



THUNDERBIRDS
MAHWAH
WRESTLING

***PARENT & WRESTLER
HANDBOOK***

2014 - 2015

Become Part of a Winning Tradition

Welcome to Mahwah Youth Wrestling

Wrestling is unique among sports offered by Mahwah Youth Sports. It brings together children from kindergarten to 8th grade that range in size from 40 – 200 lbs and instructs them in both a team and an individual environment. This brings about special challenges that the coaching staff may encounter. Our goal is to make sure your child's wrestling experience is fun, safe and exciting. If you feel your child is not having this experience see me personally. Most of our practices will be combined amongst all age levels. Sometimes it's fast paced and the need to separate kids may arise. If you are new you will hear new jargon, but trust me in time you will figure it all out. What I would like to see most is kids supporting kids and parents helping parents along the way.

The Mahwah Youth Wrestling Program is a volunteer organization. We have parents that give countless hours of their time (year round) to run the program as well as it does. While these key individuals do the heavy lifting behind and in front of the scenes, all parents are asked to help out in some way. During the year there are plenty of chances to help out in many ways. Helping is not limited to coaching. When we host a home match or tournament we need help in the cafeteria, bout table workers, time clock workers, set up, and clean up just to name a few. Most of these jobs do not require any wrestling knowledge, and the few that do, we will gladly teach you. We like to think of our program as a family where everyone helps each other whenever possible. We have been very lucky to have such helpful parents in the program and we want to see that continue. When we have many volunteers it makes it possible to make sure you always are able to see your children wrestle but help out between matches. There is a good amount of work that goes into making this work so well, but if everyone does a little bit, no one gets over loaded. The program provides most of what is needed throughout the season but we do ask for donations of Gatorade for concession sales and raffle items for our year end banquet.

This handbook is your roadmap and intended for both the beginning and experienced wrestler and parent. Your coaches spend a great deal of time behind the scenes to run this program and I always want to make sure no one falls between the cracks. It's expected you'll have questions throughout our season and I ask that you save this document and refer to both it and our wrestling home page (<http://mahwahyouthwrestling.com>). If you have any uncertainty feel free to contact a coach at practice or email / call us.

Good luck this year!

Expectations of the Wrestlers

- Treat fellow teammates and opponents with respect.
- Treat coaches with respect.
- Respect the judgment of officials, and abide by the rules.
- Cooperate with officials, coaches, supervisors, and fellow wrestlers to conduct fair matches.
- Demonstrate good sportsmanship and proper behavior at all times.
- Support your teammates both at practice and at matches.
- If a wrestler demonstrates poor sportsmanship or improper behavior, we will impose disciplinary action. **THIS CONDUCT OR BEHAVIOR WILL NOT BE TOLERATED.**

Expectations of the Parents

Wrestling can be demanding, not only for the youth wrestler, but also for the parent. Tournaments and matches can be a good distance from home and usually require an early start and a long day. Most importantly, these wrestlers need support and encouragement. Parents are expected to maintain the highest standards of sportsmanship and respect to all wrestlers, coaches, and parents. This applies to our team as well as any opponents. Prior to each season parents will be required to read and sign The Parents Code of Conduct form to show they have read and understand how we expect them to conduct themselves. This form is posted on our website for review. Wrestling is a high intensity sport and tempers can flare, but we need to keep level heads and set a good example for the kids. If there's any unresolved issues between two wrestlers, a coach, or a parent, they can be dealt with by our Player Agent. **In regards to attendance, all wrestlers are expected to attend all practices and matches. We understand that there are conflicts, sick days, and family emergencies. We will not penalize a wrestler for missing an event but we strongly stress how important it is that we are contacted ASAP that you will not be attending, so we may make arrangements with the other teams so every wrestler has a match. The same applies if at any time a wrestler needs to leave an event early, or arrive late, be sure to notify a coach so we can make the needed changes.**

Below are some do's and don'ts:

- Don't impose your ambitions or expectations on your wrestler. Remember, wrestling is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your wrestler's progress based on the performance of other athletes.

- Be supportive, no matter what. There is only one question to ask your wrestler... "Did you have fun?"
- Don't 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 de-motivate your child.
- Keep in mind that attendance to practices, tournaments, etc is a privilege to observe the matches. It is not a license to verbally assault the others or to be obnoxious. Not only are the wrestlers and coaches representing the team, so are you.
- Respect decisions made by 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 scorekeeper. 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.
- Acknowledge your child's fear. 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.
- Be a good role model by positively supporting all participants in every manner possible
- Respect fans, coaches, supervisors and wrestlers
- Problem solving should be done privately and resolved in a professional manner for the good of the entire team.
- At tournaments, parents are required to remain in the stands. Parents are not allowed mat side
- Remember - Coaches "Coach" and Parents "Cheer"
- ***Winning is important but losing is a given. Win with class ~ lose with dignity.***

Practices

Practice Schedule-

Tuesdays
Novice (1st & 2nd
Yrs)

5:45pm to 6:45pm
w - Coach Robbie

Wednesdays
Experienced /
Tri County

5:30pm - 7:00pm
w - Coach Luke
7pm - 8:15pm
w - Coach Michael

Thursdays
Novice (1st &
2nd Yrs)

5:45pm to 6:45pm
w - Coach Robbie

Fridays
Experienced / Tri
County

5:30pm to 7:00pm
w- Coach Austin

Prior to the first practice wrestling shoes will need to be purchased but head gear will be provided. Both are mandatory at practice. Wear shorts, sweat pants, T-shirts or sweat shirts to practice. No blue jeans or shorts with metal snaps or buckles. **NO CHAINS, WATCHES, BELTS, or EARRINGS!!!** Have wrestlers carry their wrestling shoes to practice and change into them before entering the room. This will avoid carrying gravel and dirt into the wrestling room and damaging the mat. **NO PARENTS** should be on the mats at any times unless for a medical emergency. ***Practices will start PROMPTLY.*** All wrestlers should be on the mats with wrestling shoes laced up and ready for warm-ups **at least 5** minutes before hand.

Practice will be held every at the wrestling room/auxiliary gym at Mahwah HS and is open to all wrestlers of all ages and ability. We will host an advanced level practice which will be by invitation only as it is designed toward the more experienced wrestlers. .All wrestlers are encouraged to attend all available practices. In the begging of the year we will assign each wrestler to their scheduled practices. During the year we may change or add practices for each wrestler based on partner availability and progress recognized by the coaches. We ask parents do not request practice group changes as we are constantly monitoring each wrestlers progress and we will put them with the group that best suits their development in the program.

Whenever possible we will use our resources to bring in guest instructors and clinicians to further improve our wrestlers abilities. We make every attempt to provide our wrestlers with the best coaches available.

Any wrestlers on the Dual team roster are required to at least attend the Tri-County practices. Having team practices is critical to the “team building process”. We want our team to be a family and care about each other on and off the mat. A key to having a successful and fun season is team unity. The other open

practices are encouraged but we understand many of our high level wrestlers have Club memberships and attend their classes during the season as well. We will make every attempt to keep the practices at the highest level possible to encourage participation from all our wrestlers. If you must miss a practice please inform a head coach ASAP.

In addition to our team practices we recommend attending some local club practices both in and out of season to make your wrestler the best they can be. We have special team pricing in place at several clubs. For more information see a head coach. They're many options within reasonable driving distance from Mahwah, including Apex, Cannonball, and Olympic.

Mahwah Sports Boosters require all coaches to attend the Rutgers Certification class and pass a background check to insured the safety of the children. After safety, our next concern is to provide the best potential instruction to the wrestlers and that requires a distraction free environment.

Therefore, there will be **NO** parents in the wrestling room after the start of each practice.

Equipment

Wrestling doesn't require much equipment to participate. Snug fitting t-shirts and shorts are needed for practices. Singlet's and headgear are required for matches. We provide you with these that are to be returned at the end of the season. Wrestling shoes are also required. They can be purchased at most sporting goods stores or online. We do have a trade bin of old shoes. Mainly younger kid's sizes are available. This is free to our wrestlers as we ask that you also donate shoes that your wrestler has grown out of back to the bin so others may benefit as well. At the beginning of each season, each wrestler will receive a team apparel package that will include at least a hoodie sweatshirt, t-shirt, and shorts. These should be worn to all Mahwah Wrestling Events. Other apparel such as sweatpants, gear bags, socks, etc. will be available for purchase at the pre-season parent meeting.

Weigh Ins

Mahwah Youth Wrestling does not promote or condone any weight loss (cutting) for youth wrestlers. However, in the Tri-County League participants are qualified to wrestle by weighing in before each match. Wrestlers and their parents are expected to select a weight that they are comfortable with. It is the wrestler's responsibility to be at or below that weight before each match. The League guidelines allow for growth during the season and the weights are adjusted according to the schedule outlined on the league web sites. A wrestler who does not make weight at a match or wrestle-off will not be able to compete that day. If a wrestler is above the weight a second time he will be disqualified from competing at that weight for the remainder of the season. He will only be allowed to wrestle-off for the next weight up if the circumstances allow. Please note: Eligibility for a particular weight class is determined by the weight that a wrestler weighs in for at the first bout of the season. It is important that the wrestler decides which weight class is appropriate and makes that weight for their first League bouts in early December. If a wrestler has competed at a certain weight all season, we expect them to wrestle the end of season tournaments at the same weight. **Cutting down at the end of a season to displace another wrestler is not something we will support.** In the case of the TCJWL District Tournament we will stress separating Mahwah wrestlers from each other whenever possible to maximize sportsmanship and look to advance as many wrestlers to Regions as possible. Coaches decisions on bracket placement is made with the best interests of ALL wrestlers in mind, not just ONE.

Matches

League Information

We compete in two leagues. The Twin County League, which until the end of season tournaments, is mainly exhibition style with all wrestlers having at least one match each week. Matches are Saturdays either in the morning or the afternoon. The end of season tournaments are on Sundays in February. The entire roster is expected to attend all TCJWL matches. The Tri-County League, which is a Varsity level dual team league. This league's matches can be any day. Normally they are on most Saturdays and one or two nights a week. The league tournament is a Sunday in February. This team is for our highest level wrestlers and only one wrestler competes per weight. These weights are 50, 55, 60, 65, 70, 75, 80, 85, 90, 96, 102, 110, 118, 126, 136, 146, 165, HWT. **Coaches will roster the team with an attempt to fill as many weight classes as possible, even if it means a wrestler may be at a higher weight class than he could certify at. It is the design of the Mahwah Youth Wrestling Program for the coaches to set our Dual Team lineup in such a way to fill as many weight classes as possible, and put the TEAM in the best possible position to win.** We hope, as a program, all families agree with this format and allow the coaches to assign roster spots based on performance and ability shown in practice and matches. While we feel this is the best approach, any wrestler who isn't currently

on the Tri-County Roster or a wrestler who wishes to compete for a different weight than the coach's slot them at may request a wrestle off with the current wrestler at that weight. Wrestle-offs could be conducted each week during the season, if necessary, to determine who will fill each weight class on the Tri-County team. These wrestle-offs take place during regular practice time and officiated by the head coaches. If there is a wrestle off scheduled **ALL** Tri-County Team members will be expected to attend in the event another match is needed based on the outcome of the scheduled wrestle off. Once on the roster wrestlers may be "bumped" one weight class above their certified weight at the discretion of the coaches if they feel it gives the team the best chance to win. In a dual team situation the goal is to maximize the team's chances of winning and sometimes that's at the expense of an individual matchup. Head coach's lineup decisions during dual matches are final.

1. Mahwah Recreation singlets will be worn at all Mahwah sponsored matches and tournaments. There will be no exceptions! In addition to your singlet, warm-ups, headgear, and wrestling shoes should be in your gym bags or with you at all matches.
2. Home matches are scheduled to be held at the Ramapo Ridge Middle School gym. When we are the host team, there is help needed in setting up the gym, we would ask that you please help by getting there early and lending a hand. (See sign-up sheet/web site).
3. Away matches are generally traveled to caravan-style. All wrestlers must meet at the Middle School front entrance. Directions for all matches will be provided and distributed before we leave via both email and by posting onto the web site. **NOTE TO TRI COUNTY VARSITY WRESTLERS** that we cannot weigh-in without our full team (Tri-County League), therefore, it's imperative that you are at the Middle School on time and ready to leave at the designated time.
4. If your child has any signs of ringworm, or any other type skin lesion, infection or condition **YOU MUST** have a signed note from your Doctor on a required league form stating that the condition is not contagious. (form attached/web site)

Twin County

All wrestlers participate

ALL wrestlers will compete in the **Twin County** Wrestling League which is based on Bergen and Passaic Counties. On the occasion when there is no overlap in **Twin** and **Tri** scheduled **ALL** varsity wrestlers are expected to compete in Twin County scrimmages. The wrestlers will compete against other teams and be matched up according to their age, weight, and experience at the Coaches discretion. This is considered to be a developmental league for our younger and less experienced wrestlers. Each wrestler may wrestle 1 - 3 times at a scrimmage/match. Scrimmages usually consist of two - four teams at the same time, normally on Saturday mornings beginning in early January, and ending late February. There will be Twin County league Tournaments at the conclusion of the season. The Twin County Novice/Closter tournament is open to all first and second year wrestlers. The Twin County District tournament is held in West Milford on a Sunday in February. All wrestlers will be eligible to attend this tournament which would allow them to advance to the Twin County Regional tournament the following Sunday in Hackensack. These tournaments are optional but encouraged and will be the only true weigh-in for the Twin County squad. **We may enter as many wrestlers per weight class as we choose.** Medals will be given to the top three wrestlers in each weight class. There will be different Age / Weight divisions at the tournament as well. Bantam, Midget, Junior, and Intermediate divisions are all determined by year of birth.

Twin County League Behavior Guidelines

The TCJWL is not at the same competitive level as Tri-County but our wrestlers are expected to show the same level of respect and sportsmanship to their opponents. This league is run in an exhibition format which means the wrestlers are free to move about the area between matches. However every wrestler and their parents are responsible for knowing their bout numbers and being at the mat on time and ready to wrestle. On match days our coaches are there to mat coach the wrestlers and organize the event, they cannot be expected to chase and find kids before their matches. TCJWL events are meant to be a relaxed and fun environment, where the kids gain experience and learn as much as possible. We will have as many coaches on hand as possible to help make it as fun, rewarding, and educational as possible for each wrestler.

- 1. Match Attendance:** It is NOT a requirement for your wrestler(s) to go to the Twin County wrestling matches. The coaching staff is aware conflicts arise, kids get sick, etc. It is the responsibility of all parents to notify one of the head coaches (Gary Kozdra, Mike Yannette, Frank Volino) if your son will not be attending a Twin County event. Please let us know as EARLY as possible. This allows us to notify the other towns

and make sure all wrestlers who are attending have matches scheduled.

2. **Arrival Time:** It is CRITICAL wrestlers arrive on time for wrestling. If, for example, the wrestling is scheduled to begin at 8:30 AM, you must get the wrestler there by 8:00 AM. This allows us to take attendance, finalize matches, get the kids ready to wrestle, warm-up, etc. If something happens and you will be late you MUST contact Gary, Mike, or Frank. If we do not receive a phone call and your wrestler is not at the gym 30 minutes prior to the start of the matches we may CANCEL his matches for that day so the other town's wrestler can be rescheduled with someone else.

3. **Preparing to Wrestle:** Upon arrival your wrestler will receive bout number(s) which will be written on their hand. There is a great deal going on at a wrestling meet. This sport is unlike most others where parents can relax during the event in the stands and watch the action. With wrestling there is a need for parents to actively participate for at least a bit of the time. Namely, parents are expected to make sure their kids are ready well in advance of their number being called or posted to wrestle. We need your support to make sure the wrestler comes to the head table (this is usually obvious or marked as such and is different from the score tables at each mat) to check in, is told which mat he/she will be wrestling on, takes the score sheet with the wrestlers listed to the score table (if necessary) AND THEN finds a coach to prepare him to wrestle.

This last action is critical to the success of a meet and for the training and preparation of your wrestler. At times we may only have 2 or 3 coaches and administrators available at the meet and, with the chaos of 2 or 3 matches going on simultaneously and with wrestler's on-deck, on-double-deck and such, it is very difficult to track who is going on next. Therefore, when your wrestler is called to wrestle you must make sure he not only checks in but finds a coach to prepare him for his bout BEFORE he steps to the center of the mat. This is particularly important for novice (1st and 2nd year) wrestlers and is the responsibility of the wrestler's parent.

4. **Arriving Late / Leaving Early:** On occasion we have had requests for your child to arrive late or to finish up early so you can get on with your day. Although extenuating circumstances come to bear and this is not out of the question we ask all parents to be reasonable in their expectations. Please plan to be at a meet from 8 AM to approximately 11:30 AM, **or** 1:30PM to 5:00PM. If you need to arrive late or leave early for an important event that cannot be rescheduled please let us know as soon as possible. Also, please do not take matters into your own hands and approach the head table to move your wrestler around. This only adds to the confusion and chaos at an event.

5. **Match Pairings:** Whenever possible we review the match pairings for ALL wrestlers the day before the matches. Sometimes this has not happened because of last minute roster changes, host town issues, etc. I want you to know we try and gauge every match and, if we think it is unfair, change it the morning of an event. We are striving to give each boy a fair match but mistakes, errors, unavoidable circumstances do occur (i.e. no good match-up so either no match or miss-match). We will always err on the side of caution so we don't have any injuries but must ask for parent patience and support. Wrestling match pairings are NOT an exact science and one coach may rate a wrestler as an 'A' level while another rates him as a 'B' or 'C'. Please understand this and focus on your child's opportunity to learn, work hard and, hopefully, have fun.

6. **Other Requests:** It is possible to get more than 1 match for your wrestler. However this is sometimes unavoidable for reasons such as host town limiting 2nd matches, lack of an opponent with similar weight, age and ability/experience. If you would like your wrestler to get a second match please see an administrative coach at the event. We will do the best we can.

Varsity Tri-County Dual Team

1. The varsity team will compete in the Tri-County Wrestling Conference which encompasses team primarily in Morris County but also Bergen, Warren and Sussex.
2. Due to the competitive nature of this league the team will be selected by the Commissioners and coaching staff. The selection will be based on considerations of wrestler safety, ability and past and current performance.
3. In this league the best wrestler in each weight class will compete **regardless of age or grade**. If more than one wrestler is competing for a Varsity position in a particular weight class a wrestle –off will determine the starting wrestler. Coaches reserve the right to move (bump) wrestlers to different weight classes on the day of the match in order to obtain better pairings for the team as a whole.
4. There are currently 17 weight classes ranging from 50lbs plus heavy-weight (above 165.2 lbs). After you have secured your Varsity spot, it is YOUR RESPONSIBILITY to MAKE WEIGHT. There will be weight progression allowances on January and February 1st of 1 pound (i.e., - 50lb classes extends to 51lbs after January 1, and to 52lbs after February 1). There are additional allowances for weekday matches as well as when we wrestle back to back matches
5. We are scheduled to have about 16 dual meets during the season. Many of our scheduled matches will be tri & quad-meets. See the Varsity schedule (web site).

6. The Tri-County season will conclude with the Tri-County Championship Tournament. It is a league requirement that all Varsity wrestlers participate in this tournament. Note: Only one Mahwah wrestler per weight class will be eligible to compete. Medals will be awarded to the top 8 wrestlers in each weight class. There will also be team trophies for the top three teams.

Dual League (Tri-County) Behavior Guidelines

The Tri-county dual team is regarded as a varsity level league. This means the behavior on the mat needs to have higher standards. The league is governed by the same rules and standards as High School competition. Good sportsmanship is required at all times. This applies to wrestlers, coaches, and parents. Teammates are expected to only cheer in a positive manner. Wrestlers should clap out and cheer for their teammates before, during, and after their bouts. A handshake with your opponent and their coach is mandatory after every match regardless of the outcome. Bad behavior and unsportsmanlike conduct will not be tolerated by the league or the team itself. We as coaches will be enforcing this more than ever. We will be strict in following the rules to their full extent. During a dual match the only coaches allowed in the mat area will be the following: 2 mat coaches, 1 bench coach, and any time or score keepers. Any and all other coaches and parents must remain in the stands. All wrestlers will be required to remain on their bench unless they are warming up, wrestling, or clapping out the next match. Wrestlers will not be in the stands, cafeteria, bathroom, outside, etc. during a match. Plenty of time is given after weigh in and between matches to handle any reason you would need to leave the bench. Wrestlers will be given one warning and then may risk disciplinary action that may include suspension from the dual team. Being part of the Dual team is big responsibility and should be treated as such.

TRI COUNTY WRESTLE-OFF POLICY

If a non-Varsity wrestler wishes to be considered for a Varsity spot the wrestler should make a request to the coaching staff. The coaches & Commissioners will determine who is eligible based on attendance, skill level and most importantly wrestler safety. The coaches reserve the right to move ("bump") wrestlers to different weight classes on the day of the match in order to obtain better pairings for the team as a whole. This maintains the component of wrestling as a "team" sport. Wrestlers should be no more than approximately (1-3 lbs.) over the weight class they are challenging at the time off wrestle-offs. That is, the younger, lighter boys (50-80lbs.) should be no more than 1-1 ½ pounds while the upper weights (100-146 lbs.) have a 2-3 pounds. Again, coaches' discretion will apply. The wrestle off will be the best 2 out of 3 matches and each match will be (3) 1:30 periods. Wrestlers will be slotted by coaches at the beginning of the season. Wrestle off are best 2 of 3 matches. Challengers must win the first match in order to continue to the 2nd or 3rd matches. If the wrestler who is defending wins the first match, the wrestle off is over.

- A list of the wrestlers who are scheduled to wrestle-off will be distributed by e-mail on the day before the wrestle-off. We will also post a list of the scheduled wrestle-offs on the door of the wrestling room. The list will include the weight class that the wrestlers are competing for.
- Any wrestler who is not at the scheduled wrestle-off will forfeit that wrestle off unless some other arrangements are made with the coach ahead of time.
- Wrestlers attempting to compete for a spot on these teams must be within 1lb of the weight specified to qualify for the wrestle off that day. No exceptions will be made.
- The winner of the wrestle-off will participate in the Tri-County matches until the next wrestle-off. Wrestlers may challenge for a spot in the lineup at the next wrestle-off. A challenger needs to win 2 consecutive wrestle-offs to displace someone from as starter of the Tri-County team. If a wrestler beats his challenger in three consecutive wrestle-offs, the challenger is no longer allowed to challenge that opponent during the current season.
- A wrestler who wants to challenge for a spot in the line-up must approach a head coach and state his intention at least one day prior to the scheduled wrestle-off date. It is the wrestler or his parent's responsibility to make sure the coaches know he wants to challenge for a spot and to make sure he is on the list when it is available.
- At times Special Wrestle-offs or roster changes may need to be scheduled to accommodate unforeseen circumstances, such as an injury. This will be at the discretion of either the head coach of the Tri-County team or the Commissioners. In these special cases, we may not be able to follow some or all of the above policies.
- Wrestlers always have the opportunity to opt out of a wrestle-off.

FINAL NOTE:

It is ultimately the wrestler's responsibility to make the weight he challenges at. Failure to make that weight causes the team to possibly forfeit that class and lose team points as well as deprive another wrestler the opportunity to compete.

Singlet Care

It is mandatory that the singlet be care for and returned at the end of the season. Taking good care of the singlet is the responsibility of the parents. Misuse and losing singlets can raise costs to Mahwah Junior Wrestling. A few hints on proper singlet care:

1. Prior to washing in warm water/gentle cycle turn inside out and use non-phosphorus detergent. NO BLEACH.
2. Do not wash with items containing zippers.
3. Remove from washer immediately and hang dry.
4. When not worn, keep singlet inside out. Fabric of the singlets can become snagged and will fray when in contact with Velcro (head gear main culprit) or sharp objects like zippers. Best is to store in a plastic bag when not in use.

Hygiene

The sport of wrestling involves close contact with your opponent. Although rare, skin infections, such as Ring Worm and Impetigo can occur. We do take precautions to prevent this. The mats are routinely cleaned with a disinfectant that is formulated specifically for this application. The mats will be mopped down prior to every practice and match. Anyone that would like to volunteer to help would be greatly appreciated.

Showering after all practices and matches is a must!! We need the parents help with this!! Kids must use hot water with lots of soap.

The referees are trained to spot skin issues and every wrestler is checked before each match. Any wrestler who exhibits symptoms of a skin disease is not allowed to compete in that match. They are also banned from competition until they are cleared with a doctor's note. Any wrestler with questionable skin conditions will also not be allowed to participate in our practices until they are cleared with a doctor's note. Skin clearance forms are available from a head coach or on our website. Please report any suspicious skin conditions to a coach immediately. We urge all of our wrestlers to bathe and/or shower with hot water and soap immediately following all wrestling activities. Body wipes for immediately after practice are an optional purchase that many wrestlers keep in

their equipment bag. If there is a questionable skin condition, ask a head coach or seek medical attention. Better safe than sorry, one infection can spread to an entire team if not dealt with properly. Most skin issues are not a serious risk but must be treated properly and quickly for everyone's protection.

Add On Tournaments

1. We will notify parents and wrestlers weekly of TMYSB sponsored tournaments. Other tournaments, both novice and open, are run almost year round. We would encourage you to attend as many as you can to gain match experience. We will post these tournaments on the Website. Anyone who learns of any tournaments, or plans to attend should contact one of the coaches, so we can post it and share it with the other wrestlers. While the coaching staff will attempt to be available at all of these tournaments there is no guarantee. You are basically on your own. These are not Mahwah sponsored, or paid for by the TMSYB. Many times parents can attend a tournament as a group and share coaching duties for the wrestlers.
2. Regional & State Tournaments. While during the season wrestling is a team sport first and an individual sport second, every wrestler should set goals extending themselves and striving for success at the State Tournament. Regional qualifying tournaments will be held over eight consecutive Sundays starting late in January at eight different locations. Qualifying wrestlers (top three) will be eligible for the State Tournament which will be held sometime in March. We'll post the information on the Web as soon as we get it.

Fundraising

The wrestling program generally will have two fund-raising sources during the season. They consist of The Mahwah Novice Tournament to be held on a Saturday in March and our food concession held at all home events.

The T-Bird Wrestling fund was created to make our wrestling program competitive, safe, and state of the art. These funds have been used to replace the wrestling mat in the wrestling practice room, to purchase a take-down dummy and to purchase 2 lightweight mats. Each year we hope to raise additional money to support the program with both needed equipment as well as additional training costs. We welcome parents to submit, volunteer and/or coordinate any new ideas.

We will be looking for parents to volunteer their time at Mahwah sponsored matches and tournaments. This will include working: concessions, admission, bout tables, security, setup and cleanup. ***ALL PARENTS WILL BE REQUIRED TO CONTRIBUTE SOME VOLUNTEER HOURS AT HOME MATCHES AND TOURNAMENTS AND TO DONATE CONCESSIONS STAND ITEMS SUCH AS WATER, GATORADE, FOOD, ETC.***

You will be receiving emails from Jen Kozdra and her concessions staff during the season for contribution requests and volunteer time.

Contacts

If there's ever a question regarding a rule or a guideline please feel free to reach out to a head coach for clarification. Most of our documentation is posted on our website.

For administrative, team rosters, league, schedule, apparel, and general questions or concerns please speak to Gary Kozdra.

For practices, team rosters, coaching, schedule, novice tournament, website, and general questions or concerns please speak to Mike Yannette.

For volunteer info, gym/concessions setup, player agent issues, or general questions and concerns please speak to Frank Volino.

GARY KOZDRA

Commissioner

MIKE YANNETTE

Assistant Commissioner – Director of Coaches

FRANK VOLINO

Assistant Commissioner – Director of Volunteers

JOHN SURICH

Co-Commissioner + T-Bird Fund President