

HEAD COACH

Mike Pine

Phone: 425-268-9382**Email:** pinebox@inbox.com**MONROE MAT CATS WRESTLING CLUB****2010 Freestyle Wrestling Information Sheet****GENERAL INFORMATION:**

- If you ever have questions you can contact Coach Pine, please leave a message or feel free to send him an email.
- Practices are Monday, Wednesday, and Friday from 6-8pm.
- We appreciate all the support we receive from our parents and volunteers. The more support we get the stronger the club will become. If you're interested in volunteering to help the club or volunteer as a coach please talk to Coach Pine.
- If you have old wrestling shoes or singlets you would like to donate please bring them to any practice. We'll create an exchange program with the donations received.
- Parents if you are new to this sport and have not read the Parents Wrestling guide visit youthwrestlingguide.com (online)
- Our focus is teaching Freestyle wrestling, in the fall we will be starting Folkstyle
- Our coaches promote a positive learning environment and good sportsmanship from our club members. Our goal is to teach proper and safe form and to have a great time. Please be respectful and keep negative comments to yourself, remember keep it fun for the kids.
- It's very important to keep fingernails short during wrestling season and to plan to shower thoroughly following practice. All gear worn during practice should be washed using hot water as soon as possible.
- We will be sending club information and tournament updates via email so please make sure we have a valid email address on file (*please print legibly when signing up*).
- USA Coaches cards are required for any parent/adult interested in being mat side with their child at a USA event. A background check is required every 2 years and takes time, so you'll want to get this done ASAP!
- USA athlete cards are required for all athletes to participate, this provides the athlete's insurance. Deadline for bringing a copy of this card will be at the beginning of practice the second week (unless you are signing up late). If your athlete does not have this turned in, he/she will not be allowed to participate in practice until it's turned in.
- Competitor's Membership is valid for kids, cadet, junior, F.I.L.A. Junior World, university, senior, veterans'-level competition at all competition levels, and club practices. To enter an USA Wrestling sanctioned event as a competitor you must have a current competitor's card. Membership benefits include secondary, non-duplicating sports accident insurance provided by an outside carrier. There is sports-accident supplemental benefits provided to USA Wrestling members who participate in limited non-sanctioned events. This insurance coverage includes a deductible, co-payment provisions and other conditions of the policy (details will be provided to club administrators); a one-year subscription to USA Wrestler; the privilege to compete and take advantage of events, camps, clinics, international exchanges, and club programs; discounts on wrestling gear, equipment and apparel; and other national discount programs as they become available. You also have access to our Online Broadcasts website located on TheMat.com.

EQUIPMENT INFORMATION:

- Singlets are not required for club practice however they are required for tournaments, red/blue recommended
- Head gear is not required for club practice but recommended for tournaments
- Wrestling shoes are not required for club practice however they would be helpful and are required for tournaments (*if not wearing wrestling shoes for practice your athlete will be required to participate in socks as street shoes are prohibited on the wrestling mats*)

RESOURCES FOR PURCHASING EQUIPMENT – Big 5 Sporting Goods, Sports Authority, wrestlinggear.com (online), mywrestlingroom.com (online), usawrestlingproducts.com (online)

TOURNAMENT INFORMATION:

- All weigh-ins for tournaments will be from 7-8am and wrestling generally begins at 10:00am unless otherwise posted. There are no exceptions – you will be turned away at door after 8:00 am.
- All wrestlers are required to have a current year's USA Wrestling Card in order to compete and must show this card when checking in/registering.
- School singlets are NOT allowed at any WSWA event.
- Wrestling shoes are required, head gear is not.
- Singlets are required, red/blue recommended
- All tournaments require a registration fee, usually \$15-\$17 (*subject to change*). The registration fee is not part of your club membership or your USA membership. Please be prepared to pay the tournament registration fee upon weigh in at tournaments.

SCHEDULE INFORMATION:

- For a complete USA tournament schedule visit www.washingtonstatewrestling.com
- Participation at wrestling tournaments is optional

02/12/10 – First day of practice (6-8pm) – signups will continue for the first few weeks

02/22/10 – Deadline to bring a copy of your USA card to practice

02/27/10 – Freestyle & Greco Tournament, Sabotage Wrestling Club

03/06/10 – Whidbey Wildcat Classic Freestyle Tournament, Oak Harbor High School

03/27/10 – Sedro Woolley Steelclaw Freestyle Tournament, Sedro-Woolley High School

04/03/10 – Predators Freestyle Championships, Lynnwood High School

04/10/10 – Ferndale Freestyle Tournament, Ferndale High School

04/17/10 – Northshore Greco Classic, Northshore Junior High School

04/24/10 – Whidbey Wildcat Freestyle Tournament, North Whidbey Middle School

05/01/10 – Washington State Intermediate through Senior Greco Roman Championship, Sedro Woolley High School