

OMAWA SAMPLE PARENT HANDBOOK

(insert club name) WRESTLING CLUB

Example of topics to include in an online or handout Parent Packet.

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(insert club name) Wrestling Club Parent Packet

WELCOME TO -----(insert club name) WRESTLING CLUB

Introduce your club and set the tone for what is special about your club.

Example: We would like to welcome you and your family to the -----(insert club name) Wrestling Club. This packet was made with you in mind; use this packet as a reference guide through the season. Go through this with your child so that they also feel proud to be a -----(insert club name)Wrestler.

CLUB HISTORY

----- (insert club name) **Wrestling Club's origin, founders, and highlight important dates, milestones, etc.**

----- (insert club name) WRESTLING PHILOSOPHY

Describe club's coaching philosophy.

Is your club a recreational club for learning and fun? Is your competitive locally or regionally and nationally? Maybe your club is an elite academy? Parents often pick a club based on the club's wrestling philosophy and and the cost for their child to participate.

Example: It is our philosophy... that through a recreational sports program we can provide the incentive for youth to fulfill their own individual needs and goals and at the same time have fun learning about the sport of wrestling.

Each individual wrestler is asked to come to every practice ready to work hard and learn. In doing this we grow together as a team and work towards becoming stronger more responsible young adults. As a wrestler in the -----(insert club name) Wrestling program you are asked to act as a respectful, responsible athlete that upholds the reputation and standards of the program.

Just as we ask our kids to act and respond in a certain manner, we expect that the coaches and parents affiliated with the club also work towards a common goal and present themselves in the most appropriate manner as well. -----(insert club name) Wrestling Club coaches, athletes, and parents are not only held to abide by the club's code of conduct but are also held to uphold the guidelines set forth by the NSAA (Nebraska Schools Athletic Association).

MISSION

Similar to a club's philosophy, your club's mission can attract parents to your club. A strong mission statement will guide and direct your club's coaches and parent leaders to stay on course, and decreases the chance of developing leaders that become the lone wolf engaging practices that contradict the mission of the club.

Example: The Mission of the -----(insert club name) Wrestling Club is to provide an atmosphere that fosters learning the fundamentals of wrestling and sportsmanship that will be provided to kids from K-12 at any talent level with intentions of attending Millard.

FUNDRAISING – Director of Fundraising -----(insert name of person)

Be sure to define fundraising expectations for your club. For some clubs fundraising is necessary for survival. For other clubs it is optional and allows disadvantaged families to make the sport affordable. Our club board should determine if fundraising is optional with or without a penalty. Club leaders are encouraged to lead by example and participate in the fundraising activity if they have a child in the program.

Example: Fundraising is not mandatory at -----(insert club name) Wrestling Club.

- Parents have the choice to participate in of selling (e.g. Gourmet Coffee with the club's logo on it) One bag is \$9 and \$4 of that goes back to your child's account.
- Parent can use fundraising to pay for singlets, pay scheduled tournament entry fees or pay for wrestling apparel.
- Monies raised will be credited towards wrestler's account.
- Unused credits will remain with the club once the season has ended.

NOTE: The goal of the fundraiser for our club is to make wrestling more affordable for those that want to take advantage of the fundraising opportunity. For those that are tired of fundraising, there is no pressure to do so at our club.

\$50 VOLUNTEER DEPOSIT

Based on the culture of your club, the club may need to have a "Volunteer Deposit Expectation. Parents give the club a deposit check that is post dated for the end of the season. Parents that meet their volunteer obligation will have their deposit check returned. Those that do not will have their check cashed. Those funds can be used to secure replacements where help is needed.

Example: Participation as a volunteer at our annual -----(**insert club name**) tournament is necessary in order to host a successful tournament.

- Each family is required to give a \$50 Volunteer Deposit Check. We only ask one adult family member or friend from each family to volunteer for 1 five hour volunteer shift.
- Your deposit check is not cashed and is returned after the -----(**insert club name**) Tournament.
- Families that elect not to volunteer will have their \$50 checks cashed.
- You must have a Volunteer Deposit Check on file in order to take advantage of FREE club tournaments offered for the season. (FREE: the club pays for the child's tournament registration fee)
- Our club is successful due to parent volunteerism, participation and commitment to the club.
- fundraising by making a donation of X donors or volunteer hours back to the program during our annual tournament, as a coach, parent helper or board member.
- The volunteer deposit method allows the club to keep the cost of wrestling low and affordable upfront.

COACHES, TEAM MOMS & DADS

Coaches teach the fundamentals of wrestling. Team moms and dads can help assist coaches in practice by helping the coach when the wrestlers break into small groups, help with attendance, communication to parents, tournament

registration, end of the season awards and banquet, etc. Some club have paid coaches, however, most clubs consist of volunteer staff.

Example: All of our coaches and team moms are on a volunteer basis. They are not paid and work very hard all year round to make sure -----**(insert club name)** has and maintains a successful wrestling tradition. We are always interested in having additional volunteers help (e.g. college sibling, aunts, uncles or friends). This help is essential in practice and especially when we host our own tournament.

- All -----**(insert club name)** head and assistant coaches are certified by(e.g. USA or AAU) wrestling
- Coaches each have a First Aid & CPR certification.
- Contact -----**(insert name)**, if you are interested in being a Parent Helper, Team Mom/Dad or training to become a certified coach.

NOVICE TEAM (beginners or 1st & 2nd experience)

Head Coach -----**(insert club name and phone number or email)**

Associate Coaches – -----**(insert names and phone numbers or emails)**

Team Moms or Dads - **(insert names and phone numbers or emails)**

VARSITY TEAM (also referred to as Open or Experienced)

Head Coach -----**(insert club name and phone number or email)**

Associate Coaches – -----**(insert names and phone numbers or emails)**

Team Moms or Dads - **(insert names and phone numbers or emails)**

-----(insert club name)** STAFF**

Position - -----**(insert club name and phone number or email)**

As coaches and volunteer staff we are also concerned for your child's well-being and performance on the mat. We pride ourselves on the fact that no wrestler will wrestle without a coach.

-----(insert club name)** WEB SITE**

List the benefits of the website and what parents can find on the club's website. If your club does not have a website, consider using a Facebook page or Twitter as a way to connect parents and fans to important information and as a tool for timely announcements and/or cancellations)

- We use our web site (**website's url**) often for communicating information and results.
- There is an announcement board where we post updated information.
- There is also a calendar for practice dates/times. You can get updated tournament information on the calendar.

- Also available on the web site is a current listing of the coaches, pictures, along with e-mail addresses. For many of us this is a simplified means of communication.

SINGLET

Example: Parents have an option to purchase a singlet for their child for \$65 or rent one for \$60. Those renting a singlet will need to return it in good condition at the end of season banquet in order to get their deposit check back. If your singlet is not turned in on time, your deposit check will be cashed the day after the banquet. -----**(insert club name)** will also purchase unwanted singlets at the end of the season for \$25.

- **WASHING INSTRUCTIONS**** Please wash your singlet on cold/gentle cycle or hand wash and hang dry. This helps the color last longer and elasticity if the spandex last longer.
- **(insert club name) SINGLETS ARE TO BE WORN DURING EACH MATCH OF SANCTIONED TOURNAMENTS. NO EXCEPTIONS!!!**

PARENTS

Example: Please be aware that although we enjoy working with your child on a weekly basis we are not childcare providers.

- We ask that you please be in attendance for your child's practice.
- If you are unable to be there please let a coach and another parent know so that if something were to happen to your son/daughter we will have appropriate emergency contact information.
- If you are volunteering please do not leave other siblings unattended.
- We are a fully insured club, but only for our registered wrestlers/coaches and we would hate to see a brother or sister of one of our wrestlers injured.
- If you need to bring other siblings please bring activities for them to stay occupied.

SKIN DISEASES

Example: Skin diseases are a very serious part of wrestling and we feel obligated to let you know that this is a possibility. -----**(insert club name)** Wrestling Club is very careful in trying to eliminate these problems. The mats are cleaned on a regular basis and it is up to you as wrestlers and parents/(guardians) of wrestlers to make sure you are clean. If there is a problem, we strongly encourage you to inform your coaches immediately. Any open wounds and sores should be viewed by a coach for instructions. If this does not happen the wrestler will not be able to participate.

What wrestlers and coaches can do to stop the spread of skin

disease(s): Do not use others combs, brushes, hair ornaments, hats, scarves, towels, washcloths, socks or shoes.

- Never walk barefoot in public places. If you must use a public shower area always wear shower shoes.
- After bathing or swimming, dry your feet and in between your toes thoroughly.
- Do not involve yourself in any contact sports without wearing socks or shoes.
- Expose your feet to the air when you are at home.
- Change your socks and underwear frequently.
- Do not wear heavy clothing in warm weather that will cause you to sweat.
- Check your pets for areas of hair loss.
- Wrestlers should shower before and after workouts with disinfectant soap, preferably and anti-bacterial soap.
- Wrestling clothing should be washed daily including all towels.
- Wash hands frequently.

WRESTLERS

- Following each use of headgear the equipment should be wiped down with alcohol pads.
- Coaches should direct skin inspections on a daily basis.
- Wrestlers that have open wounds or any breaks in the skin should be dissuaded from participating until the skin is healed or the wrestler has been allowed to participate by a licensed physician. If a wrestler is cleared to participate, they should have the affected area covered to avoid any cross contamination from happening.
- If a wrestler believes they may have a skin infection the athlete must notify a coach and athletic trainer(s) as soon as possible.
- Ventilate the wrestling room with fans to lower the humidity and temperature.
- Neoprene sleeves and support braces must be wiped with a disinfectant after each use.
- All team members should keep their fingernails short in order to avoid scratching anyone.
- **You should always shower immediately after practice and after competing.** Do not wait until the following morning to shower. Proper hygiene will greatly reduce the spread of skin diseases.

If a wrestler sees a skin lesion on his/her body, she/he needs to get it checked immediately. The wrestler should tell the coach about it, as well as seeing a physician at the first opportunity. The athletic trainer should also be made aware of the skin infection.

PRACTICE SCHEDULE

Novice practices: Tuesday and Thursday evenings 6:00 pm - 7:00 pm

Varsity: Monday 6:00 pm - 8:00 pm, Tuesday and Thursday 7:00 pm – 8:30 pm

TOURNAMENTS

Example: As tournaments registration deadlines become available we will get the information to you ASAP. We will let you know if you must register online or complete a paper registration. ****Unless instructed otherwise, please make the checks payable to -----(insert club name) so that we will have an accurate count of all the wrestlers we have in each tournament.**

- Registration forms must be turned in to the Team Mom/Dad by the deadline, NO EXCEPTIONS. If you miss the deadline, you still may register your child independently to wrestle in that tournament.
- It is your responsibility to let the Team Mom/Dad know you have registered independently.
- Tournaments do not issue refunds for non-attendance. Therefore, we cannot issue refunds due to illness or other unforeseen events that may occur.
- Keep track of your child's win/loss record during each tournament. It is a long day and things do get mixed up occasionally.
- It is important to know your child's wrestling record when filling out some registration forms for other tournaments.

OPEN DOOR POLICY

Example: We would like to extend an invitation and encourage all involved to approach club coaches or volunteers at any time after practice or via email/phone if you have any concerns or compliments during the season. Two or three sets of eyes are always better than one. Please never hesitate to contact us with questions, comments, or concerns. We truly welcome suggestions and ideas towards improvement. We also enjoy a pat on the back now and then as well.

-----**(insert club name) Wrestling Club Important Dates**

Visit our website at: -----**(insert club's url)**

All practices are posted on our Calendar of Events at: -----**(insert club's url or handout hardcopy)**

Please Note:

- UNEXPECTED PRACTICE CANCELLATIONS" will be posted on the website home page
- PLEASE CHECK THE WEBSITE ROUTINELY" for practice cancellations
- For more DETAILED INFORMATION, please click on the link for that day.

If Public Schools are canceled for whatever reason, practice will also be canceled that day.

WRESTLER'S WIN/LOSS LOG

Wrestler's name _____				W			
Tournament _____				Tournament _____			
Weight _____	Bracket # _____	Date _____		Weight _____	Bracket # _____	Date _____	
	Score	Win/Loss	Place		Score	Win/Loss	Place
Match 1				Match 1			
Match 2				Match 2			
Match 3				Match 3			
Match 4				Match 4			
Final Place 1st, 2nd, 3rd, etc or DNP (did not place)				Final Place 1st, 2nd, 3rd, etc or DNP (did not place)			

Tournament _____				Tournament _____			
Weight _____	Bracket # _____	Date _____		Weight _____	Bracket # _____	Date _____	
	Score	Win/Loss	Place		Score	Win/Loss	Place
Match 1				Match 1			
Match 2				Match 2			
Match 3				Match 3			
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