

# RESTON HERNDON YOUTH WRESTLING

## General Information for 2019-2020 season

### Season:

Our season runs from November 2019 through March 2020.

### Location:

South Lakes High School, 11400 South Lakes, Dr., Reston VA.

Wrestling room. located in the basement level. Enter the high school via Door #4 (west side of school, student lot), take the stairs to the left and go to basement level. Turn right at hallway and wrestling room will be on the right.

### Practice Days:

Tuesdays and Thursdays for primary practices. Supplemented with practices on other days with neighboring clubs.

- Tuesdays and Thursdays, 6PM to 7:15PM, K through 5th. Grouped by skill and experience
- Tuesdays and Thursdays, 7:15PM to 8:30 PM, 4th/5th through 8<sup>th</sup>. Advanced and intermediate skill level.
- Wednesdays as scheduled with neighboring programs

### Arrival/Dismissal:

Wrestlers are encouraged to arrive early and be ready to wrestle at the start of practice. This means shoes on, water bottles filled, restroom visits done, and personal items stored.

Please bring a water bottle to practice.

If your wrestlers need to leave practice early, please let the coaches know.

### Sickness:

If your wrestler is sick or not feeling well, it's better to skip practice. We want our wrestlers to get healthy and stay healthy. Let's give the wrestlers time to recover and prevent the spreading of germs to teammates.

### School Closing:

There will be no practices if schools are close due to holiday, weather, etc.

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## Hygiene

Please have your wrestlers wear clean clothes to every practice. And it is VERY important to shower as soon as possible after practice or competition. Otherwise, wrestlers risk obtaining skin infections. If you see evidence of potential skin infections, please visit a doctor to assess as soon as possible.

See equipment item. No street shoes should be worn on wrestling mats. Avoid wearing wrestling shoes outside of practice or competition.

## Fingernails

Wrestlers should keep their fingernails are trimmed always.

## Safety

Wrestling is a physical sport, and it's essential that wrestlers listen to the coaches and perform the activities as instructed. Please, talk to your wrestlers about the importance of safe play and practice.

This includes being aware of your surroundings (e.g., other wrestlers, edge of mat) and not engaging in dangerous "horseplay" which can cause injuries.

## Respect, Sportsmanship, and Conduct

Wrestlers are expected to respect their teammates, opponents, officials, and the facilities we use.

For South Lakes High School – there is a small section of the wrestling room that contains gym equipment, e.g. stationary bike, balls, etc. This area is OFF-LIMITS. Additionally, there should be no running around the entire basement of South Lakes High School. We are guests, so let's be respectful to our home for the season.

Offensive language, rude comments, bullying, and generally disruptive behavior is disrespectful to everyone and will not be tolerated.

## Parental Conduct

Wrestling is intense and we completely understand the emotions but it is important that parents follow the same standards that we demand of our wrestlers. Referees, coaches, and all others should be respected always. Inappropriate, rude, or antagonistic behavior will not be tolerated.

One of our objectives at RHYW is to teach wrestling to our wrestlers and their parents, and build an appreciation for the sport. Please keep youth sports in perspective. We are teaching lessons for more than just wrestling.

Learning life lessons over time is more important than a win-loss record. Focus on learning what one can do as a parent to best support and encourage their child, regardless of knowledge of the sport.

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## Equipment

Wrestling shoes must be worn for all practices and competitions. It cannot be overstated - \*\* Street shoes/sneakers cannot be worn on wrestling mats \*\*

Headgear is recommended for practices and required for competitions. Wrestlers may also choose to wear knee pads and mouth guards (with and without braces). Please bring a water bottle to practice.

RHYW website includes links for sports equipment. Currently under FAQs –

<https://www.dickssportinggoods.com/c/wrestling-gear>

<http://www.cliffkeen.com/>

<https://www.amazon.com/Wrestling-Equipment/b?ie=UTF8&node=3422021>

<https://www.wrestlinggear.com/>

<https://elitewrestling1.com/>

[www.bluechipwrestling.com](http://www.bluechipwrestling.com)

## Practice Clothing

There is no required uniform for wrestling practice. We recommend tight fitting t-shirts tucked into shorts without pockets.

## Uniforms

There are two options for competition uniforms:

1. Traditional team wrestling singlet (one-piece uniform)
2. Fight shorts to go with team-provided compression shirt. (two-piece uniform)



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## Volunteers

We encourage parent and volunteer participation.

Please note that all RHYW coaches and volunteers who have contact with children are required to submit a background check every two years. Unless a current background check is on file, neither volunteers nor coaches will be assigned a position within the organization. The process only takes a few minutes.

Please contact us, [RHYouthWrestling@gmail.com](mailto:RHYouthWrestling@gmail.com), to help navigate the USAWrestling process.



## Communications

General information for Reston Herndon Youth Wrestling will be made available via our website.

Team specific communication will be done via email and the dedicate app Team Manager

Apple -

<https://apps.apple.com/app/apple-store/id1308415878>

Android -

[https://play.google.com/store/apps/details?id=com.gc.teammanager&referrer=utm\\_source%3DFeatures%2520Page%26utm\\_medium%3DFeatures%2520Page%26utm\\_term%3DFeatures%2520Page%26utm\\_content%3DFeatures%2520Page%26utm\\_campaign%3DFeatures%2520Page](https://play.google.com/store/apps/details?id=com.gc.teammanager&referrer=utm_source%3DFeatures%2520Page%26utm_medium%3DFeatures%2520Page%26utm_term%3DFeatures%2520Page%26utm_content%3DFeatures%2520Page%26utm_campaign%3DFeatures%2520Page)

## Calendar

Team calendar is available through RHYW website - <https://rhyouthwrestling.org/calendar>

Also, you can subscribe to our calendar using the following -

<https://calendar.google.com/calendar/ical/rhyouthwrestling%40gmail.com/public/basic.ics>

# RESTON HERNDON YOUTH WRESTLING

## RHYW Mission and Philosophy

RHYW is chartered as a 501(c)(3) non-profit organization to promote and teach youth (under 18) amateur athletics, particularly the rules, skill, and techniques of wrestling, training youth amateur athletes through practices and clinics, promoting youth amateur athletic competition through organizing and encouraging league and competitive matches; and promote sportsmanship and good health of amateur youth participants, build their self-confident good character and values through the sport of wrestling, and in so doing, enhancing the availability and quality of the sport of wrestling.

**Mission:** Our mission is to teach valuable life lessons through the sport of wrestling. We are focused on:

- Welcoming wrestlers in grades Kindergarten through 8th grade
- Meeting wrestlers at their current level of ability and helping each individual progress to a higher level of wrestling knowledge and skill.
- Fostering a love for wrestling with athletes, families and the community.
- Teaching valuable life lessons, the importance of fun, the strength in determination and that with practice everyone can improve.

**Philosophy:** Our philosophy is grounded in the following principles:

- Positive and encouraging atmosphere while at the same time instilling the discipline necessary to become successful in wrestling.
- Challenging wrestlers both physically and mentally
- Building confidence through accomplishing hard things and learning how to push outside their comfort zone.
- Incorporating fun. Wrestling should be fun. Winning is fun too, so we teach what it takes to win.
- Creating wrestlers, not just teaching wrestling. Focus on the whole wrestler and living a successful lifestyle that transcends wrestling.
- Treating each child as an individual. Tailoring practices to needs, styles, strengths and weaknesses.
- Leveraging multiple planes of learning: doing, seeing, hearing, teaching and applying knowledge
- Educating families and creating community. A knowledgeable family helps make a knowledgeable wrestlers and much more fun environment and a smart wrestling community.

### **Curriculum:**

- For new and younger wrestlers, we will progressively move through core skills applicable to wrestling including: Gymnastics and tumbling, jumping and explosion, agility, foot speed, coordination, core strength, wrestling skill-based movements, along with fun live wrestling exercises.
- For advancing wrestlers, we will use the solid foundation of abilities and interest established with our younger wrestlers to increase their skills for competition. Again, approach is based on the necessary skills identified in the USA Wrestling

### **Competition:**

We start our wrestler at age 5, but wrestlers can start at any age or grade. Lessons and competition are aligned with comparable skill level to promote growth and fun. We believe in the benefits of competition but do not push it for our youngest athletes. Per [USA Wrestling's Athlete Developmental Model](#) - Competing in the sport too early can be detrimental to a wrestler's appreciation for and success in the sport. We do not require that our youth wrestlers compete in tournaments. We believe that a kid should compete when he or she is psychologically and physically ready. This can be determined by the wrestler, parents, and coaches.

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## USA Wrestling:

USA Wrestling is the National Governing Body for the Sport of Wrestling in the United States and, as such, is its representative to the United States Olympic Committee. Simply, USA Wrestling is the central organization that coordinates amateur wrestling programs in the nation and works to create interest and participation in these programs.



## USA Wrestling Safe Sport:

Developed by the United States Olympic Committee for members of USA Wrestling and other NGBs to access for free, the SafeSport program has critical information to help keep every program, including your club, safe. Athletes will perform better, soar higher, and get more from wrestling if they feel safe. Misconduct threatens safety, and it can happen in all sports at all competitive levels.



SafeSport online training program teaches you about the nature of misconduct in sport: how to recognize it, how to prevent it and how to take action. The information in this course will keep sport a positive experience for every athlete, coach, and volunteer.

## USA Wrestling 3 Level Approach.

Our curriculum is based on the USA Wrestling 3 level approach, increasing in skills and training based on capability and potential.

- Level 1 - <https://www.teamusa.org/USA-Wrestling/Coaches/Core-Curriculum/Folkstyle-Level-1>
- Level 2 - <https://www.teamusa.org/USA-Wrestling/Coaches/Core-Curriculum/Folkstyle-Level-2>
- Level 3 - <https://www.teamusa.org/USA-Wrestling/Coaches/Core-Curriculum/Folkstyle-Level-3>

### Early Years: 5 to 8

- Focus is on FUN, games and activities
- Daily agility, balance and coordination drills
- Focus on long-term learning over winning
- Learn wrestling rules and basic techniques
- Learn respect for opponents, coaches & officials
- Practice time increases with age and ability

### Growing Wrestlers: 9 to 14

- Expand wrestling specific strategies
- Learn to focus through a full practice
- Increase levels of competition
- Implement complex coordination and movement training
- Solid technique in every position
- Self-motivate
- Speed, strength, endurance, power, and flexibility
- Well defined competition style
- Preparation for higher level of competition and high school

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**Scoring:** There are five ways to score points in a wrestling match:

1. **Takedown – (2 points)** Two points are awarded for taking an opponent down to the mat and controlling them.
2. **Escape – (1 point)** One point is awarded for getting away or getting to a neutral position after the opponent has the wrestler on the mat.
3. **Reversal – (2 points)** Two points are awarded when the opponent has the wrestler down on the mat and the wrestler comes from underneath to gain control of the opponent.
4. **Near Fall (Back Points) – (2 or 3 points)** Near fall points are awarded when the wrestler almost, but not quite, pins their opponent. A near fall (near pin) is when the shoulder of the opponent are held for two seconds within four inches of the mat, OR one of the opponent's shoulders touches the mat and the other shoulder is at a 45 degree angle coming down to the mat, OR the opponent is held in a high bridge or back on both elbows.
  - If a near fall lasts for two seconds, you get 2 points. If a near fall lasts for 5 seconds, you get 3 points.
5. **Penalty Points – (1 or 2 points)** Opponents are awarded points if the following infractions are committed:
  - Illegal Holds – There are several holds that the referee will penalize for without warning. (There are other holds called “potentially dangerous holds” which the referee may stop action but will not assess a penalty for).
  - Technical Violations.
    - Going off the mat or forcing the opponent off the mat to avoid wrestling (“fleeing the mat.”).
    - Grabbing clothing, the mat, or the headgear.
    - Locked or overlapped hands: If down on the mat in control of the opponent, the wrestler cannot lock or overlap their hands, fingers or arms around the opponent’s body or both legs unless they have met criteria for a near pin of the opponent, or the opponent stands up and has all his/her weight on two feet, or the wrestler has lifted the opponent off the mat.
    - Leaving the mat during the match without the referee’s permission.
    - Reporting to the mat not properly equipped or not ready to wrestle, or equipment that is detected as being illegal after the match has started.
    - Unnecessary roughness.
    - Unsportsmanlike conduct.
    - Stalling (the wrestler gets one warning before they are penalized and points are awarded).
    - Incorrect starting position or false start (wrestlers receive two cautions before points are awarded).
    - The first and second time the wrestler is penalized, the opponent is awarded one point. The third time the wrestler is penalized, the opponent is awarded two points. The fourth time the wrestler are penalized, they are disqualified. (Except for illegal starting position or false start – the wrestler is cautioned twice, then one point awarded for each infraction, but will not be disqualified).

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**There are several ways a wrestling match can end:**

1. **Pin** A pin is when the wrestler holds their opponent's shoulder blades flat to the mat for 2 seconds.
2. **Technical Fall** A technical fall and is when a wrestler accumulates 15 points over their opponent. The match ends the moment the official awards the points that eclipses this threshold.
3. **Flagrant Misconduct** In the event of Flagrant Misconduct, the offending wrestler is ejected from the match on the first offense, and loses the match.
4. **Disqualification**

# RESTON HERNDON YOUTH WRESTLING

Sun	Mon	Tue	Wed	Thu	Fri	Sat
OCTOBER 2019						
		10/29 - Parents meeting				
NOVEMBER 2019						
				11/7 - First Practice		
		11/12 - Practice		11/14 - Practice		
		11/19 - Practice		11/21 - GMU Match Day Clinic		
		11/26 - Practice		11/28 - NO PRACTICE		
DECEMBER 2019						
		12/3 - Practice		12/5 - Practice		
		12/10 - Practice		12/12 - Practice		12/14 - TOP, Sterling, VA
		12/17 - Practice		12/19 - Practice		12/21 - TOP, Sterling, VA
12/22 - TOP, Sterling, VA	12/24 and 12/26 - NO PRACTICE					
	12/31 and 1/2 - NO PRACTICE					

## RHYW 2019-2020 MASTER CALENDAR

# RESTON HERNDON YOUTH WRESTLING

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>JANUARY 2020</b>						
		1/7 - Practice	1/8 - TBD	1/9 - Practice		1/11 - TOP, Sterling, VA
1/12 - MDWL, Bealeton, VA		1/14 - Practice	1/15 - TBD	1/16 - Practice		1/18 - TOP, Sterling, VA
1/19 - MDWL, Chantilly, VA		1/21 - Practice	1/22 - TBD	1/23 - Practice		
1/26 - MDWL, Charles Town, WV		1/28 NO PRACTICE	1/29 - TBD	1/30 - Practice		
<b>FEBRUARY 2020</b>						
2/2 - MDWL, TBD		2/4 - Practice	2/5 - TBD	2/6 - Practice		2/8 - TOP, Sterling, VA
2/9 - MDWL, Front Royal, VA		2/11 - Practice	2/12 - TBD	2/13 - Practice		
2/16 - MDWL, Bunker Hill, WV		2/18 - Practice	2/19 - TBD	2/20 - Practice		
2/23 - MDWL, TBD Dulles area		2/25 - Practice		2/27 - Practice		
<b>MARCH 2020</b>						
		3/3 – NO PRACTICE		3/5 - Practice		
		3/10 - Practice		3/12 - Practice		3/14 - MDWL, Winchester, VA

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