

Parent Meeting Notes

Welcome to Cyclone Wrestling

Coaches

Coach Thad – Head Coach
Coach Eric
Coach Randy
Coach Wes
Coach Anderson – Organization President
Coach Kyle – May see on occasion after jr. high season

GEAR

Shirts, Singlet, Ordered Items – See form
Wrestling Shoes, if none NO Tennis Shoes, NO Bare Feet
Purchased from Big 5, GI Joes, Play it Again Sports (\$35-\$50)
Head Gear is optional, recommended – cauliflower ear
Mouth guard is optional, recommended if braces

SCHEDULES

TWO GROUPS TO ACCOMMODATE

Community Education Group (1st Session)
Tournament MORE SERIOUS GROUP (2nd Session)
Practice Schedule – See Calendar
Tuesday, Thursday 6 – 6:45 ALL Wrestlers (1st Session)
Tuesday, Thursday 6:45 – 8:00 Tournament Wrestlers / Serious only (2nd Session) – See Schedule
Friday – Tournament Wrestlers
Tournament Schedule
See Calendar
See website www.nwjcwa.org (Under Construction)

Pictures ?

EXPECTATIONS

Mat Help

Parent Participation
Rough Sport
Be ready at 6:00

Tournaments

Goal is for everyone to attend all the tournaments
Would like to see them attend at least one
**ALL SPORTS Competition theory – When you play football –
Expected to practice and go to games, Soccer, baseball,
NOT OPEN TOURNAMENT**

Practice tournaments

LEVELS (Safeguards)

(Ability) White, Yellow, Blue

Weight Class

Age, (Pewee 99-00), Bantam (97-98), Midget (95-96) Novice
(93-94), Schoolboy (91-92), Cadet (89-90)

USA CARD \$35.00 Order online <https://webpoint.themat.com/wp/Memberships/Join.asp>

- additional insurance
- Good for entire season, full year
- Can attend all USA Sanctioned tournaments
- Our tournaments are sanctioned, however, NOT OPEN – Invitational only

Sportsmanship – NOT WWF WRESTLING

NO Hitting

NO Biting

Respect Coaches/Parents

Respect your opponent

Expect to lose and to get beat.

We teach them how to lose, wrestle, and win

Learn from your wins and losses

INTRODUCTION TO WRESTLING

- Slight Conditioning
- Rules Collegiate Rules
- Basic Moves / Drills
 - o Double Leg
 - o Single Leg
 - o Sprawl
 - o Go Behind/Duck Under
 - o Stand up
 - o Sit n Turn
 - o Switch?
 - o Rides
 - Ankle Pick
 - Crash on Arm
 - Spiral Ride
 - o Pinning Combinations
 - Wrist n Half
 - Cast n Wheel
 - Slam the Hammer
- Basics of Wrestling
 - o Stance
 - o Motion
 - o Changing Levels
 - o Penetration
 - o Back Arch / Club Wrestling ONLY