

Half Moon Bay Youth Wrestling

PARENT INFORMATION SHEET

MISSION STATEMENT: The mission of Half Moon Bay Wrestling is to assist young people in becoming positive additions to society and eventually champions in their respective levels of competition, from Elementary level to the Olympics, through the sport of wrestling.

Objective for the season:

1. Have FUN!
2. Learn the basic skills and techniques of wrestling

Contact Information

Name	Role	Phone Number	Email
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General Information

Half Moon Bay Wrestling is affiliated with USA Wrestling and NorCal TOC. USA Wrestling is the official sanctioning body for amateur wrestling in the United States. The team is associated with the Bay Area Wrestling Association (BAWA). The tournament schedule begins in December in Northern California and will run through the beginning of May. Participation in tournaments **is highly recommended**. To participate in USA Wrestling Tournaments you must purchase a USA Wrestling Card at \$ 40. NorCal TOC Tournaments have no registration card fees.

However, all tournaments require a \$15 entry fee at weigh-ins. There is no fee to join the team.

Equipment

No special equipment is required; however, you should consider purchasing one or more of the following equipment:

1. Wrestling shoes
2. Headgear
3. Knee Pads

Of this equipment, shoes are by far the most valuable. Some sources for wrestling equipment include:

Vendor	Items	Website
Sports Authority	Shoes	
WrestlingOne.com	All items	www.wrestlingone.com
Worldwide Sports Supply	All items	www.wwsport.com

Practices

Attire and Equipment

- Wear shorts and T-shirt. You may wear a personal singlet if you have one. T-shirts should be tucked into shorts during practice.
- Wrestling shoes strongly recommended. Shoes must be clean especially on the bottom.
- Headgear and knee pads if you have them.
- No jewelry (e.g., chains, watches, bracelets, etc.). Medical alert chains and bracelets can be brought to practice but should not be worn while practicing. Please alert the coaching staff to any medical condition that may affect your child.
- Fingernails must be cut and filed to remove any sharp areas.
- Securely cover any cuts or scrapes before practice.
- Do not practice if your child has a contagious infection especially a skin infection.

Schedule

- Practices begin in November to March for the High School kids. The Elementary and JR High kids start in December and run through mid May. Practice is everyday for High School and 2 to 3 days a week for all others, after school. See Coach's schedule for exact practice days.
- To allow us to follow our practice plan and to ensure time for proper warm-up, please have your child at practice about five minutes early.

Place

- All practices will be held in the Cunha School Wrestling room, behind the gym, or Half Moon Bay High School wrestling room.

Parents and Siblings

- Parents are not obligated to stay during practice. If you do drop your child off, please plan to pick them up promptly at when practice ends.
- Parents are welcome to stay and watch practice. If you do stay, we need your help in a few areas.
- Please keep conversations with other parents and/or between siblings to minimum or go outside. With kids on the mat, we need to keep talking to a minimum so that they can hear. Sideline conversations interfere with this need. If you have wrestling experience, please speak to the coaching staff about helping. We would like to encourage your involvement.

Tournaments

Attire and Equipment

- All wrestlers will be given a singlet to be worn for tournaments.
- Wrestling shoes or other sneaker type shoes is needed for practice and competition. Please make sure shoes are clean. Shoe laces must be taped or covered with a shoe lace cover.
- Headgear and knee pads if you have them.
- No jewelry can be worn during a match. Medical alert chains or bracelets must be removed during matches.
- Fingernails must be cut and smooth. The referee will check nails at the start of each match.
- Bring each wrestler's USA Card to the USA Tournaments. The NorCal TOC and High School tournaments do not require a USA Wrestling Card.

Tournament Schedule

- Coaches will provide a schedule of competitions.
- The coaches need help driving wrestlers to tournaments and supervising.
- A tournament schedule will be given soon.

Age Groups and Weight Classes

- For tournaments, wrestlers are divided by age. Within an age group, wrestlers are further divided by weight. AND further divided by experience level into Varsity or JV.
- A wrestler's age for an entire season is determined by the birthday he/she celebrates during the calendar year. For example, a participant whose 14th birthday falls on any day of the year is considered 14 years old for the entire season.
- The **Age and Weight Divisions** for **USA Tournaments only** are as follows:

BANTAM – 7 or 8 yrs olds
40, 45, 50, 55, 60, 65, 70, 75, 75+ (15 lbs. maximum difference)

MIDGET – 9 or 10 yr olds
50, 55, 60, 65, 70, 75, 80, 87, 95, 103, 112, 120, 120+ (20 lbs.max difference)

NOVICE – 11 or 12 yr olds
60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140, 140+ (25 lbs. maximum difference)

SCHOOLBOY/ SCHOOLGIRL – 13 and 14 yr olds
70, 77, 84, 91, 98, 105, 112, 120, 128, 136, 144, 152, 160, 175, 190, 210, 235

CADETS -15 and 16 yr olds
84, 91, 98, 105, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 285

JUNIORS- 16 and 17 yr olds
98, 105, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 285

NorCal TOC Tournaments are broken into Divisions,

Varsity is for the experienced kids, *JV* for beginners and some kids with little experience.

Weight Classes for TOC Tournaments are as follows:

40, 45, 50, 55, 60, 65, 70, 76, 83, 89, 95, 100, 108, 112, 116, 122, 128, 135, 142, 153, 168, 185, 205, 235

Weigh-Ins

- All wrestlers must weigh-in prior to each tournament. Weigh-ins are held at the tournament site and conducted by tournament volunteers. A digital scale is used to weigh each wrestler.
- Any wrestler that is not at or below their desired weight class according to the tournament scales by the time weigh-ins close must compete in the next higher weight class. No weight allowance is provided. There are no exceptions to this rule.
- Wrestlers must wear their competition singlet at the weigh-in. It is suggested that wrestlers arrive at weigh-ins wearing their singlet underneath their clothes, as changing rooms are often not available.

Miscellaneous Tournament Information

- The focus in all tournament matches (and all practices) is on ***improvement***. Thus, sportsmanship and positive encouragement are expected from all wrestlers, coaches, parents, and other spectators. Any unsportsmanlike behavior will not be tolerated.
- BAWA rules require that wrestlers, credentialed coaches, and table help/referees are the only individuals allowed in the wrestling areas. Parents wishing to get close to the action must either become credentialed coaches or work the tables. To be a credentialed coach you must have your USA Wrestling copper-level coaches' card. A copper -level class will be held in prior to the start of the open tournaments in March.
- A tournament fee is charged for each tournament. The fee has generally been \$15 per wrestler.

Other Sources of Information

The following websites provide addition information.

Half Mon Bay Wrestling web site:

To be changed soon

California Women's Wrestling Association:

www.californiawomenswrestling.com

The California Wrestler newsletter:

www.thecaliforniawrestler.com

USA Wrestling web site: www.usawrestling.org

California USA Wrestling: www.ca-usaw.org

FILA International Wrestling: www.fila-wrestling.org

The MAT: www.themat.com

Intermat Wrestling: www.intermatwrestle.com