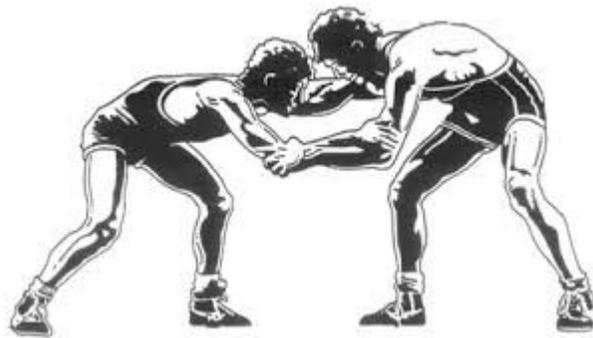


Clearview Junior Wrestling



Parent Handbook

***Welcome Parents! Thank you for registering with
Clearview Junior Wrestling!***

This is the Clearview Wrestling Parent Handbook. Please take a few minutes and read the information provided. This information will paint a clear picture of our program and our expectations of the upcoming season. This includes our communication, practices, competitions, code of conduct, volunteer opportunities and the Clearview Jr Wrestling Dual Team to name a few. While the material included will answer a lot of questions, any additional questions can be directed towards our Board or Coaching Staff.

**We are extremely excited for the 2023/24 wrestling
season!**

Why is wrestling the greatest sport on Earth?

Wrestling is perhaps the most misrepresented, misunderstood, and underrated sport on the planet. It is one of the purest forms of athletic competition. There are no bats or balls, or pucks or sticks. No pads or helmets or jerseys. There's no time to rethink strategy, regroup, or even to catch your breath. There's only you and your opponent surrounded by a gym full of people watching on. Most don't truly understand the sport unless they've experienced it.

Wrestling does not favor athletes of any particular height, size, weight, muscle type. There is a place for everyone! Success has much more to do with the investment made than the "natural" gifts one is given. Wrestling involves a unique balance of practically every aspect of physical and psychological conditioning. Strength is as important as stamina, speed as technique, strategy as intensity, and power as coordination. However, it's not always the natural athlete that ultimately succeeds in the sport - it's the natural competitor. Who wants to win and who is willing to sacrifice to find that success.

Kids that are strong, flexible, well-coordinated and naturally aggressive are usually more successful early on in the sport. It's common for new wrestlers to feel somewhat intimidated at first, not knowing how they compare with other wrestlers. But that is soon overcome. Improvements and progress occur at different rates for each individual but as they get older they will learn that self-discipline, hard work, and determination make the difference. This is a valuable lesson for our youth to learn in terms of the relationship between dedication and success. Wrestling will also provide hands-on experience in terms of work ethic, confidence building, humility and mental toughness.

Wrestling is considered an individual sport but includes many of the benefits of team sports. Wrestlers also develop an appreciation and respect for teammates that have been through the same challenges, and a strong sense of belonging and camaraderie with teammates and other wrestlers. This is a key part of the culture and vision of Clearview wrestling from the youth level to the high school level.

In order to keep this in perspective, one must realize that character development is a slow process, driven by a variety of positive and negative influences. Sports can play a significant role in character development, but other influences may have an even greater impact. Wrestling, in itself, is not a character development solution, but participation will provide countless positive influences as described in this handbook.

Introduction

Clearview Wrestling focuses on creating an atmosphere for youth wrestlers to learn the sport of wrestling and to compete based on their age and skill level. Our goal is to leverage healthy and competitive sport to create learning experience that our children can apply in life. Our organization will create a FUN and friendly environment for our youth. At the end of this season our top priority is to create the desire for wrestlers to continue their wrestling journey in the future based upon their experience in our program.

Communication

There will be no shortage of communication via email, social media, online and posted announcements in our wrestling room.

- **Email:** clearviewjrwrestling@yahoo.com
- **Website:** www.clearviewjuniorwrestling.com
 - Our website will include all organization updates, schedule, contact info, ect.
- **Facebook:** Clearview Junior Wrestling
- **Instagram:** viewwrestlingclub
- **Team App:** Each level will have a chat on the Game Changer app. <https://gc.com/>

At the beginning of each season we will be hold a parents meeting. This is the opportunity for the parents to learn about the Clearview Wrestling and also get important information for the start of the season.

VOLUNTEERS

Clearview Junior Wrestling Board

<u>Position</u>	<u>Name</u>
President	Chuck Smith
Vice President	Rob Layton
Treasurer	Jamie Domanick
Secretary	Megan Battaglia
Head of Coaching	Jimmy Mustakis
Director of Wrestling Operations	Matt Wright
Fundraising	Jill Smith

Head Coaches

Head Coach Tots	Carmine Carrero
Head Coach Bantams	Mike Layton
Head Coach Midgets, Juniors, Intermediates	Jimmy Mustakis
Head Coach Duals	Jimmy Mustakis

Assistant Coaches

Asst Coaches Tots	Sonny Phillip, Mike Layton, Ryan Layton, Anthony Mongan, Jeff Mullen, Tim McGuire, Jack Weaver, Harry Zander
Asst Coaches Bantams	Josh Riess, Ryan Layton, Matt Baney, John Moffa, Trevor Suter
Asst Coaches Midgets, Juniors, Intermediates	Matt Wright, Rob Layton, Tommy Domanick, Todd Viereck, Don Dennis, Mike Ferguson, Erich Jones, Travis Ludwick, Mike Magilton

Team Moms

Team Moms Tots	Bobbi Jean Havers, Autumn Ciarrocchi
Team Moms Bantams	Andrea McGinnis, Sarah Donley
Team Moms Midgets, Juniors, Intermediates	Megan Tomasco, Christina Mustakis

Volunteers are always key in the success of any youth sport organization. Historically CJW has had a lot of help from volunteers assisting in anything needed. We encourage anyone who is interested in helping in any capacity to please contact us. We ALWAYS welcome new faces and encourage our families to participate as much as they'd like. We will be putting out volunteer opportunities throughout the season, most importantly for the 2 tournaments we host. Volunteer opportunities include Board Members, Coaches, Team Moms, Concessions, Table workers, Tournament Setup/Breakdown and more. Get involved and get to know some of the great people in our organization!

Practice

Schedule (All practices are at the Clearview Junior Wrestling Building)

Tots (ages 5 & 6)	Tuesday/Thursday 5:30-6:30pm
Bantams (ages 7 & 8)	Tuesday/Thursday 6:45-8:30pm
Midgets, Juniors, Intermediates (ages 9 & up)	Monday/Wednesday/Friday 6-8pm

***Ages as of December 31, 2023

***Middle School wrestlers are invite to attend the Midget, Junior, Intermediate practice

Practice Attire Athletic shorts, sweatpants, t-shirts, long sleeve t-shirts & nonhooded sweatshirts are all acceptable. All wrestlers must wear wrestling shoes on the mat. CJW does collect and tries to provide used wrestling shoes for any of our wrestlers in need. Before you buy new shoes, check if we have your wrestler's size. Please donate in any wrestling shoes that are still in good condition. Mouthpieces should be worn for any wrestler with braces. Please keep fingernails trims to avoid scratching. Please have a drink for your wrestler for their breaks at practice. In addition, headgear will be required for all matches. Wrestlers must attend their required practice for there age group. Exceptions can be reviewed by our Coaching Staff on a case-by-case basis.

Parents at Practice: We ask that parents are not present during practice. The organization implemented this strategy in 2019 and saw a significant difference in the efficiency and control that it created. Parents are welcome to come practices for the 1st week of the season if they prefer to stay. Your wrestlers will be in great hands and our Team Moms will be there to assist with anything off the mat. We will contact parent if needed during practice should the circumstance warrant.

Competition

We will begin competing in December. The majority of our matches will occur on Saturdays and Sundays. Please try to keep weekends free so your children can participate. Occasionally opportunities will present to wrestle matches Monday-Friday. We will share schedule updates as early as possible. In our league matches our wrestlers will be paired with wrestlers in the same age, weight and skill level. In tournaments wrestlers are bracketed by age and weight (not skill level). That being said we still encourage all wrestlers to participate in tournaments as wrestling against tough competition is one of the best ways to improve. If anyone has concerns about their child participating in a tournament please talk to one of our Head Coaches or a Board Member. We will communicate the tournaments we will be participating in as an organization as they are announced. If anyone would like to participate in a tournament NOT listed on our schedule, we cannot guarantee a coach from Clearview Wrestling will be available and other coaching arrangements should be made by the parent. Parents can inquire if any coaches could potentially be available for a tournament not listed on our schedule, but we cannot make any guarantees. For the majority of South Jersey tournaments, we will hold a "satellite weight in" meaning we can weight our own participants from our program and submit the weights to the tournament director.

States

Through out the year the USAWNJ hosts 9 state qualifiers throughout the state of New Jersey. Any wrestler with a USAW wrestling card is eligible to participate. Cards can be obtained at <https://www.usawnj.org/membership>. Coaches must also obtain a USAW coaches card to coach on the mat. All wrestlers MUST have a coach. The top 3 place winners of each bracket will qualify for the New Jersey Scholastic State Championship on March 9th and 10th at the Cure Insurance Arena in Trenton, NJ. We will have coaches available at the local qualifiers and communicate those dates as they get closer. We encourage all wrestlers who are willing to participate as this event builds great camaraderie amongst teammates and parents in our organization and gives our wrestlers much needed big tournament experience. Last year we qualified 14 wrestlers and had 6 wrestlers place in the top 8! We'd love to see that number increase drastically in 2024!

Skin disease

Clearview Wrestling takes skin disease very seriously. The wrestling mats are disinfected prior to every practice/meet/tournament. Procedures are put in place to keep the mats and wrestling room as "germ free" as possible. It is highly recommended that at the end of each practice, you immediately wash the clothes that your child was wearing at practice. Defense wipes are recommended to be used immediately after practice. It is also a very good idea that when your child gets home that they shower/bath immediately and use some type of anti-bacterial/disinfectant soap/shampoo. Do not allow your child to wear the shoes that they use for wrestling outside of the wrestling room. Shoe covers are acceptable. If you think that your child might have ring-worm or some other type of skin infection, please notify your coach immediately. Do not allow your child to participate in practices, matches or tournaments if have any kind of skin disease. Officials do check for this and will not allow anyone to wrestling with skin disease.

Awards

Although it's wise for parents and coaches to de-emphasize winning, victories can be extremely gratifying because of the strong sense of personal accomplishment. The effort put forth in practice and preparation will come through in competition. This aspect of wrestling can be a great motivator and teacher, and can develop a person's work ethic, self-confidence, and ability to achieve in all areas of life.

Trophies/medals are awarded for 1st, 2nd, 3rd in all tournaments. Awards are presented at the scoring table or other designated area. Availability will be announced from the head table when brackets are complete. Wrestlers are free to leave after awards are presented, but we encourage our wrestlers to hang out after to support teammates who are still wrestling.

Dual Team/Wrestle Offs

Dual Team CJW dual team will consist of 15 of our best wrestlers at their given weight. Age does factor into who makes the lineup. These wrestlers will face off against our opponent's wrestler at the same weight and team points are awarded based on the outcome. At the end of the dual the team with the most points wins. Dual wrestlers are determined by our coaching staff as well as periodic wrestle-offs throughout the season. Our coaching staff will determine our starting dual team at the beginning of the season based on practice performance, effort, dedication and previous achievements.

Wrestle Offs – We will hold a minimum of 2 wrestle offs during the season. Additional wrestle offs may be held at our coaches discretion. Once our wrestle off dates are determined anyone not selected to the dual team may request to challenge the dual team wrestler at their weight. If multiple wrestlers are challenging for the same weight, all challengers will wrestle each other and the winning challenger will wrestle the current dual team wrestler. Current dual team wrestler must be beaten 2 out 3 times to lose their spot. The challenger must win the first match in order for the wrestle off to continue to a second or third match. In other words, if a challenging wrestler loses the first match of a wrestle off, the challenge is over. If the challenging wrestler wins the first match they will then have to win one more time in the next two wrestle off matches to earn the spot.

- Only wrestlers and coaches are allowed to be present during wrestle offs. Parents cannot be in attendance. There is no coaching provided during these matches.
- A wrestler can lose their dual spot and later rechallenge to earn their spot back.
- Wresters who have poor attendance, don't make weight, or other situations our coaches feel may be unfair, will be ineligible. These situations will be discussed on a case-by-case basis.
- Any open weight class will be determined by a best 2 of 3 match wrestle off.
- The coaching staff reserves the right to move wrestlers within the line up if, in their opinion, it will benefit the team overall.
- Any behavior exhibited that is detrimental to the morale, wellbeing, or continuity of the team may result in the individual being removed from the dual team and potentially The Clearview Wrestling Team. Team ALWAYS comes first!
- We will allow +1 weight allowance or an agreed upon weight by the coaching staff. This is for wrestle offs only. There is no allowance on league dual matches.
- Advanced notice of 1 day will be given from wrestle offs, or if both parties agree to waive the 24 hour's notice a wrestle off may take place.

Dual Team Scoring

The winning wrestler's team is allotted 3 points if he wins the match on points with a margin of victory of 7 points or less.

The winning wrestler's team is allotted 4 points if he wins the match on points with a margin of victory of between 8 and 14 points.

The winning wrestler's team is allotted 5 points, and the match is immediately ended if said wrestler opens a 15 or more point margin over his opponent. This occurrence is known as a technical fall or "tech".

The winning wrestler's team is allotted 6 points, and the match is immediately ended if said wrestler pins his opponent.

In addition, 6 points are awarded to a team if a wrestler affiliated with that team qualifies for a weight class at which the opposing team qualifies no wrestler.

Parent/Guardian/Spectator Code of Conduct

Our goal is to build one of the most competitive youth clubs in the state. This will be done through discipline, dedication, and perseverance from the wrestlers, coaches, and parents. Respect, honesty, integrity, and good sportsmanship are a must for all wrestlers. We strive to build champions on and off the mat and our wrestling Families play a key role.

- Parents will bring wrestlers to practice, matches and tournaments on time and make an effort to ensure they are prepared to wrestle. Please drop your kids off 15 min prior to the start of practice in order to give them time to change into their wrestling gear.
- Pay attention for when your child is going to wrestle and make one of our coaches aware. We will make sure our coaches are readily available. Match numbers will be provided but coaches do not have the capacity to find each wrestler before their matches.
- Clearview wrestling has zero tolerance for unsportsmanlike conduct. This conduct includes but is not limited to: intimidating officials, players, or coaches, arguing, taunting, swearing, pushing and fighting.
- Parents will NOT COACH during matches, nor interfere with a coach's guidance, or publicly contradict it in front of wrestlers. Your job is to support your child no matter what. Conflicting advice and criticism work against the coach's efforts and only serve to confuse and demotivate your child. If you feel you have the experience and ability to contribute to the team as a coach, volunteer your services through the proper channels.
- If a parent wishes to speak to a coach, they must do so outside of normal practice times/competition and off the mat. If it is a sensitive matter, it will be done so in privacy.
- Always praise your wrestlers. This is key in their self-confidence. Do not criticize them.
- Don't judge your child's progress based on the performance of other athletes. Every wrestler is on their own journey. Be supportive no matter what.

Parents and family members who are in repeated violation of these rules may be expelled from CJW.

Organization concerns or issues may be brought to the board. If necessary, the board may set up and mediate a meeting with coach(es) and parent(s).

Offseason Wrestling

This previous off season we offered numerous wrestling opportunities including clinics, practices, matches and tournaments. We encourage our team to join these events as much as possible. South Jersey also offers several wrestling clubs that offer practice throughout the off season. We will continue to communicate our offseason wrestling opportunities.

Club wrestling

Clubs are a great way to supplement growth in the sport of wrestling. We 100% support our local clubs and look for opportunities to network with them to create the positive opportunities for our wrestlers.

We understand there are other clubs your wrestler may be a part of the expectation during the season is Clearview Junior Wrestling is your first priority. A wrestler who is not committed to us will not be given the opportunity to wrestle on our dual team.

Fundraising

We plan to hold 3 fundraisers each year: The Clearview Golf Tournament, a raffle and cookie dough sales. Fundraising is key as the costs of our organization add up. These costs include: Mortgage, Utilities, Insurance, building maintenance/cleaning, clinicians and tournament expenses to name a few. We also use these funds to reinvest back into the program. As a result of our efforts this past off season we invested in our room design with new logos, signage and paint. Anticipated expenses in the near future include replacing our heat/ac system, flooring and mats. Please get involved as much as you can with our fundraising efforts.

FAQ

My child is about to wresting and I cant find a coach? Clearview Junior Wrestling will make it a priority to have plenty of coaches on hand at each event. In the event that a coach cannot be found please notify the referee that you are waiting on a coach. They can notify the head table to make an announcement on the PA system. You can also seek out a Team Mom to assist in locating an coach.

What do I do if I have a concern with a Coach? If during the season you begin to have concerns regarding your coach, please do not hesitate to reach out to our Head Coaches or Members of The Board. We do appreciate your feedback on coaches and will use your feedback to help coaches create the best experience possible for all participants.

What if my child does not want to continue wrestling before the season ends? Trustees will establish a refund policy on an annual basis.

Would my child be expected to lose weight? Our program will never encourage any wrestler to lose weight. We want our wrestlers to feel strong by eating healthy. Avoiding too much junk food and good sleeping habits will have a great impact on a wrestlers performance. Some tournaments feature a 1-2 pound "allowance", which allows wrestlers to compete in a certain class if they are within two or one pounds over the weight limit for that class.

Does wrestling promote violent behavior? While wrestling can award aggressive behavior it is not a violent sport. Wrestling does not permit opponents to strike one another and imposes strict penalties or disqualification for violent behavior.

At what age should my child start wrestling? The best approach is to introduce kids to the sport at a time that is consistent with their interest level, backing off when necessary, and allowing more participation as their interest grows. A wrestlers level of engagement towards wrestling should play a key part in how much they practice and compete. We encourage our wrestlers to participate in as many different sports as they wish in the off season.

Is wrestling only for boys? Over the last ten years female participation has increased to the point that it is not uncommon to find girls participating in youth and high school programs. Women's divisions have been created in U.S. and international freestyle competition, and some tournaments are exclusively for women. It is a goal of our organization to bring more female athletes into our program, including the High School level. We want as many female wrestlers on our Team as we can get!

Wrestling 101

Folkstyle wrestling (sometimes known as scholastic wrestling) is the commonly used name of wrestling practiced from youth levels to collegiate levels. . The term is used to distinguish the styles of wrestling used other parts of the world, and for those of the Olympic Games: Greco-Roman wrestling, and Freestyle wrestling. The object of folkstyle wrestling is to pin your opponent by putting him onto his back. If nobody gets pinned, the winner is the wrestler who has scored the most points during the match..

Match Format

Matches consists of three periods, with multiple overtime periods if necessary. There are no ties. Match times for Tots, Bantams & Midgets are 1 minute each. Junior & Intermediate period lengths are 1:30. (Certain tournaments may vary)

Pre-match

Each wrestler puts on a green or red ankle band which the referee will use to indicate scoring.

Period 1

The first period begins with both wrestlers in the standing position. Each wrestler starts with a foot on opposites sides of the starting rectangle. The referee asks both wrestlers to shake hands, and then signals the start of the match by blowing his whistle. The match commences with both wrestlers attempting to *take down* the opponent.

Period 2

After the first period ends, the referee will flip a coin to determine who gets to choose the starting position of the 2nd period. There are four choices: neutral (the standing position), top, bottom, and defer. Deferring will allow a wrestler his or her choice at the beginning of the third period.

Period 3

The wrestler who did not choose the starting position for period 2 now chooses the starting position.

Overtime

If period 3 ends in a tie, a one minute sudden death overtime is used. Both wrestlers start in the neutral (standing) position. The first to score a point wins the match.

Scoring

Points are awarded when a certain level of control is gained over your opponent. In general, you have to be controlling your opponents hips in order for the referee to determine that you have gained control of your opponent. Scoring can be accomplished in the following ways:

- Take down (2 points) - From the neutral position, one wrestler brings the other down onto the mat and establishes control over him. This is most often accomplished by attacking the legs of the opponent, although various throws can also be used to bring a wrestler down.
- Reverse (2 points) - A wrestler who is being controlled takes control from his opponent.
- [Near-fall](#) (2 point version) - You get near fall points when you almost but not quite get your opponent pinned. A wrestler is awarded 2 near fall points when they expose their opponent's back to the mat for 2 to 4 seconds. The referee will count the seconds off.
- Near fall (3 point version) -You get near fall points when you almost but not quite get your opponent pinned. A wrestler is awarded 3 near fall points when they expose their opponent's back to the mat for 5 seconds or more. After 5 seconds, the referee awards 3 points and stops counting.
- Escape (1 point) - A wrestler who is being controlled manages to escape from his opponent into the neutral position.
- Penalty (1 point) - A point can be awarded by the referee for various penalty situations, such as illegal holds or stalling.
 - Illegal Holds – There are several holds that the referee will penalize you for without warning. (There are other holds called “potentially dangerous holds” which the referee might make you let go of but will not penalize you for).
 - Technical Violations – Going off the mat or forcing your opponent off the mat to avoid wrestling (“fleeing the mat.”)
 - Grabbing clothing, the mat, or the headgear.
 - Locked Hands – (Most common and happens all the time) If you are down on the mat in control of your opponent, you cannot lock or overlap your hands, fingers or arms around your opponent’s body or both legs unless you have met criteria for a near pin of your opponent, or your opponent stands up and has all his/her weight on two feet, or you have lifted the opponent off the mat.
 - Leaving the mat during the match without the referee’s permission.
 - Unnecessary roughness
 - Unsportsmanlike conduct
 - Flagrant Misconduct (ejection, the match is over)
 - Stalling (you get one warning before you are penalized and points are awarded).
 - Incorrect starting position or false start (You get two cautions before points are awarded).

Pinning

Contrary to the image perpetuated by professional wrestlers, one does not have to hold his opponent's back to the mat for three seconds in order to pin. If both shoulders are authoritatively held to the mat, the referee will slap the mat indicating a pin and the end of the match.

When the match is over, wrestlers shake hands, shake the hand of the opponent coach, then return to their coaches. Please do not call your kids off the mat.

Referee Hand Signals

 Stopping the Match	 Time Out	 Start the Injury Clock	 Stop the Injury Clock	 Neutral Position
 Indicating No Control	 Out-of-Bounds	 Indicating Wrestler in Control Left or Right Hand	 Defer Choice	
 Potentially Dangerous Left or Right Hand	 Stalemate	 Caution for False Start and Incorrect Starting Procedure	 Stalling Left or Right Hand	
 Interlocking Hands or Grasping Clothing	 Reversal	 Technical Violation	 Illegal Hold or Unnecessary Roughness	
 Near-Fall	 Awarding Points Left or Right Hand	 Unsportsmanlike Conduct	 Flagrant Misconduct Left or Right Hand	

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