**Parent’s Questions About Wrestling**

**1)** **What measures are taken to protect the health of the wrestlers?**

A)   We always stress safe techniques of the moves we use. We constantly review which moves are legal and illegal.

B) All wrestlers are required to wear headgear during all practices. It is a good habit to wash the inside of the headgear with alcohol and allow it to dry.

C)   The mat is washed with a disinfectant solution daily.

D)   Rubber gloves and spray disinfectant solutions are available in the event of any blood on the mat.

E) Please remember that this is a very physical sport and injuries do occur. It is important that all injuries are reported to a coach right away.

F) Please pay particular attention to any rashes or sores. Please let us know of any problems **immediately**.

G)   It is very important that your son/daughter showers after practice when he gets home. Hygiene is very important if you want to stay healthy.

H) We have trainers on site that will take care of any injury from minor to major. If a athlete is hurt in any way it is required that they go our trainers for treatment and an evaluation.

**2) When and where are practices held?**

The wrestling season lasts from the middle of November until the middle of February. Wrestling is a full time commitment so we expect your son/daughter to be at every practice. Practices are held after school from 4-6pm. There may be times when we practice even if there is no school, and they will be announced ahead of time. At this time practices are held in the field house.

**3) What should my son/daughter wear to practice?**

Practice gear can be as simple as a t shirt and shorts. Many students like to wear sweatpants to help with their knees. It is mandatory that wrestlers buy their own wrestling shoes. These can be found at Academy or bought online. Any other gear is optional. We will provide headgear, although if an athlete wishes to buy their own that is ok. We do not provide kneepads, but an athlete is more than welcome to buy them. No jewelry is allowed on the mat.

**4) What will I have to buy so my son/daughter can wrestle?**

The only thing you have to buy is wrestling shoes. Knee pads can also be purchased if you want. We have clothing (t-shirts, sweatsuits, shorts, etc) that is available for purchase at the beginning of the season.

**5) Why do wrestlers choose to lose weight?**

Wrestlers have to maintain a weight so they wrestle at a certain weight class. Most wrestlers choose to try and drop weight because they believe that they will be more competitive at a lower weight class. We feel that this is not true and expect our wrestlers to maintain a healthy weight. There is absolutely no weight cutting. All weight cutting is monitored by professional trainers, which is why we do the weigh in at the beginning of the year. A student should never lose weight if it requires them not eating or any other drastic weight cutting measures. If a student wishes to lose weight then it will be done with exercise and an approved diet, not starvation.

**6) Why is watching one’s weight so important?**

The sport requires that each wrestler compete in a specific weight class. This is so both wrestlers are of equal weight. Strength, speed, technique, and conditioning are the deciding factors, not the wrestler’s weight.

**7) What are the weight classes?**

The weight classes that we use follow the National Federation weights. The weight classes are:

Boys:

106 113 120 126 132 138 145 152 160 170 182 195 220 285

Girls:

96 102 110 119 128 138 148 165 185 215

All wrestlers are certified by a state-trained assessor for one weight class at the beginning of the season. The process includes a check for dehydration as well as skin fold measurements. This weight class is the lowest weight class that the wrestler may be eligible for during the season, despite any additional weight loss. A wrestler may move to a weight above their certified weight but never below. Copies of the certification sheets are sent to every school. Please know that in January, 2 pounds are added to each weight. This is for growth allowance. The 99 pound weight class becomes 101 pounds in January, 106 becomes 108, etc…

**8) How are weigh-ins conducted?**

Weigh-ins are required for each match and tournament. For varsity, girls, and J.V. dual matches (school vs. school). This will be done in a private setting with gender specific officials only (girls have girl only officials) It is mandatory to weigh in with underwear only. This is so that there can be no weight altering, along with the very important skin checks. A skin check is done on each wrestler prior to weigh in. This is to make sure that they have no skin conditions that can infect other wrestlers (ringworm, staph, ect.) Again this is a safety precaution taken.

**9) How are the wrestlers chosen?**

Unlike most sports, the coaching staff does not decide positions on the wrestling team. Instead, each wrestler competes in wrestle-offs to determine the varsity and J.V. wrestlers for that weight. Varsity wrestle-offs are basically run on a best of three series so the varsity line-up can be established early in the season/daughter. On the J.V. level, we run wrestle-offs as often as time allows.

**10) How will I know if my son/daughter made the team?**

Unlike other sports that your son/daughter can play on his own, wrestling moves need to be taught. I will not cut an athlete because they don’t know how to wrestle. They have to start somewhere. The only reason your athlete will be cut from the team are major discipline issues, major grade issues, or commitment issues. We expect a full commitment to the team. If your son/daughter misses too many practices, he will be asked to come back the next season when he/she can commit more time to the sport.