

2009 – 2010 Palmer Novice Wrestling & Elite Wrestling Guidelines

All Parents and wrestlers must read the guidelines and agree to these terms.

Practice Attire:

Wrestlers can wear T-shirt (under-armor acceptable) & gym shorts (no pants, jeans or anything with buttons). Wrestling shoes must be worn. Shoes that are worn for practice must be carried into the building. Street shoes must be taken off and under no circumstances be used to walk on the wrestling match surface. Every wrestler must take their wrestling shoes off before going home at night. This will reduce the amount of dirt, rocks, germs and injuries from occurring. Also, no necklaces, bracelets, watches, earrings and glasses are to be worn while practicing.

Practice:

- **Novice Practice:** the novice parents may attend practices for the 1st week. After the 1st week of scheduled novice practice the wrestling room will be closed to all spectators. No non-wrestler children will be allowed in the wrestling room. Please wait outside the practice room until practice is over & the children are dismissed. Please remember to remove your street shoes before you enter the wrestling room. Practice will be every Monday and Wednesday from 6:00pm-7:00pm or as announced. Practices will be held at the Palmer Recreation Center, unless you informed otherwise. If school is cancelled or there is early dismissal due to inclement weather, email should be checked. An email will be sent if practice is CANCELLED. If there is no email practice will be as scheduled. Parents must drop their children off no later than ten minutes before practice is to begin.
- **JV and Varsity Practice:** JV & Varsity parents may only attend the first practice. After the 1st practice the wrestling room will be closed to all parents, children and spectators. If school is cancelled or there is early dismissal due to inclement weather, email should be checked. An email will be sent if practice is CANCELLED. If there is no email practice will be as scheduled. Practice will be at the Palmer Recreation Center Monday 6:30pm-8:00pm, Tuesday through Thursday 6:00pm-8:00pm and Saturday 9:00am-11:00am. Wrestlers must be ready to wrestle at scheduled start time. Wrestlers must be dropped off no later than ten minutes before practice is scheduled to begin. Please remember to remove your street shoes before entering the wrestling room.

Parental Assistance:

The teams will require parents to assist in the set-up and mat removal every night before and after practice. Set-up time will be between 5:45pm-6:00pm. Your help is needed and appreciated.

Wrestler Conduct:

Wrestling is a physical sport, but fighting will not be tolerated. Any wrestler caught fighting, biting, kicking, punching, name calling, swearing, spitting, etc... with another wrestler will be disciplined. Depending on the severity of the offense it will be punishable by sprints, calisthenics, calling of the parent to pick up the child, or possible suspension. In addition, depending on the severity and frequency of these infractions the wrestling commissioner will be notified and the situation will be taken to the proper township authorities. It is important to pay attention to all coaches and special guest coaches at all times.

Practice Attendance:

Attendance is mandatory. Missing practice unless because of injury/illness will not be accepted unless authorized by the head coach prior to practice. Missing of practice not related to illness, injury, or emergency and not approved by the head coach may result in suspension of a dual meet. Missing a Palmer practice to go to another school or club practice is unacceptable.

Parent Conduct:

If you are thrown out of a match by a referee, the match will be stopped and you will be escorted off property. If you return during or after the match you will be arrested. Palmer Township will not tolerate unruly conduct by parents. The league rules dictate that any parental misconduct that results in the removal of a parent, will result in the removal of the head coach from the building as well. Palmer Township must then pay a fine to the league prior to the return of the coach.

Matches:

Although each wrestler competes individually against his opponent, wrestling is still a TEAM sport. **Our coaches expect that every wrestler will stay on the bench/chairs at the side of the mat to encourage their teammates before and during the meet.** The overall TEAM meet record will be used to determine which team quad we will participate in at the end of the year.

- **Home Matches:** It is greatly appreciated and necessary for parents to participate in the home matches. Along with the setting up and tearing down of the equipment, help will be needed in the food stand and admissions stand. With parents doing this work it will help the coaching staff focus on the match.
- **Away Matches:** You must arrive thirty minutes before weigh-ins to allow the team to get ready. Directions will be handed out on the Thursday before all matches. If a ride is needed for a wrestler ask another parent or a coach, don't let your child miss out. Please notify us if your child cannot attend any matches, as this has bearing on the line up and the performance of the team.

- **Novice Matches:** On arrival parents must approach a coach with the wrestlers for instructions on where to go and what to do. Novice wrestlers will be instructed to sit on their chairs or at the side of the mat during the competition. If a wrestler is not in the chairs or aside of the mat a wrestler may be overlooked by accident and miss his chance to wrestle.
- **JV Matches:** On arrival parents must approach a coach with the wrestlers for instruction on where to go and what to do. Parents will not be allowed in the locker room at any time unless asked by a coach. Wrestlers will be instructed to stay in the locker room area after weigh-ins so that the match will start promptly. It is encouraged that all JV wrestlers stay and cheer on the varsity team.
- **Varsity Matches:** On arrival parents must approach a coach with the wrestlers for instruction on where to go and what to do. Parents will not be allowed in the locker room at any time unless asked by a coach. Varsity will be allowed to eat a small amount then sit down as a team to watch the JV wrestle. The varsity will stay together throughout the novice, JV and varsity competitions. It is encouraged that all varsity wrestlers stay in the bench/chair area to cheer on their fellow teammates.

Weight Classes for 2009 to 2010 Season:

- 46, 50, 54, 58, 61, 64, 67, 70, 73, 76, 80, 85, 90, 95, 105, 120, 160.

Indicator Matches:

1st Indicator Matches: All wrestlers may participate in the first indicator matches. These will be held at least one week before the first dual meet competition. They will be used to set the varsity and JV line up for our first meet. **Wrestlers are encouraged to let the coaches know the weight classes they wish to wrestle at** for the first match. A wrestler cannot be more than 3 pounds over the weight class they wrestle-off in order to participate. First indicator matches will be best 2 out of 3 regardless of last year. Once a varsity wrestler is established the challenger must beat him 2 out of 3. **Please note, that the coaches have the right to juggle the line up in a way that best suits the team for a dual competition.**

Additional Indicator Matches: After the first match the following process will be used to cover additional indicator matches. Varsity indicator bouts will only take place up until the varsity or JV wrestlers have their 5th varsity match. League rules dictate that any wrestler with 5 or more regular season varsity meets will not be eligible for the JV tournament. The process is:

1. Any wrestler who wants to compete in an indicator match should notify the coaching staff on the Monday after our Sunday meet.
2. Coaches will notify the wrestler being challenged and indicator bouts will be set-up by the coaching staff.
3. If time allows all indicator bouts will be run at the end of normal practice time.
4. The challenging wrestler must beat the incumbent 2 out of 3 times.

5. During indicator bouts wrestlers must make their own decisions on choices; top, bottom or neutral.
6. **During the indicator matches no parents will be allowed in the wrestling room.**
7. **We allow no team yelling or cheering during indicator matches because we are all on the same team.**

Individual League Tournaments:

The VEWL holds a two day varsity tournament at the end of each year. Separate tournaments are held for Novice and JV wrestlers. Each wrestler must “certify” during the year for each weight class. For the Varsity wrestlers you must wrestle 4 varsity matches at the weight class. For a JV wrestler you must wrestle 4 matches at the weight you want to compete at in the tournament, and accumulate no more than 4 matches at the varsity level.

The Novice tournament is for all 1st year and some 2nd year wrestlers as designated by skill level and determined by the coaching staff. Wrestlers in the Novice tournament will be divided according to weight, age, and experience levels.

Non-League Tournament Placing:

It is a parent’s responsibility to report if their child places in any non-team wrestling tournaments. If you do not report the placement it will not appear on the Palmer Township Recreation website or in the township newsletter. Digital pictures are welcome.

Uniform:

- **Hand-out:** All wrestlers will be issued a uniform and it is the responsibility of the wrestler for the proper care of the uniform. Any unnecessary damage will result in billing for the replacement value of the uniform. Current pricing for uniforms and warm-up is \$80.00, shorts are \$20.
- **Return:** All uniforms handed out must be returned on the date designated by the township equipment manager. Any uniform not returned by the designated date will result in a phone call from the coaching staff and ineligibility to participate in any other Palmer sports.

End of Year Picnic:

An end of year picnic will take place typically in May at an outdoor location to be announced later. Further details will be provided later in the season. There will be food for everyone and awards for all wrestlers.

Program Philosophy:

- • **Provide wrestlers with opportunities for success.**
- • **Provide consistency throughout the program, from elementary to the high school level.**
- • **Build the whole person through the values taught in the sport of wrestling.**

Our wrestlers will be leaving practice nights being hot and with hair wet from sweat. It is a good practice for them to have their heads covered before they walk outside. Wearing a winter hat, baseball hat, or hood when leaving practiced will reduce the frequency of colds.

All wrestlers should make certain they wash thoroughly after practice, matches, and tournaments. This will reduce the probability of any possible skin infections.

In Addition to the schedule below, there will be several tournaments for each level throughout the season. The details of these events will be announced as details are finalized.

Match Schedule: also available at the league website www.vewl.org

<i>Date</i>	<i>Visitors</i>	<i>Home</i>	<i>WI Time</i>	<i>Start Time</i>	<i>Location</i>
Sunday 12/06/2009	St. Anthony's	Palmer Twp.	11:00 AM	12:00 PM	Charles Chrin Community Center of Palmer Township
Saturday 12/12/2009	Palmer Twp.	Easton PAL	12:00 PM	12:30 PM	Easton Area High School
Saturday 12/12/2009	Palmer Twp.	Wilson	12:00 PM	12:30 PM	Easton Area High School
Sunday 12/20/2009	Palmer Twp.	Nazareth White	12:30 PM	1:00 PM	Nazareth Senior HS
Sunday 01/10/2010	Catasauqua	Palmer Twp.	10:00 AM	11:00 AM	Charles Chrin Community Center of Palmer Township
Sunday 01/10/2010	Central Catholic	Palmer Twp.	10:00 AM	11:00 AM	Charles Chrin Community Center of Palmer Township
Sunday 01/17/2010	Palmer Twp.	Del Val	12:30 PM	1:00 PM	Holland Township School, 710 Milford Warren- Glen R
Sunday 01/24/2010	Palmer Twp.	Pleasant Valley	9:00 AM	10:00 AM	Pleasant Valley Intermediate School
Saturday or Sunday 01/30/2010 or 01/31/2010	League Quads		TBA	TBA	Northwest Division
Saturday 02/06/2010	JV Tournament		TBD		
Sunday 02/07/2010	Exhibition Tournament		TBD		
Saturday & Sunday 02/13/2010 &	Varsity Tournament		TBD		

02/14/2010		
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