



General Wrestling Information

Head Coach: Ronnie Watson rwatson@mcssk12.org

Team Website: sparkmanwrestling.com

Team Email: senatorswrestling@gmail.com

Remind: @tdcboo

Fees: \$200 first wrestler/ \$150 each additional wrestler

- Fees can be paid by cash or check
- Fees can be paid by card on myschoolfees.com

Practice Information:

- Girls & 7-9 Grade Boys: First Day of Practice Oct 17th
- Boys JV/V: First Day of Practice Oct 24th
- All Practice Times and Days are Monday-Friday; 4:00pm-6:00pm @S9 Gym

FAQ

Wrestling is a(n):

- **Individual Sport** - Since a wrestler succeeds or fails solely on his own efforts on the mat, the sport is a prime developer of fighting spirit, tenacity in the face of adversity, and self-reliance. His mistakes cannot be covered up by teammates and the coach cannot make decisions for him.
- **Team Sport** - it takes the whole squad--every participant working at his utmost potential and each member supporting one another--to win important dual meets and the big tournaments.
- **Demanding Sport** - Wrestling's rigorous demands require top physical conditioning and result in the development of better coordination and greater muscle strength. As a result wrestling is a great sport for football players and cross-country runners who want to stay in shape during the off-season.
- **Safe Sport** - Wrestling is one of the safest sports one can participate in. Over 95% of the injuries are slight muscle pulls. There are three reasons for this safety record: 1) It is the only sport that takes place on a 1-1/2 inch thick, foam rubber mat. 2) There is one referee for just two participants of a match and the referee's first responsibility is to ensure the safety of the two wrestlers. 3) The rules and regulations of wrestling are written with the safety of the wrestlers taking paramount importance. Among the rules are: no biting, punching, or grabbing of clothes; the body slam, full nelson, hammerlock and grabbing of less than four fingers are all illegal.
- **Sport for Everyone** - It's the only sport where participants of all shapes and sizes compete against other competitors of equal weight. Where else can someone of 100 pounds win a championship in a contact sport on a varsity level?

What equipment does my wrestler need and where should I get it?:

- Wrestlers will need to get shoes.
- Only items are optional; knee pads, mouth guard, etc..

Is wrestling a “dangerous” sport?:

- Wrestling is a contact sport and injuries will occur. As would be expected, wrestling has more injuries than tennis and swimming, but most wrestling injuries are minor, consisting of sprains and strains.
- Wrestling has fewer serious injuries than football, basketball or ice hockey.
- Competitors are matched by age and weight and this limits the chances of serious harm.

Is a mouth guard required?:

- If the wrestler wears braces, then yes it is.
- All others are not required, are recommended to do so.

What is headgear and is it required?:

- Headgear is designed to protect the wrestler’s ears. If headgear isn’t worn “cauliflower ear”, or other injuries may result. Headgear is not mandatory during practice but strongly recommended. Headgear is required during matches and is provided by the wrestling program. Headgear is provided, but can be purchased as well.

What to expect during a Tournament:

- Tournaments are for the most part all day events.
- Weigh-in begin around 6:00 am or 7:00 am Don’t eat prior to weigh-in, there is plenty of time after to eat breakfast. Bring something with you, or the concession stands will have breakfast.
- Matches typically start between 8:00-9:00 am
- Brackets will be posted, and match schedules are projected on the wall.
- In the early part of the day, the time between each match the wrestler has can be quite long. It could last 1 to 3 hours depending on the number of schools and wrestlers that attend. As the day progresses and wrestlers are eliminated, the time between matches is shorter.

Additional information:

- Expect to be at the Tournament for several hours, up to a 12 hour day.
- Ensure you have pads for the bleachers A battery back-up for cell phones/Tablets are recommended.
- Make sure the wrestlers have plenty of drinks, food, or money to take care of them for the day. Expect at least 2 meals and snacks in between.
- Entry fees to the Tournament is normally \$10 per person.
- Bring plenty of items to entertain the wrestlers, yourself, and any siblings you bring along.