head) or on both elbows for 3 seconds. 2 points are awarded for 3 seconds and 3 points for 5 seconds.

FALL – When any part of both shoulders or scapulae are held in contact with the mat for 2 seconds. The referee slaps the mat and the match is over.

DECISION – Earned by the wrestler who has earned the greater number of points.

DEFAULT – Awarded when one of the competitors is unable to continue wrestling for any reason.

DEFER – A strategy that gives the original wrestler the choice in the final period.

FORFIET – Received by a wrestler when his opponent, for any reason, fails to appear for the match.

NEUTRAL POSITION – Position in which neither wrestler has control.

CONTROL – Situation in which a contestant exercises & maintains restraining power over his opponent.

POSITION of ADVANTAGE – Position in which contestant is in control of his opponent.

REFEREE’S TOP POSITION – Position known as “Top”, is the control position where most pins (falls) occur. The top man is positioned after the bottom is set. The top man is required to grasp the bottom mans elbow with one hand and the other hand to wrap around the bottom man’s waist.

REFEREE’S BOTTOM POSITION – Position of the man on his hands and knees on the mat. There are two parallel lines twelve inches apart. The bottom man is required to have his hands in front of one line and his knees behind the other.

OTHER USEFULL TERMS TO YELL AT MATCHES: (some attempt at humor)

SHOOT - Standing wrestler should attempt a takedown by going for a single or double leg takedown.

PETERSON - bottom wrestler should attempt to hook an inside leg & tight waist and roll.

USE IT! - As a spectator, you can see a possible move that the wrestler has no idea is there. Hollering “Use it” shows that you have inside knowledge of wrestling. You cannot go wrong with “use it”.

DON’T REACH BACK! – Again, you can almost never go wrong with this one. Wrestlers who reach back are generally doomed.

But hopefully not, **GET OFF YOUR BACK!**

QYC Code of Conduct for Parents and Wrestlers

I will support QYC's efforts to be a successful program for developing youth wrestling in Quakertown.

I understand that no one in QYC is paid, and I will volunteer to help as often as I can.

I will not complain or undermine the coaches and board of QYC until I have volunteered my time in an attempt to correct the problem.

I will encourage good sportsmanship and demonstrate positive support for wrestlers, coaches and officials.

I will help to assure that the wrestlers train and perform in a safe and healthy environment.

I will place the needs of the team ahead of my personal aspirations and the emotional well being of the wrestlers ahead of my desire to win.

Although each match is individual, I agree that the coaches make the final decision about who will best represent the team in a specific circumstance or match.

I will demand a drug, tobacco, and alcohol free environment for my child, and will refrain from use at all games and practices.

I will treat coaches, players, and fans with respect regardless race, sex, creed, mental or physical ability.

I will treat referees and officials with respect regardless race, sex, creed, physical ability, or the inability to make the correct call on a move, takedown, nearfall, or sequence of moves that were obvious from my point of view (but somehow they missed).

Finally: I will keep in mind that I can go somewhere else if this program does not meet my needs.

I fully understand that failure to abide by this code of conduct may result in the immediate suspension or expulsion of my child and myself from QYC with no reimbursement of registration fees.

Tear or cut below this line, and turn in the bottom portion.

QYC Code of Conduct for Parents and Wrestlers

I fully understand that failure to abide by this code of conduct may result in the immediate suspension or expulsion of my child and myself from QYC.

*** Signatures of both parents required. If not available, explain in Memo.***

<hr/> Wrestlers Signature	<hr/> Print Name	<hr/> Date
------------------------------	---------------------	---------------

<hr/> Mother/Guardians signature	<hr/> Print Name	<hr/> Date
-------------------------------------	---------------------	---------------

<hr/> Father/Guardians signature	<hr/> Print Name	<hr/> Date
-------------------------------------	---------------------	---------------