

New Parent Handbook

Welcome to Wrestling! Your child has chosen to precipitate in one of the hardest sports on the planet, but also one of the most rewarding. Let's dig in!

Tournaments

Tournaments can be long, either one full day or a day and a half. Your wrestler should pack a water bottle, post weigh in food, and snacks. Most tournaments do not offer healthy options for athletes so you need to prepare your nutrition and bring it with you.

Dual meets are usually only a few hours- a head to head battle between teams

Travel meets- there will be a handful of travel meets during the season that will require the wrestler to pay a travel fee. Coaches will announce the line up of who will travel. Wrestlers are usually housed 4 to a room in hotels. During these trips transportation and meals will be covered by the team.

Nutrition

Wrestlers should eat a balanced diet to fuel training and stay on weight goals. Fuel should consist of around 50% carbohydrate such as sweet potato, rice, fruit, whole grain bread, 20-30% lean protein like chicken, beef, eggs, fish turkey, greek yogurt and protein shakes, 15-20% healthy fats such as avocado, olive oil, nuts and seeds. Throw in plenty of green veggies to keep stomachs full on fiber, vitamins and minerals. Avoid excess processed sugars, fats and processed foods. (hint: if it comes in a bag, box or drive through window you shouldn't be eating it)

For Tournaments:

Healthy post weigh in food such as a sandwich, grilled chicken wrap, protein bar or shake, eggs (can make and pack breakfast burritos), bagel and yogurt. Aim for easy to digest foods with a 60-70% carb, 15-25% protein, 10-15% fat. (high fat and processed foods slow digestion)

Electrolytes for post weigh in. Opt for brands without a ton of extra chemicals (LMNT, Liquid IV, zeal naturals, nuun) Gatorade has a fair amount of chemicals and dyes you may want to avoid. Energy drinks should be avoided during competition.

Between matches aim for 150-250 calories of easily digestible food options such as pretzels, apple sauce, bananas, honey, baby carrots, Noka fruit smoothie, fruit, granola bar. These foods should be 80% carb, 10-20% protein, less than 10% fat

No new food on match day. Eat what you normally eat and train with to avoid stomach upset.

What food to bring and when:

Dual- home and away- pack your own food, none will be provided

Home Tournament- pack your own food, none will be provided

Away Tournament (local driving distance)- snack cooler will be provided, need to pack your own post weigh in meal and lunch, bring a water bottle

Travel Tournaments (hotel stay)- All meals and snacks will be provided by the booster club, bring a water bottle and any food items that are specific or special to you

Snack Coolers- A sign up genius will go out with the option to sign up to provide snacks to the team at certain tournaments throughout the season. These are completely optional and filled only by the generosity of team members. If you want something specific, ask your own parents to provide it. These are meant to be a supplement to your wrestlers daily food intake, not the main source of sustenance. Please be considerate. It often ends up being the whole team eats from the cooler while only a handful of families actually donate, prepare, clean out and haul the coolers around. If we find that wrestlers are not being good stewards of the cooler, it will be discontinued.

Gear

Singlets will be provided by the team. Varsity wrestlers are to purchase the grey/white Rudis brand warm up top and bottom. All wrestlers are required to purchase at least two Woodlands Wrestling practice shirts and the green team polo which is to be worn on dual/tournament days with jeans or slacks. Singlets will be handed out at the beginning of the season and returned at the end of the season. Wrestlers are responsible for caring for and washing singlets after use. Please turn it inside out, make sure there is no scratchy velcro or unzipped zippers to snag it while washing. Hang dry.

Bring your singlet and a spare if you have it. Shoes, headgear, mouthguards, knee slides and any other items you need for competition. Tape for fingers and shoes, warm ups top and bottom, shirt, blanket, chair/cushion or blow up to rest between matches. Portable chargers are helpful to check mat schedule throughout the day

Required:

Singlet

Headgear

Shoes

Mouthguard if you have braces

Nails clipped

Nice to have:

Blanket

Blow up chair or mat

Bleacher seat

Wipes- defense wipes or baby wipes to clean yourself between matches

Team expectation

Expected to be ready and on time to your mat. Behave with dignity and conduct yourself in a way that represents our school and team well. Clean up after yourself. The team area and team cooler should be respected and kept clean. Cheer on your teammates when possible if you aren't preparing for your own match. The entire team must stay from beginning to end, no exceptions. If you are out of the tournament there is still much to be learned by watching the wrestling still going on. Wrestling is an emotional sport and it is understandable that kids will be upset or angry from time to time. Take a few minutes to gather yourself or take a walk. It is expected that our athletes will win and lose with dignity and conduct themselves with decorum. As the kids say "no crashing out." Social media is a great tool for connecting and exposure, but keep all posts relating to the team classy and appropriate.

Parent Involvement/Volunteering

Parents are required to help with our hosted tournaments. This is very important as it is one of the main ways we fundraise for the team and helps provide opportunities to wrestle for non-varsity wrestlers who might not otherwise be able to compete. We have plenty of veteran parents who can teach you any volunteer position. You will also find that the more involved you get, the better the experience is. We are a family and the more of us that show up, the more connected we are. We are one of the only sports that do not have a large initial fee to join the team or require a food or service fee. The only way we can keep it this way is if parents step in and help during the season. A sign up genius and committee sign up will go out when the season begins to sign up for positions at tournaments and functions.

MANY HANDS MAKE LIGHT WORK

Practice

Wrestlers are expected to be at practice everyday. We understand that injuries occur but outside of illness (fever, vomiting, diarrhea, skin infections) wrestlers are still expected to be at practice. Attending practice is important so you don't get behind on skill being taught, as well as showing commitment to the team.

Hygiene/Skin Infections and Being wrestling ready

During practice shirts should be tucked in, hair tied back, shoes tied and nails trimmed down. Watches and jewelry needs to be removed while wrestling.

Wrestlers should be showering within an hour of practice. Using products such as defense soap, or washes with tea tree in it can be helpful. When at long tournaments use body cleaning wipes in between matches and wash hands before eating. If you see any sort of new infection get it looked at by a coach, trainer, or doctor immediately. If you have an infection you may not wrestle (but must still attend practice)

Grades

Wrestlers must maintain a 70 or above in all classes to be eligible to wrestle

Fundraising

We will have several fundraisers throughout the season. Our sport receives minimal funding and support from the district which means we need to raise money to cover the cost of training, travel, equipment and team activities. If you are on the team you are **EXPECTED** to fundraise in some way whether it's writing a check yourself or finding business sponsorships. We have corporate sponsorship forms available to take to local businesses that kids can use to be an active participant in their teams fundraising goals. We will send out additional information on upcoming fundraisers and spirit nights. The more money we raise the more we can offer to our wrestlers (reduced travel fees, better gear, team bonding activities and meals, speakers, banquet activities, etc).

Weight Cutting

Wrestlers will undergo a weight certification prior to season beginning. This determines how much weight a wrestler can safely lose or gain to be eligible to compete. To prevent illness and injury, UIL rules dictate that a wrestler may lose no more than 1.5% of weight per week. This means that your wrestler needs to be within 1.5% of their weight class the week of competition. We recommend a steady and healthy diet and hydration and will not permit drastic weight loss tactics. If you need help with diet please talk to your coach. You should not be cutting water. Dehydration leads to injury and hindered performance.

FAQs

1. How do I wash the singlet? Please turn the singlets inside out, wash on a normal cycle. Make sure there are no snagging items in with it (velcro, open zippers, etc) and hang dry
2. What do I wear under the singlet? Girls must wear some sort of undergarment like athletic shorts, volleyball shorts, or boyshort style underwear as well as a sports bra. Sports bras should not have extra visible straps. (not the super strappy styles that fingers could get stuck in) Boys must wear some sort of athletic short weather it is a compression short or boxer
3. Shoes- Wrestling shoes should never be worn outside or off the mat. Kids do wear them into the bathroom at tournaments, so bottoms should be thoroughly wiped clean after every tournament

4. Equipment- All equipment should be sanitized regularly to prevent skin infections. (singlets, knee pads, headgear, mouthguards, socks)
5. How do I know when my kid will wrestle? The schedule can be found on highlanderwrestling.com and tournament and mat assignments can be found on trackwrestling
6. My kid has ringworm, now what? - if a coach or doctor confirms it is in fact ringworm, begin treatment with Lotrimin Ultra or other over the counter antifungal cream. Keep the area open and exposed to air so it can dry out. Avoid sharing towels or clothes with others during infection and change sheets/pillow cases that have contact with infected area