



**WRESTLING**

PARENT MEETING  
2024-25 SEASON

# Agenda

- Opening Comments & Welcome
- Coaching & Staff Introduction
- Guide to Wrestling
- Schedule
- Grow EP Wrestling



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**ONCE YOU'VE WRESTLED, EVERYTHING  
ELSE IN LIFE IS EASY.**

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Dan Gable

# Club Staff Roster

Name	Role
Marcus LeVesseur	Head Coach
Nechia LeVesseur	Administrator
Ben Tinkham	Lead Coach
Rob Haas	Assistant Coach
Brandon Westgaard	Assistant Coach
Patrick Sell	Assistant Coach



# Coach Marcus LeVesseur

- Eden Prairie High School Head Wrestling Coach since 2022
- Division III Wrestling Coaches Association Hall of Fame Inductee
- 3x State Championship Coach (Shakopee 2018, 2019, 2020)
- 4x NCAA Division III National Champion, Collegiate Record 155-0
- 2001 Mr. Minnesota Wrestler of the Year
- 4x MN State Champion, ended HS career 141-0



# Overview

**Mission/Vision:** To to promote the development of youth, middle school, and high school wrestling to students within our district and the surrounding west metro area.

## Goals:

- **Development** – Creating a fun and competitive environment that helps kids progress and continuously improve
- **Retention** – keeping kids in the sport year after year to hopefully join Eden Prairie's 7<sup>th</sup>-12<sup>th</sup> grade program
- **Expansion** - As we grow, our goal is to expand our offerings by adding dedicated girls team, intermediate and advanced level practices as well as Freestyle/Greco season





STORE CLOSURES  
● NOV 17, 2024



# EP WRESTLING

*Apparel Store*

**STORE OPEN NOV 10 - NOV 17**

**DELIVERY 3 WEEKS AFTER STORE CLOSURES**

[https://www.wrestlingiq.com/  
edenprairiewrestling/  
store/gear-order](https://www.wrestlingiq.com/edenprairiewrestling/store/gear-order)



# 2024-25 Season Offerings

Providing practices that focus on teaching wrestling technique to help each wrestler learn, improve, and thrive in a competitive wrestling situation

## Wrestling 101 1<sup>st</sup> – 8<sup>th</sup> Grade

- Mon from 6:00pm – 7:00pm
- 10.7 – 11.5

## PreK/K Ages 4-5

- Tue from 6:00pm – 6:45pm
- 1<sup>st</sup> Half: 11.5 – 12.17
- 2<sup>nd</sup> Half: 1.7 – 1.28

## 1<sup>st</sup> – 6<sup>th</sup> Grade Ages 6-12

- Mon/Wed 6:00pm – 7:15pm
- 1<sup>st</sup> Half: 11.4-12.18
- 2<sup>nd</sup> Half: 1.6 – 3.12

**Mark your calendars** for Intersquad Scrimmage &  
Pizza Party on **12/18**





# Expectations of Wrestlers



Have fun!



Do your best



Be on time



Come prepared



Pay attention



Be respectful



Proper Hygiene



Sit out if sick

# Attire, Equipment, What to Bring

## Practice

- T-shirt, shorts, sweatpants (no zippers)
- Wrestling shoes (preferred/recommended, but not mandatory)
  - Shoes must only be for the wrestling room, no street shoes
- Knee pads (optional)

## Competition

- Wrestling singlet (preferred), headgear (required most tournaments), wrestling shoes, kneepads (optional)
  - *T-shirt, compression top, shorts are also allowed at competitions*
- Warm Ups (T-Shirt, Shorts, Jacket, Pants)
- Water, Snacks, Entertainment (Books, Cards, iPad)



# Communication

## WrestlingIQ – Website / Mobile App

- Integrated solution for program registration, schedule and communication

## Facebook: “Eden Prairie Youth Wrestling:

- Generic news, updates, pics/videos and general information



# Health/Safety Requirements

We ALL need to be very careful when it comes to skin condition – prevention, treatment and protocols. Skin conditions can spread fast given skin-to-skin contact in the sport of wrestling. ALL families need to be aware of this and BUY IN to help us prevent outbreaks, which can prevent wrestlers from being able to PRACTICE and COMPETE.

## Preventative Measures:

- **Regular Monitoring & Skin Checks:** Parents must check their wrestler's skin condition regularly (1-2x per week).
- **Shower/Bath After Practice:** Immediately after each practice/competition – have your wrestler take a warm shower/bath. Don't share bars of soap across family members.
- **Wash Towels Daily After Shower/Baths:** Using fresh towels daily (not shared with family members)
- **Wash Gear (Headgear, Singlets) and Bed/Pillow Sheets Regularly:** Recommended weekly
- **Clean Shoes or No Shoes in Wrestling Room:** Street shoes are not allowed in the wrestling room
- **Antifungal Wipes:** Wipe down your athlete after each practice/competition.
- **Regular Mat Cleaning:** Our coaches, captains and/or custodians will clean the mats daily



# GUIDE TO WRESTLING



# Objective

The primary objective in folkstyle (youth / middle/ high school) wrestling is to **gain control of your opponent and to ultimately pin your opponent** by holding your opponent with their back (both shoulder blades simultaneously) on the mat for a period of at least two seconds.



# Match Basics

- Wrestling matches consist of **three periods**
- Periods can vary in length from **one minute** in duration for younger age groups, to as long as three minutes for college wrestling
- Either wrestler can win the match at any time if they are able to **pin their opponent** or develop **a lead of more than 15 points**
- There are only two positions from which referees start, or continue a match. The first is **neutral position**, with both wrestlers standing and facing each other. The other is the **referee's position**, where one wrestler starts in his hands and knees down on the mat, and the other starts on top, behind and in control.
  - The first period always begins in the neutral position.
  - Each wrestler has their choice in one of the remaining periods to choose to start from top or bottom referee's position, or in the neutral position





# Scoring

- **Takedowns** (when from a neutral position one wrestler is able to bring the other to the mat and gain control) are worth three points
- **Escapes** (when the bottom wrestler is able to break free from the top wrestler and revert back to a neutral position) are worth one point
- **Reversals** (when a wrestler on the bottom is able to reverse the control so that the opponent is on the bottom) are worth two points
- **Back Points** (also called Near Fall) are awarded when one wrestler comes close to pinning the other (i.e. exposing the other wrestler's back) and are worth two, three, or four points depending on the length of time that the opponents' back is exposed
- **Penalty Points** can be awarded when the opposing wrestler performs illegal moves or is penalized for excessive stalling





# Competition

- Focus/priority should be on building skill and knowledge of the sport through practices and training FIRST
- Open tournaments are always at the discretion of each family to determine how best to help your wrestler continue to develop in the sport. If wrestler is ready to compete, it's recommended to try 2-3 tournaments (including MN/USA Beginner tournaments)
- Consult with the coaches on what is the best approach for your wrestler's development



# Event Schedule

## Youth Events

- Wed, Dec 18 – Intersquad Scrimmage
- Sat, Dec 28 – MN/USA Girls Invite @ Champlin Park HS
- Sat, Jan 4 – Prior Lake Beginner
- Sat, Jan 11 – MN/USA Stillwater Beginner
- Sun, Feb 2 – MN/USA Waconia Beginner
- Girls Wrestle MN Duals – 11/17, 12/15, 1/12, 1/25, 2/1

## High School Events\*

- Thu, Dec 5 - EPHS Triangular vs. Edina & Blaine
- Thu, Jan 9 – EPHS Triangular vs. Minnetonka & Buffalo
- Sat, Jan 11 – EPHS Girls Invitational
- Thu, Feb 6 – EPHS Dual vs. STMA (Senior Night)

\*kids wear your t-shirt to get in free



<https://theguillotine.com/open-tournament-calendar/>

# Grow EP Wrestling

- How did you hear about EP Wrestling?
- What's the best way to connect with parents / kids?
- What could we do to expand trial in the sport?
- How do we get you and your wrestler(s) to come back next year?





# Grow **Girls** EP Wrestling

- DID YOU KNOW that Minnesota's girls participation in high school sports increased by 1,993 athletes last year
- DID YOU KNOW that 23% of that increase was from GIRLS WRESTLING!! The participation rate nearly doubled from 537 in 2022-23 to 1,004 in 2023-24!! And was only 275 in 2021-22
- The 2024-25 season will be Minnesota's 4th year with girls wrestling as a sanctioned high school sport
- Programs across the state are hosting hosting camps and events to support the growth













THANK YOU!

