

# **MOOSE JAW KINSMEN WRESTLING CLUB**

**Information Booklet 2019/2020 Season**



Find us on Facebook: [moose jaw kinsmen wrestling club](#)

**Season runs Nov 4<sup>th</sup> – April 1<sup>st</sup>**

**First Practice:**

**Nov 4<sup>th</sup> Novice to Bantam (8 – 13 years of age)**

**Nov 5<sup>th</sup> Freshies (5 – 7 years of age)**

## Objectives:

The Moose Jaw Kinsmen Wrestling Club dedicates itself to:

- Providing athletes with the opportunity to participate, develop, and improve upon the skills necessary for success in competitions.
- To ensure that all members are affiliated with the provincial sport governing body (Saskatchewan Wrestling) and adhere to the rules, regulations and standards covering all members as stipulated by Saskatchewan Wrestling, the National Sports Governing Body (Canada Wrestling)
- To set goals specific to the development of each athlete's abilities
- To provide qualified coaches dedicated to the development of all athletes within the club.
- To promote good sportsmanship, positive attitudes, and a growth mindset in a competitive sports setting.

## Commitment:

Freshies (5 – 7 years of age) 2 practices a week

|          |               |
|----------|---------------|
| Tuesday  | 6:00 - 7:00pm |
| Thursday | 6:00 – 7:00pm |

Novice to Bantam (8 – 13 years of age) 3 practices a week

|           |               |
|-----------|---------------|
| Monday    | 6:00 – 7:30pm |
| Wednesday | 6:00 – 7:30pm |
| Thursday  | 7:00 – 8:30pm |

5 tournaments a year:

|               |                     |
|---------------|---------------------|
| Weyburn       | Dec 7 <sup>th</sup> |
| Swift Currant | Jan ?               |
| Moose Jaw     | Feb 9 <sup>th</sup> |
| Saskatoon     | March ?             |
| Provincials   | March ?             |

**Location:** 461 Athabasca st e (Corner of 5<sup>th</sup> ave & Athabasca st e)



**Membership Age:**

Athletes 5 & up.

**Membership Fees: \$428.39** (Fees Include)

|                                   |                 |
|-----------------------------------|-----------------|
| Saskatchewan Wrestling Membership | \$53.39         |
| Club T-Shirt                      | \$25.00         |
| 5 Saskatchewan tournament fees    | \$105.00        |
| Operational cost per athlete      | <u>\$245.00</u> |
|                                   | \$428.39        |

**Fundraising:**

To help lower the cost of registration fees and build the club, each athlete will be given 20 - \$10.00 raffle tickets (\$200.00 worth). For every ticket sold, you will receive a \$10.00 credit towards lowering registration fees. Due to limited tickets each athlete will get a maximum of 20 tickets.

**To Register** online, Go to:

<https://mjkwc.com/elementary-program>

There will be no club refunds for athletes who decide to quit, become injured or are unable to continue due to other commitments. If injury does occur there are workouts geared towards recovery.

### **Overnight Tournaments:**

There will be no club cost to athletes staying and travelling with their parents. Parents are responsible for booking and paying for their hotel room.

### **What to Wear/ Club Uniforms:**

**Practice:** Athletes require a good pair of indoor shoes, shorts (no zippers) or sweatpants, a shirt.

**Tournaments:** Indoor shoes, shorts & T shirt.

Singlets can be ordered online prior to November 22<sup>nd</sup> at

<https://mjkwc.com/singlet-order>

### **Policies Regarding tournaments:**

- Road trips may be cancelled due to extreme weather conditions
- If an athlete commits him/herself to attend a tournament but is unable to go they will be responsible for any tournament fees or other expenses paid on their behalf

### **Athletes Code of Conduct:**

If an athlete's behavior is negatively affecting their own or others training or performance the coach will notify the athlete and parents. If there is no improvement the athlete may be dismissed from the club with no refund of registration fees.

### **Athlete's Responsibilities:**

- To attend practices regularly and inform the coach when they are unable to make it
- To do their best at each practice
- To display good sportsmanship at all times
- To encourage and support teammates
- To positively represent Moose Jaw Kinsmen Wrestling Club

# **Moose Jaw Kinsmen Wrestling Club**

## **Parents Code of Conduct**

POSITIVE ADULT ROLE MODELS ALLOW ATHLETES TO GROW AND ACCEPT CHALLENGES

MJKWC promotes the notion that children's sports are supposed to be fun. MJKWC parents, fans and coaches will take responsibility for their actions; understanding that their words and actions can have a lasting emotional effect on children. By following the Code of Conduct and making every season about personal growth, skill and character development, and enjoyment of the sport, our wrestlers will be more likely to stay connected to a sport, which will in turn, will help them to achieve life success.

The highest potential of sportsmanship and ethics of sports is achieved when athletes bring trustworthiness, respect, responsibility, fairness, caring and good citizenship to every practice and competition.

1. I will follow the expectations of the MJKWC by:
  - Learning the rules of wrestling and teaching my child the importance of playing fair and following those rules
  - Staying off the wrestling mats; letting the coaches coach, unless I am one of the official coaches or official parent helpers (coach in training) of the MJKWC
  - Informing coaches prior to practice if my child cannot attend or will need to leave practice early
  - Having my child wear the designated MJKWC shirt and/or singlet to all competitions
2. I will remember that participation in wrestling is suppose to be fun, for the youth and is not to be forced by me as the parent. Hostility and violence will not be encouraged and I will teach my child to wrestle by the rules and resolve conflict appropriately.
3. I will not encourage any behaviors or practices that would endanger the heath and/or well-being of the athletes and I will keep coaches informed about any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I (and my guests) will:
  - Be a positive role model for my child and all MJKWC wrestlers
  - Encourage sportsmanship by showing respect and courtesy for all wrestlers, coaches, officials and spectators.
  - NOT use profane language or gestures, boo or taunt others, use verbal or physical threats or refuse to shake the hands of others
  - Treat other wrestlers, coaches, officials, parents and spectators with respect regardless of race, creed, color, sex or ability.
  - Respect coaches and officials, as well as their authority, during wrestling matches; never questioning, discussing or confronting coaches during or after a match (concerns should be addressed later at an agreed time and place)
  - Demand a sporting environment that is free from drugs, tobacco and alcohol and will refrain from their use.

5. I will teach my child that doing one's best is more important than winning by:
- Praising my child for competing fairly, trying hard and acting like a winner despite match outcomes.
  - Never ridiculing or yelling at my child or other participants for making mistakes or losing a competition.
  - Emphasizing the benefit of skill development and practicing over winning (especially in the novice age group).
  - Respecting the team's right to a healthy practice environment and not removing my child from practice due to his/her performance.

MJKWC reserves the right to terminate (without registration refund) your child's privilege to participate in our wrestling program based on the expectations of the code of conduct.

MJKWC also reserves the right to terminate (without registration refund) your affiliation with the club as a coach, parent helper or board member based on the expectations of the Code of Conduct.

## **Contact Information:**

### **Freshie Class:**

Chris Olfert      306 529-0605

### **Novice – Bantam Class**

Chris Kell      306 631-4977

### **High School/Cadet – Senior Class**

Kelly Busch      306 630-9858