

# MIDWEST STRONG

WRESTLING

*Wrestler, Parent & Coach Handbook*

## **MIDWEST STRONG Wrestling Facility**

Midwest Strong Wrestling Season Handbook

Welcome wrestling athletes and parents,

Midwest Strong welcomes you to the 2014-15 wrestling season. Looking forward to an exceptional year of youth wrestling. The purpose of Midwest Strong is to promote the sport of wrestling to area youth who are seeking advanced training. Midwest Strong's approach to wrestling is systematic, with hard work, and producing technically sound wrestlers with confidence and leadership abilities that can be applied both on the mat and in life.

As we begin this wrestling season, please remember that Midwest Strong has high character expectations for all persons associated with our facility. Our actions are as important as our words, so please lead by example to show our children the true definition of "dedication and hard work".

Should you have any questions concerning Midwest Strong, please contact Andrea Brown.

Sincerely,

Midwest Strong

## MIDWEST STRONG

### Wrestlers Code of Conduct

1. No wrestler is to physically or verbally abuse any coach or fellow wrestler.
2. Wrestlers must listen to and follow the directions of all coaches.
3. Wrestlers will be expected to work hard at practice or will be asked to sit out. Wrestlers are not to be disruptive during practice or competitions.
4. At all times, wrestlers must conduct themselves in a mature and respectful manner.
  - a. No unsportsmanlike yelling or cheering if a wrestler is hurt.
  - b. Win or lose, wrestlers **MUST** shake hands and congratulate their opponent.
  - c. No vulgar or obscene gestures of any kind should ever be made by a wrestler.
5. All wrestlers are to treat all Midwest Strong property and equipment with respect.
6. Wrestlers should make every effort to attend all scheduled practices.
7. Midwest Strong is the guest of any school where competitions are held. Respect all property accordingly. Violation of this code of conduct will result in disciplinary action.

# MIDWEST STRONG

## Parents Code of Conduct

1. No parent or fan is to physically or verbally abuse another parent, fan, coach, wrestler or referee. If a parent has a problem, concern or issue with a fan, wrestler or another parent, the only proper venue for discussion is with the director in private at an appropriate time.
2. All parents are to conduct themselves in a sportsmanlike manner:
  - a. No unsportsmanlike yelling, such as: booing, teasing, or cheering if a wrestler is hurt or losing. No instructions to take specific advantage of any injury incurred by an opponent while wrestling.
  - b. No unsportsmanlike gestures of any kind will be allowed
3. Except in an emergency, no parent is to interfere with practices, meets or coaching at any time. Parents may observe, but are to wait until before or after practices to interact with their child or talk with the coaches unless a coach requests a conversation. Coaches will be glad to talk to parents in private about any issue or problem before or after practices or meets as their schedule allows. Also, we ask all wrestlers to remain silent when a coach is teaching and we require the same of all practice spectators. If you would like to carry on a conversation with another spectator during practice, please move outside the wrestling room when a coach is teaching.
4. Please see that your child is picked up at the designated time after practice. The coaches will try to finish practice as close to the designated time as possible.
5. Please remember that this program is for our youth, but in no way is it to be used as an excuse for unfinished homework or other responsibilities. Explain this to your child so he/she can plan his/her time wisely.
6. Parents are NOT permitted to coach their child (on the edge of the mat) at any official practice or competition of the Rhinos Wrestling Club unless you are an approved Rhinos Wrestling Coach with an AAU and USAW coaching card. Parents should remain in designated spectator locations during official Rhinos Wrestling Club practices and tournaments.
7. Parents, as well as their athletes, will be held responsible for their code of conduct.

## MIDWEST STRONG

### Suggestions for a successful wrestling season:

- Don't impose your ambitions or expectations on your child. Remember that wrestling is your child's activity. Improvements and progress occur at different rates for each individual.
- Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they should be doing.
- Be supportive no matter what. There are only two questions to ask your child, "Did you have fun?" and "Did you do your best?" Wrestling is a sport that will push the limits of any child. He will be expected to deal with substantial discomfort in the pursuit of wrestling objectives. It will certainly not always feel fun for your child. A parent's roll is to offer Encouragement during these times and to reinforce the principle that great rewards do not usually come without sacrifice. Please, do not force your child to participate, but please do encourage them to do so when they don't "feel" like it. Always encourage your child to give 100 percent effort.
- Your job is to support your child no matter what. Conflicting advice and criticism work against the coach's efforts and only serve to confuse and demotivate your child.
- Get involved. Support your child by attending as many practices and tournaments as possible.
- Safety. Headgear and wrestling shoes must be worn at all practices and tournaments.
- Hygiene. Fingernails must be clipped and wrestlers should bathe with an anti-bacterial, anti-fungal soap immediately following practices and competitions.
- Workout clothes MUST be cleaned after every practice.

## MIDWEST STRONG

### Coaches Code of Conduct

1. All coaches will follow all rules and regulations established by USAW the Midwest Strong.
2. All coaches will not criticize wrestlers in front of spectators but will reserve constructive criticism for private or in the presence of the other team members if they might benefit from the criticism.
3. All coaches will accept the final decisions of officials as being fair and called to the best ability of said officials. Coaches may discuss calls with an official in a manner within the rules.
4. All coaches will not criticize an opposing team, its wrestlers, coaches, or fans by word of mouth or by gestures.
5. Coaches should emphasize that good athletes strive to be good students and that both are physically and mentally alert.
6. All coaches should strive to make every wrestling activity serve as a training ground for life and a basis for good mental and physical health.
7. Together with officials, coaches should be jointly responsible for the conduct and control of team fans and spectators. Any fan who becomes a nuisance and out of control will be asked to leave. Control your fans!
8. Coaches will not permit or encourage "sweating down" or dehydration tactics to enable a wrestler to make weight. Coaches will only promote sound nutritional habits.
9. Coaches will not deliberately incite unsportsmanlike conduct.



### Summary of Scoring

Individual Match

Takedown - 2 pts.

Escape - 1 pt

Reversal - 2 pts.

Near Fall – 2 or 3 pts.

## RINGWORM

### **What is ringworm?**

Ringworm is a skin infection caused by a fungus that can affect the scalp, skin, fingers, toe nails or foot.

### **Who gets ringworm?**

Anyone can get ringworm. Children may be more susceptible to certain types of ringworm than adults.

### **How is ringworm infections spread?**

Transmission of these fungal agents can occur by direct skin-to-skin contact with infected people or pets, or indirectly by contact with items such as barber clippers, hair from infected people, shower stalls or floors.

### **What are the symptoms of ringworm infections?**

Ringworm of the scalp usually begins as a small pimple that becomes larger in size and leaves scaly patches of temporary baldness. Infected hairs become brittle and break off easily. Occasionally, yellowish cuplike crusty areas are seen. With ringworm of the nails, the affected nails become thicker, discolored and brittle, or they become chalky and disintegrate. Ringworm of the body appears as flat, spreading ring-shaped areas. The edge is reddish and may be either dry and scaly or moist and crusted. As it spreads, the center area clears and appears normal. Ringworm of the foot appears as a scaling or cracking of the skin, especially between the toes.

### **How soon do symptoms appear?**

The incubation period is unknown for most of these agents, however ringworm of the scalp is usually seen 10 to 14 days after contact and ringworm of the body is seen four to 10 days after initial contact.

### **Does infection with ringworm make a person immune?**

Since so many species of fungus can cause ringworm, infection with one species will not make a person immune to future infections.

### **What is the treatment for ringworm infections?**

Your doctor may prescribe a fungicidal material to swallow as tablets or powders that can be applied directly to the affected areas. Griseofulvin is commonly prescribed for treating fungus infections.

### **What can be done to prevent the spread of ringworm?**

Towels, hats and clothing of the infected individual should not be shared with others. Young children who are infected should minimize close contact with other children until effectively treated. When multiple cases occur, seek advice from your local health department.

# IMPETIGO

## **What is impetigo?**

Impetigo is a common infection of the skin resulting in blisters that may occur anywhere on the body but are usually observed around the nose or mouth. It is caused by one of two types of bacteria, either Group A Streptococci or Staphylococcus Aureus.

## **Who gets impetigo?**

Commonly, children and young adults are affected. In adults, impetigo may follow other skin problems or after an upper respiratory tract infection.

Impetigo occurs more in the hot humid summer months.

## **How is impetigo spread?**

Impetigo is spread person to person through direct contact with discharge from blisters.

## **What are the symptoms of impetigo?**

An itchy rash or red sores form that blister and then ooze. The sores may grow in size and spread. When blisters break, they form a flat, honey colored crust.

## **How soon do symptoms appear?**

Blisters appear four to ten days after exposure to the fluids from blisters on another person.

## **What is the treatment for impetigo?**

Impetigo can be successfully treated with antibiotics prescribed by a health care provider. With antibiotic treatment, healing should begin within three days.

## **What can a person do to minimize the spread of impetigo?**

Impetigo is contagious. Follow your doctor's instructions. It is important to wash the rash with soap and water and to cover it loosely with gauze or a bandage. Thorough hand washing is necessary, especially after touching infected areas of the body. A person with impetigo should avoid contact with newborn babies and should be excluded from school, day care, or food handling until receiving permission from a health care provider or until 24 hours after starting antibiotic treatment. Do not share unwashed towels, washcloths, or clothing from someone who is infected.

## Cold/Flu

### **How can we keep our wrestlers healthy?**

The Rhino Wrestling Club strictly enforces a Wellness Policy in preventative measure to avoid the spread of cold/flu within the club. Colds and Flus are very contagious! Our wrestlers have close physical contact every time they practice. Prevention is a responsible approach keeping the Rhino Wrestling Club healthy.

There are steps you can take in your daily life to help protect you and your family from getting the flu and passing it along to other families with the club.

- Wash your hands often with soap and water or an alcohol-based hand rub.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Practice good health habits. Get plenty of sleep, drink plenty of fluids, and eat healthy food.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Lastly the club requires you to stay home for at least 24 hours after your fever is gone without the use of fever-reducing medicine if you are sick with flu-like illness.

I, \_\_\_\_\_, have received the  
Mid-West Strong 2014-2015 Handbook.

I hereby acknowledge that I have read the handbook with my son/daughter,  
\_\_\_\_\_, and we understand all the conduct codes and  
disciplinary actions.

By signing this form we understand that both parent(s) and wrestler(s) have  
agreed to abide by these codes and the disciplinary actions that may result  
if violated.

Parent's Signature \_\_\_\_\_

Date \_\_\_\_\_

Wrestler's Signature \_\_\_\_\_

Date \_\_\_\_\_