

PEQUANNOCK WRESTLING



2025 -2026

MISSION STATEMENT

The mission of the Pequannock Recreation Wrestling Team and Coaching Staff is to create a positive atmosphere with sportsmanship, team unity and community involvement as its foundation. All wrestlers, coaches and parents will be held to the highest standard possible!

It is our philosophy that through our competitive wrestling program, we will provide the opportunity for youth to learn the value of preparation and hard work, and the role it plays in achieving one's life goals. Each athlete will also gain an enjoyable, educational, and enriching experience in wrestling, while setting an example for other youth in our community.

The Pequannock Recreation Wrestling Team and Coaching Staff are dedicated to building and maintaining a tradition of excellence.

PEQUANNOCK PARKS AND RECREATION WRESTLING PROGRAM

We would like to welcome you and your child to the PEQUANNOCK Recreational Wrestling Program. We are all very pleased to have your child as a member of the Program and look forward to working with each one of them.

Wrestling is a sport that offers several unique advantages to your child. It is the oldest sport known to man, originating over 5000 years ago... before basketball was invented! It is a sport designed to allow any person of any size and weight to compete. It is also a sport where success is determined, not so much by wins and losses, but by an individual's effort.

Wrestling is a very demanding sport. It is both physically and mentally challenging. There is no other sport where the difference between winning and losing is so dramatically determined. In every match, there will be a winner and a loser. Your child should be prepared for either consequence, focusing, not on the overall result, but his/her individual performance, and as to whether they had fun.

In this regard, we ask for your help. Please encourage your wrestler to maintain a positive mental attitude. Do not focus on winning or losing as a measure of your child's performance. Remember that it is quite an accomplishment to simply meet the demands of practice let alone have the courage to stand on the mat all by yourself to face another wrestler in a gym full of spectators.

Our main goal is to teach the development of the Folk style (Scholastic) form of wrestling, but most of all, to teach sportsmanship, commitment, discipline, self confidence life skills, and physical conditioning.

Many of the staff members are former PEQUANNOCK wrestlers, who began their wrestling careers in this program. If you have any questions, or concerns, do not hesitate to contact any one of the members, as we are here to assist you.

Once again, the entire staff of the PEQUANNOCK Recreational Wrestling Program would like to welcome you and your child, and we look forward to a successful and fun season of wrestling.

Very truly yours,

PEQUANNOCK Recreational Wrestling Staff

STAFF

PROGRAM DIRECTOR / HEAD COACH:

Dan Dugan
dugan15@optonline.net

PRESIDENT:

David Suegling

VICE PRESIDENT:

Brian McKay

Varsity / JV Grades 3-8:

HEAD COACH. Dan Dugan
ASST. COACH. Jeff VanPeenan
ASST. COACH. Eric Giannantonio
ASST. COACH. Dan Taylor
ASST.COACH. Trevor Warner
ASST. COACH. Jeff Vanpeen
ASST. COACH. Jay Tindall
ASST.COACH. Sean Callahan
ASST.COACH Jay Malinowski

PANTHER CUBS GRADES K-2:

Coach. Ken Dammers
Coach. Alex Vitetta
ASST.COACH. Kevin Baran

PRACTICE SCHEDULES:

(All Practice Schedules are subject to change)

3rd-8th grade will practice on Monday, Wednesday, and Friday, from 6:00PM-7:30PM, at the HIGH SCHOOL, WITH SOME EXCEPTIONS.

K- 2nd grade will practice on Monday and Wednesday, practice times are at the discretion of Coach Alex and Coach Ken, at HIGH SCHOOL, WITH SOME EXCEPTIONS.

NOTE: It is very important that you have your child there and ready to wrestle at the start of practice so that we can begin our practices ON TIME. Also, please do not be late when picking up your child.

GENERAL GUIDELINES:

1. Prior to the start of each practice, the mats must be set up and cleaned. At the end of each practice the mats need to be put away. Your child is expected to help with these procedures, as it is part of wrestling for years to come. Parent participation is welcomed with these tasks. **NO WRESTLER WILL BE ALLOWED TO LEAVE, UNTIL ALL THE MATS ARE PUT AWAY.**
2. During practice, while technique is being demonstrated, talking is not permitted, and horseplay will not be tolerated. Wrestlers who disrupt practice will be given a warning and then asked to leave practice if the disruptions continue.
3. **WRESTLERS ARE EXPECTED TO ATTEND ALL PEQUANNOCK PANTHERS REC WRESTLING TEAM PRACTICES, SATURDAY TOURNAMENTS, TEAM TOURNAMENTS AND MATCHES.**
Keep in mind that wrestling is also a **team sport**.
4. If your child cannot attend a practice, or match, please contact (via Wrestling IQ App) the head coach and inform him as to the reason why. The Head Coach and the coaching staff will decide if the absence will be considered excused.

NOTE:

**Your wrestlers club practice or any other outside wrestling program's practice, match or tournament will NOT be considered as an excused absence.
(NO ACCEPTIONS TO THIS RULE AND IT IS NON NIGOTIABLE)**

All Pequannock Rec wrestlers are expected to be at all team practices, Saturday league scrimmages, varsity dual matches and team tournaments. NO EXCEPTIONS!!!!

5. **ACCEPTABLE PRACTICE ATTIRE:** Shorts, sweats, T-shirts (tucked-in) or sweatshirts are required for practice. **ABSOLUTELY NO** button-down shirts, jeans or any type of clothing with zippers or rivets. **NO JEWELRY.**
6. **SHOES:** Street shoes ***WILL NOT*** be permitted on wrestling mats. It is recommended that you purchase wrestling shoes for your child. No bare feet will be a load on the mat. This is not MMA.

7. If your child continues with the program, IT WILL BE MANDATORY that they purchase a HEADGEAR. Wrestling shoes and head gear can be found and bought on Amazon. If you are unsure of what to purchase, ask a staff member or coach to assist you.

PANTHER CUBS K-2ND:

The PANTHER CUB program is a NOVICE program designed to teach the basics of wrestling to K – 2nd grade wrestlers, while having fun. All practice will begin with running, and stretching, as it is very important to loosen up before the instruction begins. Much of the time during practice will be instructional. Teaching the proper technique is extremely important in the sport of wrestling. As the season progresses, the time spent wrestling “live”, will increase, to prepare for wrestling matches against other towns. As all children are different at a young age, IT IS NOT MANDATORY that your child compete in matches against other towns. If your child only wishes to practice, THAT IS FINE.

J.V. PROGRAM 3RD – 8TH GRADE:

The wrestlers in grades 3-6 practice three times per week (M/W/F 6pm-7:30 pm). This is open to novice and experienced wrestlers alike and there is a level in the program for all. The wrestlers practice at the same time, however they will match up with each other based on their level of skill and size. These wrestlers will participate weekly in TWCYWL Saturday scrimmages.

VARSITY PROGRAM 3RD – 8TH GRADE:

Wrestlers in the Varsity Program practice 3 nights per week (M/W/F 6pm – 7:30 pm). Our wrestlers in the Varsity Program compete in the competitive Twin County Junior Wrestling League (TCJWL) Dual League. The Varsity Program also participates in the Leagues weekly Saturday scrimmages. This league is probably the best of its kind in NJ and does a great job of preparing our athletes for the High School ranks.

TWIN-COUNTY JUNIOR WRESTLING LEAGUE:

Twin-County Youth Wrestling League (TCJWL) offers Saturday tournaments to all wrestlers from K-8th grade, which start the first weekend in January and continue until the last weekend in February. The K-2nd graders are encouraged to make all Saturday tournaments; however, they are not mandatory for this age group. TCJWL Saturday

tournaments for 3rd – 8th wrestlers will be mandatory unless excused by the head coach and the coaching staff. (SEE SECTION 2 TCJWL BI LAWS BELOW)

Section 2- Competition

All teams' wrestlers must participate in at least (5) Saturday tournaments in the TCJWL to be considered a recognized member of the TCJWL and may not enter the district tournament unless participate in five (5) Saturday matches. This rule also applies to the dual league and will disqualify any wrestler from wrestling in playoff matches or from the dual league championship match.

Any wrestler from 3rd to 8th grade can wrestle for the TCJWL dual team. Unlike other sports, there is no “try out” at the beginning of the season that establishes team membership for the entire season. Wrestlers are encouraged to “challenge”, or “WRESTLE OFF”, for a starting position on the TCJWL dual team.

P.V. MIDDLE SCHOOL WRESTLERS:

If you wrestle for the middle school team, it is REQUIRED that you attend all Rec practices per week. Please understand that it is difficult to coach a wrestler who does not regularly attend practice. Wrestlers coming to practice from P.V. Middle school events or practice will be excused from coming to practice a few minutes late.

STARTING LINE-UP – PRELIMINARY WRESTLE-OFFS:

At the beginning of the season, a preliminary starting line-up will be established and posted by the Head Coach. The Head Coach and his coaching staff will have all final decisions on the line-up and weight classes. The line-up will be decided based on different criteria such as grade, age and experience and skill level. Example being an 8th grader and a 5th grader are the same weight and almost equal in skill, however this being the 8th graders last year in the program the weight class would go to the 8th grader. There will be no Wrestle offs. It has been my experience from my many years of wrestling and coaching wrestling that wrestle offs do more harm than good.

DUE TO THE UNIQUE NATURE OF THIS SPORT, THE HEAD COACH RESERVES THE RIGHT TO MAKE THE FINAL DECISION REGARDING THE STARTING LINEUP. THE HEAD COACH MAY MAKE SUBSTITUTIONS AND/OR CHANGES TO THE ESTABLISHED LINE-UP AT HIS DISCRETION.

TWIN-COUNTY MATCH SCHEDULES:

Schedules will be distributed when they are available Via Wrestling IQ app.

Also Refer to our program's website found at [Welcome to PantherRecWrestling \(pequannockrecwrestling.com\)](http://Welcome%20to%20PantherRecWrestling%20(pequannockrecwrestling.com)) for updates, information, and highlights throughout the season. The Twin County Junior Wrestling League web site is at www.tcjwl.com.

TOURNAMENTS:

During the season, we will participate in several tournaments as a team. There are also many open tournaments, which your child is encouraged to participate in. We encourage both J.V. and Varsity wrestlers to wrestling in the USAW- NJ Youth Scholastic State Qualifiers. The Head Coach as well as the coaching staff will be at all state qualifiers in the area as well as at the final tournament of the year in Trenton N.J. for the USAW-NJ Youth Scholastic State Tournament Finals for all who qualify.

NOTE:

THE PEQUANNOCK PANTHERS REC WRESTLING HEAD COACH AND STAFF ONLY COACH WRESTLERS REGISTERED FOR TOURNAMENTS UNDER PEQUANNOCK REC WRESTLING WHILE WEARING OUR SINGLET. COACHES WILL ONLY COACH WRESTLERS WHO ARE REPRESENTING OUR TOWN AND PROGRAM. ANY WRESTLER WHO REGISTERS FOR A TOURNAMENT UNDER THEIR CLUB'S NAME OR FOR ANOTHER PROGRAM WILL NEED TO ENSURE THAT THAT CLUB COACH OR PROGRAM COACH IS THERE TO COACH THEM.

THE STAFF AND COACHES OF THE PEQUANNOCK REC WRESTLING PROGRAM SUPPORT AND BELIEVE IN CLUB WRESTLING AS A SECONDARY AND OFF-SEASON PROGRAM. DURING THE SEASON, WE BELIEVE OUR PROGRAM SHOULD COME FIRST AND THAT ALL WRESTLERS SHOULD BE DEDICATED AND TAKE PRIDE IN REPRESENTING THEIR TOWN AND TEAM NAME.

THIS IS NON NEGOTABLE AND THERE IS NO EXCEPTION TO THIS RULE.

WEIGHT:

It is ultimately the wrestler's responsibility to make weight for the weight class that they are wrestling in. Failure to make that weight on the day of a match could cause the team to forfeit that bout and lose team points. It could also result in depriving another wrestler the opportunity to compete. All wrestlers are encouraged to wrestle in a weight class that is comfortable and **HEALTHY** for the wrestler. **The Coaching staff does not support nor recommend cutting weight.** However, if a wrestler is carrying excess weight, the coaching staff has no objection to any weight loss (that is a result of the wrestler's participation) that improves the health of the wrestler.

OTHER INFORMATION:

As it is impossible to project every scenario and possibility, the information included within should be viewed as the guidelines being used to treat each wrestler as fairly and objectively as possible. In the event any unforeseen situations arise, **THE HEAD COACH'S DECISIONS ARE FINAL.**

PARENTS ROLE:

DO NOT IMPOSE YOUR EXPECTATIONS ON YOUR CHILD

Remember that wrestling is your child's sport. Improvements and progress occur at different rates for everyone. Do not judge your child's progress based on the performance of other athletes, and do not push them on to what you think they should be doing.

BE SUPPORTIVE NO MATTER WHAT

There is only one question to ask your child, "Did you have fun?"

DO NOT COACH YOUR CHILD

Your job is to support, love and hug your child, no matter what. **Conflicting advice and criticism work against the coach's effort, and only serves to confuse, and de-motivate your child.** If you have any questions about the instruction being provided to your child, please ask the coaching staff. Also, if you feel you have the experience and ability to contribute to the team as a coach, volunteer your services through the proper channels.

ACKNOWLEDGE YOUR CHILD'S FEARS

Their opponents appear to be much more intimidating through their eyes than through the eyes of a grown-up. Consider their perspective, and do not expect

them to compete with the confidence and mental toughness of an advanced wrestler.

GET INVOLVED

WAYS THAT YOU CAN HELP DURING THE SEASON

- Help set up, clean and break down the mats.
Keep time and score during matches.
- Help with tournaments (**THIS IS VERY IMPORTANT! IT TAKES AT LEAST 30 PEOPLE TO RUN A SUCCESSFUL TOURNAMENT**)
 - Help with the snack stand.

****HELP*HELP*HELP*HELP*HELP*HELP*HELP*HELP****

Pequannock Recreation Wrestling Code of Conduct

Wrestlers

Good sportsmanship is the mark of a good athlete:

- Do not swear or fight.
- Use self-control.
- Do nothing which will bring discredit to yourself, family, or program.
- Win graciously; lose without an excuse.
- Accept officials' judgment without question.
- Give your personal best each time for your team.
- Avoid any reference to the color, creed, or nationality of your opponents.
- All team cheering should be positive with no intimidating or demeaning chants, gestures, derogatory remarks.

PARENTS

- I will encourage good sportsmanship by being a positive role model.
- I will try my best to make wrestling a positive experience for everyone involved.
- I will insist my child treat other wrestlers, coaches, officials, and fans with respect.
- I will do my best to understand and appreciate the rules of wrestling.
- I will help my child learn that success is measured by the development of skills, not winning, or losing.
- If I have a concern, I will talk to the coach at the appropriate time and place.
- I will do my best to remember that my attendance at a wrestling event provides me with the privilege of observing the sport, not berating officials, coaches, or players.

SPECTATORS

Spectators are expected to demonstrate a high degree of sportsmanship; show team support by making only positive comments; show respect for the judgment of coaches, officials, and referees; acknowledge facilities as the athlete's domain during matches; monitor the safety of

children in spectator areas; and respect the law. All players, coaches, parents and spectators will be respectful to the opposing teams, their fans and facilities. Exceptions to this behavior will lead to ejection from the event and possibly from the team. All facilities, home and away, will be left clean and as they were found.

THE PANTHER CODE:

**NEVER SURRENDER IN THE HEAT OF BATTLE.
ALWAYS LEAVE IT ON THE MAT, BLOOD, SWEAT AND
TEARS THAT IS. ALWAYS WEAR YOUR COLORS
WHICH ARE “BLUE AND GOLD”.**

**FAMILY IS WHAT WE ARE
SO, WE STAND AS ONE AND WE RIDE AS ONE.
WIN OR LOOSE WE ARE PANTHERS UNTIL WE DIE.
NOW THAT’S A PANTHER
AND
ITS 4 LIFE.**

