

## FAQ

Q: What is the minimum age? 7

A: 7

Q: What if he/she turns 7 soon?

A: No. Please do not register your son/daughter until they are actually 7. If he/she turns 7 during the middle of the winter session I would advise you wait until the next season. If you are really eager to get them involved you can register them in the middle of the session. If you do this there is no discount for the session and your wrestler will not know as much as the other kids. I apologize for the inconvenience. The line has to be drawn somewhere and that line is at age 7.

Q: When are practices and/or matches?

A: Every date of practice and/or matches is on our [registration page](#). Also our website [www.staffordwrestling.com](http://www.staffordwrestling.com) and our [Facebook page](#) is and will be updated in realtime.

Q: My kid can only make one day per week because we have somewhere else to be on Tuesday or Thursday. Is that ok?

A: It is allowed but strongly discouraged. Wrestling is not a main stream sport and without steady practice is it hard for beginners to remember the rules and develop effective technique.

Q: What is a USA card and how do I get one?

A: A USA card is insurance coverage for your wrestler. It is mandatory that in addition to the registration fee you must purchase a USA wrestling card for your wrestler. This can be done at [www.usawmembership.com](http://www.usawmembership.com)

Q: Does my kid need wrestling shoes?

A: Yes

Q: Where do we get wrestling shoes?

A: Online or at Dick's Sporting Goods in Manahawkin

Q: Can they wrestle without wrestling shoes?

A: NO

Q: If practice is canceled will there be make up session?

A: Yes. Please check the calendar, website, Facebook and you email for any information regarding this.

Q: What do they need for practice?

A: Wrestling shoes, tee shirt, shorts or sweatpants, water

## Rules:

1. DO NOT enter the building or stand out front BEFORE 5:45pm. It does not matter how long you've known Coach Terrance or been with Stafford Wrestling. This is a church rule and we use the facility so please stick to it. The only people that are allowed to arrive earlier are STAFF MEMBERS. You will know if you are a staff member before the first practice of 2022-2023 starts.
2. YOU (parent) must check in your wrestler at the head table inside the gym. NEVER send them in the doors and drive away. Walk them in. If you carpooled with someone, please check in that wrestler also. We want to keep track of everyone coming and going. The world is a crazy place. Let's take care of these kids.
3. Do NOT be that annoying parent that feels the need to coach from the side of the mat or bleachers. It is distracting. You are allowed to and encouraged to stay and watch the whole practice.
4. KNOW your own kid. If your kid is easily distracted by your presence you may want to consider waiting in the lobby.
5. BE CONSIDERATE about taking videos and pictures. No one wants to be embarrassed. I am not the social media police and you are all signing media release forms.
6. DO NOT START DRAMA. We are busy trying to get your kids better at wrestling.
7. If your wrestler is a beginner, they must complete the beginner session in full before they move onto the advanced session.
8. Advanced wrestlers chosen by Coach Terrance. The general qualifications I look for is that the wrestler must have been with Stafford Wrestler Club prior to 2022-2023 season OR must have placed top 3 in any USAWNJ State Qualifier prior to 2022-2023 season. Coming from another wrestling club does not automatically mean that you gain access to our advanced class.
9. There are NO REFUNDS. There are NO TRIALS. There are NO EXCEPTIONS.
10. RESPECT THE CHURCH. Please DO NOT bring your family and/or friends into the church and let them out of your site. We cannot let our kids run around the building and cause issues for Main Street Alliance. CONTROL YOUR KIDS AND YOURSELVES!

**\*\*\* YOU MUST BE REGISTERED ONLINE AND HAVE USA CARD BEFORE YOU WRESTLE\*\*\* NO EXCEPTIONS\*\*\***