

Schedule

Season Starts Nov 12th Dual meets start @ 3:45

Tuesday November 26th
Takedown Tournament @ Maywood Middle School

Thursday December 5th double dual @ Maywood
Beaver Lake vs Pine Lake
Beaver Lake vs Issaquah

Monday December 9th
Beaver Lake @ Pacific Cascade

Tuesday December 10th
Beaver Lake @ **Maywood**

Thursday December 12th
Beaver Lake @ Pine Lake

Tuesday December 17th
Beaver Lake @ Issaquah

Tuesday January 7th
Pacific Cascade @ **Beaver Lake**

Thursday January 9th
Maywood @ Beaver lake

Friday January 17th
6th grade finals @ **Beaver Lake**

Saturday January 18th
League Finals @ **Beaver Lake**
9 AM start

Beaver Lake Middle School



Wrestling Handbook
2019-2020

Welcome!

Dear Parents/Guardians and Participants,

Welcome to the 2019-2020 Wrestling season! We are excited to participate in another successful year of Bulldog Grappling. There is information that is very important for you to know regarding the procedures and intricacies of BLMS Wrestling. As such we have prepared a Handbook for your convenience. It would be good to have this on hand for a quick reference in case you have questions in the future.

We have high expectations for our participants. It is their responsibility to be at all practices and meets on time with the correct equipment. Please read the handbook carefully and make sure you understand all the material. If you have any questions regarding the contents, be sure to ask us after practice or give us a call.

Please keep in mind that all students at Beaver Lake are welcome to turn out for Wrestling. There are no cuts but students are not guaranteed to participate in every meet. This will depend on:

- Whether or not the participant has enough practices.
- Didn't miss any turnouts.
- Grades and/or behavior problems during the school day.

Please call if you have any questions or concerns.

Coach Ricardo - Head Coach
425-281-2104

Coach Sean – Assistant
425-681-7079

Awards Dessert

What to bring:

6th grade: Snacks for 5-6 people

7th grade: Desserts for 5-6 people

8th grade: Liter of Soda

Coaches: Plates, cups, napkins, and plastic ware

The Awards Dessert is also the time to turn in your uniform & headgear. Please clean all clothing and place it in a bag. Neatly write the **participant's name** on the bag and turn it in to the location provided.

Athletes will need to pay for any lost equipment before they are cleared at the end of the year, which means no report card or yearbook.



Bulldog Pride!

The perfect Bulldog must be of medium size and smooth coat; with heavy, thickset, low-swung body, massive short-faced head, wide shoulders and sturdy limbs. The general appearance and attitude should suggest great stability, vigor and strength.

Just like Buddy 2.0!



An athlete who wishes to be successful should strive to demonstrate the same characteristics of great stability, vigor and strength that the Bulldog demonstrates. Practice perfect and have a great season!

Eligibility

Participating in Wrestling is a privilege. In order to participate in this activity at Beaver Lake you must meet the following criteria:

- **You must be on the eligibility list. Physical on file.**
- **You must have 10 practices prior to the first dual meet.**
- **You must attend school for a half day to participate in a practice or a meet.**
- **You must attend the practice prior to the meet.**
- **Uniform must be complete at the time of the meet**
- **You must be healthy.**
- **Your behavior at school & practice must be appropriate.**
- **You must be maintaining a "C" or better in all of your classes.**

If any of these criteria are not met, it may result in probation or not being able to compete in the meets. If there is a problem with behavior in practices or at meets you will receive a written warning that must be signed by your parent(s). If you accumulate 2 written warnings and if there is still a problem, you will no longer be able to participate in Wrestling.

Grades will be checked within 10 days of the beginning of the season. If you have a grade below a "C" you will be placed on academic probation for 10 days. You may practice and compete during these 10 days. If after the first 10-day probation, the grade is not raised, you will be placed on a second 10-day probation. During the second 10 days you will be able to practice but **will not** be able to compete. If you are still failing after the second 10-day probation you will not be able to participate for the rest of the season. As soon as the grades are raised you will be removed from probation.

If you are referred to the office for disciplinary reasons during the season you may be suspended depending on the severity of the infractions.

If you accrue 2 unexcused practices at any time during the season you will not be able to compete in the following meet.

Weigh-ins and Weight Classes

78	85	90	95	100	105	110	115	120	125	130	137	145	154	164	175	HWT
----	----	----	----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----

Middle school wrestling is divided into 17 weight classes. At the beginning of the season there will be a weigh-in for all of the wrestlers. To be sure wrestlers stay healthy; they will only be allowed to drop down one weight class from the original weigh-in. We strongly recommend wrestlers do not drop weight in middle school.

Weigh-ins for the matches will take place at the practice previous to the match. If the match falls on a Monday, weigh-ins will be the morning of the match from 7:45-8:00. If a student does not make weight they will wrestle the next weight up. If there is a JV wrestler in the same weight class they might wrestle in place of the Varsity wrestler.

Wrestle Offs

If there are several 7th and 8th graders in the same weight class they will wrestle a match in practice to determine which will compete at the Varsity level. The wrestler who remains undefeated in wrestle offs will be the varsity wrestler for that weight class. The wrestler who finishes second will be JV. Exhibition matches will take place if the opposing team has extra wrestlers in the same weight class. When time allows there will be challenge matches during practice for the varsity spot.

6th graders are allowed to wrestle with JV (7th & 8th graders) during regular season matches only. We usually rotate who will wrestle if there is more than one wrestler in the weight class.

Uniform

It is very important that you are ready to wrestle at the beginning of your match. This includes having a complete uniform.

Head:

- **Headgear** must be worn during matches. Headgear is a good investment for any wrestler that is serious about the sport. It is adjustable so it can grow with you. Headgear cost from \$15-\$45. Headgear will be provided for those in need.
- **Mouth guards or bees wax** must be worn by wrestlers with braces (optional for others).
- **Hair** must be tucked into a nylon swim cap if it is too long.

Body:

- **Singlets** must be worn during matches. Singlets will be provided. You **may not** walk around with a bare chest. Singlets or warm-ups must be worn at all times.
- **Warm-ups** will be provided to the varsity wrestlers.
- **Fingernails** must be clipped short and smooth.
- **White briefs** must be worn under the singlet. Any student with boxers, boxer briefs, or briefs with dark colors or patterns will not be allowed to wrestle.
- **Sports bras** must be worn by the female wrestlers.

Feet:

- **Wrestling shoes** must be worn during matches. Shoes range in cost from \$30 to over \$100. Wrestling shoes are available for loan in limited sizes. If interested, inquire at practice.
- **Shoelaces are required to be secured** previous to the match. Tape will be provided if you do not have lace guards.

The referees take the uniform very seriously.

Away Meets

In order for the coaches to be able to focus on the meet in progress it is very important for the student participants to be responsible for themselves. You are expected to be ready for your event when it is time to start. We will be stretching as a team but you should continue to warm up prior to your event. Stay with the team and encourage your teammates. The coaches will not tolerate misbehavior. Misconduct will lead to written warnings.

It is also important to remember you are a representative of Beaver Lake. Always be polite and thankful to the host school. Beaver Lake has been known for incredible team support. We encourage you to be there for your teammates. Cheering and team spirit is highly desirable.

The bus ride to the host school is a time to focus. Stay in your seat quietly thinking about your match. Listen during attendance and instructions. On the bus ride home, be sure to keep your celebration under control so the bus driver can focus on the road. Make sure you show respect for our driver and pick up all trash before exiting the bus. Remember to thank the bus driver for the safe ride back.

Attention Parents/Guardians!!

Be sure to check out with a coach if you are taking your child directly home from an away meet. If the athlete is not checked out we will have no way of knowing whether or not they are supposed to be on the bus ride home. If the athlete is to ride home with someone other than you, they will need a **signed note** specifically stating with whom they have permission to ride with. No exceptions!

Keep in mind we will be arriving back too late for the activity bus so it is important that your child have someone to pick him or her up. Pre-arrange transportation home.

Home Matches

We will be hosting 2 home matches this year and we will also be hosting the 6th grade finals as well as the varsity finals. It is very important that you dress quickly and help set up any way you can since we have limited time to set up. The coaches will be asking different students to perform different tasks. Each match requires moving the mat from the rack to the main gym floor, setting up side mats for warming up, mopping the mats, setting up chairs and hooking up the scoreboard. It is just as much work to put things away after the match. We cannot do this alone and will expect **every wrestler** to stay for the **entire meet** to help out and cheer on the team. Please show commitment.

As we host meets we are representing Beaver Lake. Be courteous and helpful to wrestlers, coaches, managers and fans from other schools. If you are not warming up or sitting by the mat in the chairs you should be in the stands with the rest of your team. Misconduct will result in written warnings.

Keep in mind that the coaches will be extremely busy before and during home matches. If a coach is not able to help you at a particular time, please keep in mind that we do care about you and your problem and will help as soon as we can.

The matches will begin as close to 3:15 as possible. They will not be finished before 4:45 so there will be no activity bus the days we have home meets. Be sure to arrange a ride home after the home matches as well as the

Tips

In order to have a healthy and successful year, please make note of the following items.

- Have workout clothes & separate P.E. clothes; remember to wash them regularly.
- Include a proper warm-up & cool down in your daily routine.
- Practice a regular stretching routine.
- Stay hydrated; drink plenty of water through out the day.
- Tote a water bottle with your name on it.
- Do not share your water bottle with anyone.
- If you or someone is injured let the coach know immediately and do not move them.
- 90% of all injuries at wrestling are due to carelessness or goofing around. Act mature.
- We have close to 40 participants, so please work together to promote success!

Research

Listed below are some web sites you can visit to increase your knowledge of the sport and nutritional needs of an athlete.

- <http://www.matmanwrestling.com/>
- <http://www.dangable.com/>
- <http://www.wrestlingusa.com/>
- <http://www.amateurwrestlingnews.com/>
- <http://www.kidshealth.org/>

Practices

Practices are a very important part of your success in wrestling. It is up to you to stay focused and give 100% everyday. You are the only person that can push yourself to your potential. Be there every day!

Practices will take place Monday through Thursday Immediately after school ends. There will be no practices over Winter Break. Practices will end at 4:00 Monday, Tuesday and Thursday and at 5:00 on Wednesdays. Activity bus comes at 4:15 on Monday, Tuesday and Thursday and at 5:27 on Wednesdays

Be sure to have practice clothes, proper shoes and headgear everyday. If you are late to practice for a school related reason please bring a pass or a note. If you miss a practice for medical or other acceptable reasons please bring a note from your parents.

Health & Safety

In order to have a healthy and successful year, please make note of the following items.

- Headgear will be worn everyday in practice.
- Mats will be disinfected everyday before practice.
- If you have open sores or if you are ill, you will not be allowed to practice or compete.
- If there is blood on the mat, in the locker room or any other place let the coach know immediately and **DO NOT TOUCH IT FOR ANY REASON!**
- If someone is injured let the coach know immediately and do not move them.
- Take a shower after every workout!





OFFICIALS' WRESTLING SIGNALS HIGH SCHOOL AND COLLEGE



1  Starting the Match	2  Stopping the Match	3  Time Out	4  Start Injury Clock	5  Start Blood Clock
6  Stop Blood/Injury Clock	7  Neutral Position	8  Indicates No Control	9  Out-of-Bounds	10  Indicates Wrestler in Control Left/Right Hand
11  Deter Choice	12  Potentially Dangerous Left/Right Hand	13  Stalemate	14  Caution - False Start or Incorrect Starting Procedure	15  Stalling Left/Right Hand
16  Interlocking Hands or Grasping Clothing	17  Reversal	18  Technical Violation	19  Illegal Hold or Unnecessary Roughness	20  Near-Fall
21  Awarding Points Left/Right Hand	22  Unsportsmanlike Conduct Left/Right Hand	23  Flagrant Misconduct Left/Right Hand	24  Coach Misconduct Left/Right Hand	

Revised 2005

Scoring

Summary of scoring

Individual Match		Tournament	
Takedown	2 pts.	Fall	2 pts.
Escape	1 pt.	Default	2 pts.
Reversal	2 pts.	Forfeit	2 pts.
Near Fall	2, 3 or 4 pts.	Disqualification	2 pts.
Dual Meet		Advancement	
Fall	6 pts.	Championship Bracket	2 pts.
Forfeit	6 pts.	Consolation Bracket	1 pt.
Default	6 pts.	Technical Fall	1½ pts.
Disqualification	6 pts.	Major Decision (8-14)	1 pt.
Technical Fall	5 pts.	Bye followed by a win:	
Major Decision (8-14)	4 pts.	Championship Bracket	2 pts.
Decision (by fewer than 8 pts.)	3 pts.	Consolation Bracket	1 pt.

SCORING ABBREVIATIONS

T₂ - Takedown	FMC - Flagrant Misconduct
R₂ - Reversal	F - 1:38 Fall
E₁ - Escape	TF - 4:25 Technical Fall
N₂ - Near fall	For - Forfeit
N₃ - Near fall (5 seconds)	Def - Default
Sw - Stalling Warning	DQ - Disqualified
S - Stalling	Dec - Decision
TV - Technical Violation	MD - Major Decision
P - Illegal Hold or - Unnecessary Roughness	▲ - Selects Up
RO - Ride-out	▼ - Selects Down
C - Caution	= - Selects Neutral
C₁ - Points Earned - After 2nd Caution	OT - Overtime
CMw - Coach Misconduct Warning	TB - Tiebreaker
CM - Coach Misconduct	IT - Injury Time
W - Warning	IT - (=▲▼) choice after 2nd injury Time-out
UCM - Unsportsmanlike Conduct - Match Point	BT - Bleeding Time
UCT - Unsportsmanlike Conduct - Team Point	

Wrestling History

The sport of wrestling dates all the way back to ancient times, where there were tales of oiled bodies fighting in the sand in the Ancient Olympics.

Thusly, when the Modern Olympics resumed in Athens in 1896, wrestling became the focus of the Games. Wrestling's original Olympic style -- Greco-Roman -- was derived from ancient Greek and Roman wrestling.

While wrestling disappeared from the slate for the 1900 Paris games, it returned eight years later in St. Louis where officials added a second category to the wrestling slate called freestyle -- a much less restrictive form of wrestling commonly known as "catch as you can." This form of wrestling became popular at 19th-century festivals in Britain and the United States.

Sportsmanship

It is important for you to wrestle tough trying to pin or beat your opponent. Wrestle fair & fierce, but NO "cat & mouse" or any wrestling style that its main purpose is to humiliate your opponent. Remember to keep your emotions in check whether you win or lose.



Fostering Good Sportsmanship

Remember the saying, "Actions speak louder than words"? That's especially true when it comes to teaching your kids the basics of good sportsmanship. Your behavior during practices and matches will influence them more than any pep talk or lecture you give them.

- Set a good example with your courteous behavior toward the parents of kids on the other team. Congratulate them when their kids win.
- Unless you're coaching your child's team, you need to remember that you're the parent. Shout words of encouragement, not directions, from the sidelines (there is a difference!).
- Keep your comments positive. Don't bad-mouth coaches, players, or game officials. If you have a serious concern about the way that games or practices are being conducted, or if you're upset about other parents' behavior, discuss it privately with your child's coach or with a league official.
- Keep your perspective. It's just a game. Even if your child's team loses every match of the season it's unlikely to ruin his or her life or chances of success.
- Finally, don't forget to have fun. Even if your child isn't the star, enjoy the meet while you're thinking of all the benefits your child is gaining - new skills, new friends, and attitudes that can help him or her all through life.

