

NORRIS YOUTH WRESTLING CLUB



HANDBOOK

2008—2009



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Introduction

Welcome

Welcome to the Norris Wrestling Club (NWC). As organizers and board directors for the NWC, we are excited about the upcoming season. In this handbook you will find information about the NWC, as well as interesting information about the great sport of wrestling. After reading the handbook you will find a series of forms that will be used for membership registration.

The NWC is a non-profit organization run by volunteer coaches (all subject to background checks) under the direction of a board of directors composed of parents, coaches, and other interested individuals in the community. The club is funded by a portion of each member's registration fee, proceeds generated from our annual wrestling tournament, and other fundraising activities. Donations are always welcome, as the club receives no public funding.

Philosophy/Mission Statement

The NWC is focused on providing a positive experience for youth in the sport of wrestling. The program strives to offer fun learning opportunities, while instilling the values of sportsmanship and cooperation, building confidence and self-esteem, fostering physical and emotional development, all in a healthy competitive environment. Through these initiatives, we hope to build a stronger program to promote the great sport of wrestling.

Goals and Values

1. Provide a positive, fun environment that challenges our wrestlers to be the best that they can be.
2. Positively influence character development by emphasizing good habits, attitudes, and work ethic.
3. Prepare our wrestlers to become more competitive and foster a sense of accomplishment.
4. Provide qualified adult leadership.
5. Provide an atmosphere that encourages parent/family involvement in the club.
6. Be CHAMPIONS in all we do!!!

Wrestling Background Info

Culture

As with all activities there is a certain culture involved with wrestling. You will see the same parents and kids at most tournaments. You will end up becoming acquaintances and sometimes friends with your wrestler's competition. Kids will wrestle each other very hard on the mat and will compete to win without any sign of friendship toward the other wrestler. However, once the match is finished it is not uncommon to see rivals sitting together and playing, talking, etc. You will see coaches from other teams sharing training techniques, moves, etc. Unfortunately, there are exceptions. Some parents get too caught up in the moment and lose control and act inappropriately. Bad parental behavior is not tolerated and will likely result in removal from the event. Please help us to set good examples for our athletes and encourage an atmosphere of sportsmanship, healthy competition, and support.



There is a great deal of “attitude and intensity” in the sport of wrestling. With self-discipline to keep them in check, this can be a great thing. Undisciplined wrestlers can become arrogant, difficult to coach, and will never become the best they can be. Wrestlers with good attitudes become great assets to the sport and their team. The NWC strives to coach with a small-step mentality. Success is not necessarily measured by the win/loss column. Wins enforce the wrestler’s self-confidence; losses are seen as opportunities to improve. The first step might be not being pinned by an opponent that has pinned you every other time, scoring a single point on an opponent that you have never scored on, scoring your first takedown, escape, or pin. All of these accomplishments strung together will result in success.

Wrestling is a very physically and mentally demanding sport. Some say it is the most demanding of all sports. Be prepared for tears; it happens and there is no shame in it. Losing can be especially difficult when your wrestler makes a mistake and begins losing a match they were winning. Screaming, yelling, and criticism during a match is not the best way to help your wrestler gain their composure again. Frustration and anger at losing are not uncommon but we ask that any displays of anger by the wrestler be done outside of public view, and never on the wrestling mat. There is a saying, “Walk on like a champion, walk off like a champion.” We would like them to focus this frustration into a desire to improve. The coaching staff would like the first few moments after a match to speak with the wrestler, to give some constructive criticism or congratulations on a success. Please respect this time as parents and wrestlers. Your words after a match as a parent should be positive whether they won or lost. They may feel that they have in some way let you down. If the wrestler is still angry or frustrated letting them leave the gym area and walking around by themselves can allow them time to cool off and regain their composure. One of life’s lessons is to learn how to deal with losses, as well as successes.

Wrestling Styles (Excerpt from Coaching Youth Wrestling 3rd edition)

In the United States, three types of wrestling styles are recognized and practiced at the youth level: folkstyle, freestyle, and Greco-Roman. Each style has different rules, but all have virtually the same ultimate objective: to take the opponent from the feet to the back and hold the shoulders to the mat. In folkstyle wrestling, the shoulders must remain down for at least two seconds, which means to win by fall.

Most young people compete in folkstyle because it is the style used in high school and college competitions in the United States, and most youth clubs are formed in support of these programs so that they can feed wrestlers into high school and even collegiate teams. The heart of folkstyle wrestling is the local youth club. These clubs are where young people are typically first introduced and exposed to the sport, and they are where they learn many of the basics. Often, high school coaches guide these clubs, providing the volunteer coaches with the basic instruction that will produce the style they coach in their high school program. The other two styles seen at the youth level, freestyle and Greco-Roman, are practiced around the world and are governed by FILA, the international governing body. In our country, these international styles are governed by USA Wrestling, the representative body to the U.S. Olympic Committee. USA Wrestling also provides competitions in folkstyle for youth.

Although many countries around the world have their own unique type of folkstyle wrestling, American folkstyle is unique to the United States. In the United States, folkstyle wrestlers work to get the opponent to the mat (the takedown), work to hold the opponent down and turn them onto their back (the ride), and then work to pin the shoulders to the mat (the fall). For folkstyle, riding is a large part of the competition. International freestyle and Greco-Roman styles emphasize the fall, and the rules encourage more risk but reward it highly. For these styles, simply riding without working to get the fall is not desired.



Of the two international styles, freestyle wrestling is most similar to folkstyle, although it places less emphasis on control and more on turning the opponent's back toward the mat. The Greco-Roman style prohibits grasping the opponent's legs or using the legs to trip or hold the opponent. Because the legs can't be used to attack or defend, the Greco-Roman style can produce spectacular lifts and throws, which are highly rewarded with points.

The transition from folkstyle to the international styles is not difficult for a fundamentally sound wrestler. Wrestlers who go on to compete internationally are noted for being particularly well-conditioned, well-disciplined athletes. And this conditioning and discipline results partially from the demands of folkstyle, in which a wrestler must learn how to dominate, control, and wear down an opponent. Conditioning is a strong part of the fundamental approach of U.S. coaches, while other top nations emphasize skill and explosion rather than the aggressive style of the United States.

Folkstyle Terminology

Two athletes square off in the middle of a mat and “have at it. Twelve years old and under get three 1-minute periods to pin each other, while high school divisions get three 2-minute periods. If no one gets pinned during the match, the winner is determined by whoever scored the most points during the match. Points are scored by successfully completing wrestling moves that get their opponent closer to a pin. An athlete wins by a pin, which is achieved by holding both of the opponent's shoulders to the mat for two consecutive seconds. A pin ends a match. A “technical fall” also ends the bout. It occurs when a wrestler gets a 10 (Youth) or 15 (MS/HS)-point advantage over his opponent. To make the score easy to see, the athletes are designated as either green/blue or red numbers; the score in green is representative of the wrestler wearing the green ankle band and the score in red is representative of the wrestler wearing the red ankle band.

Points are scored as follows:

Takedown—2 points

This occurs when a wrestler takes their opponent from a neutral position (both standing up) to the mat and gains control by getting behind and on top of them.

Reversal—2 points

A reversal occurs when an athlete who is down goes from the bottom (defensive) position to the top (offensive) position.

Escape—1 point

Occurs if an athlete is in the bottom position and gets away from his opponent's control and ends up in the neutral position.

Near Fall—2 or 3 points

Sometimes an athlete will put his opponent on his back and almost pin him. That is called a near fall and is worth 2 or 3 points. It is a 2-point near fall when the opponent's back is held at less than a 45 degree angle to the mat for 2-4 seconds. It is worth 3 points when they are held for 5 or more seconds. You can see the official counting the seconds with his arm when there is a pinning situation. Only the athlete in the offensive (top) position can score near fall points.



Stalling—1 or 2 points

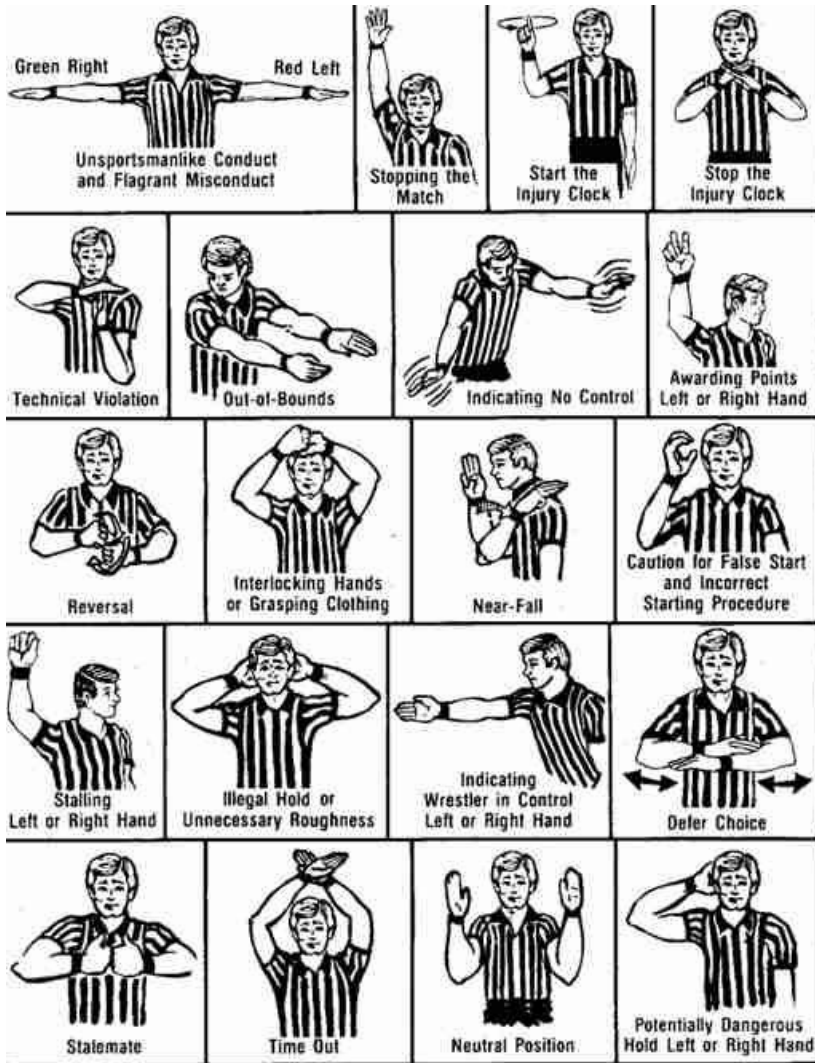
Stalling is not allowed. It is defined as avoiding wrestling by not attempting to score. The first offense is a warning. Second and third offense, 1 point (added to the opponent’s score). Fourth offense, 2 points. Fifth offense, disqualification.

Illegal Holds—1 or 2 points

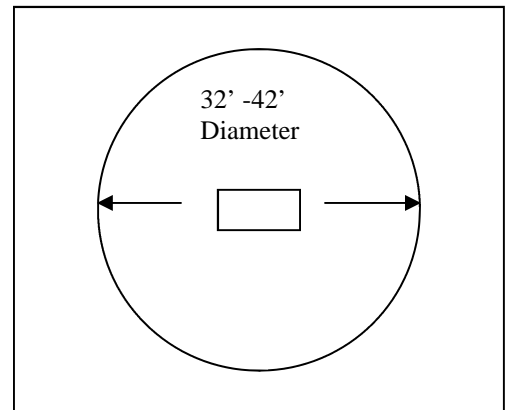
An athlete can score points if their opponent does something illegal. The safety of the athletes is always an official’s primary responsibility. Some holds are barred completely, but anything that is “potentially dangerous” is stopped by the official. Illegal holds are penalized just like stalling, except there is no warning.

Miscellaneous

As mentioned earlier, a match is broken into three periods of one to two minutes. In the first period, both athletes start standing. In the second period, the wrestler who wins a coin flip may start in the top, bottom, or neutral position, or may defer the decision to their opponent. In the final period, the other wrestler may choose the top, bottom, or neutral position. When athletes go out-of-bounds, the official blows the whistle and stops the action. He starts them again in the center. No scoring can occur out of bounds unless the scoring individual has two feet remaining in-bounds. In younger ages, all periods begin in neutral position.



Wrestling Mat Dimensions



← **Referee Hand Signals**



Wrestling Tournaments

Tournaments are usually held on Saturdays, but participation is not mandatory. Depending on the age and experience of your athlete, you may want to slowly introduce them to tournaments to prevent them from becoming discouraged or even burnt out. Please use your discretion if you do not feel your wrestler is ready for competition and ask a coach if you are unsure.

Tournaments are lengthy, lasting 4 to 6 hours, and can involve as many 200 to 400 participants. Most tournaments will run until mid or late afternoon. Depending on the schedule, which can change from year to year, the club may compete in as many as ten tournaments a season, some of which can be as far as a couple of hours away—although this is rare. Each parent is responsible for getting wrestlers to and from tournaments. Registration and weigh-ins for vary at each location. Tournament entry fees vary from \$10—\$15. The club recommends that the club wrestlers and their families sit together as a group at tournaments. We also ask that wrestlers wear their club singlets and tee shirts at tournaments to provide unity and help the coaches easily pick them out from the hundreds of other wrestlers.

Food and snacks are the responsibility of each wrestler. Most tournaments feature a concession stand and some offer breakfasts at the tournament site. Many wrestlers and families will have breakfast after weigh-ins, but before the team warm-up. Nutrition is an important part of any athletic activity, so please help us to encourage a healthy diet.

Tournament format varies by location, but there are many similarities. Wrestlers compete only against wrestlers of their own age and weight. Most youth tournaments in our area are 4-man round robin. At the low and high weights within an age or grade wrestlers may be assigned to a 3 or 5-man round robin; this is done to maintain relatively small weight differences within each bracket. There is usually a 60-90 minute period following weigh-ins before the tournament begins. During this time the tournament directors are assigning wrestlers to brackets. During this time wrestlers can warm up with their teammates. Bracket sheets are posted in a prominent location as soon as they are complete, and each wrestler is responsible for locating their bracket sheet and reporting to their assigned mat for competition.

Top Gun Awards

Top Gun Awards are presented by the Norris Wrestling Club to the wrestlers who accumulate points during the regular season tournaments. Participation is not mandatory. Parents of wrestlers wishing to participate will be required to complete a Tournament Chart from that is available from the club leaders. This chart will be submitted to the coaches each week and points from each wrestler's best eight tournaments will be summed. At the end of the season all club members will receive an award. The award will be based on the number of accumulated top gun points.

It is the parent's responsibility to fill in the results of your child's matches so that he will get proper credit for the points they earn. If you do not fill out the chart, credit can not be given. The chart will need to be brought back to the coaches within two weeks of the date of the tournament or credit will not be given. This deadline is designed to alleviate extra work and problems that could occur.



Points will be awarded as follows:

- 6 points per pin
- 5 points per technical fall (10-15 points)
- 4 points per major win (8-14 points)
- 3 points per win
- 6 points per default
- 1 point per each match (win or lose)

Point are also awarded for placing as follows:

- 10 points for 1st place
- 7 points for 2nd place
- 5 points for 3rd place

If you have any questions, please contact a coach or board member

WRESTLERS

Expectations/Code of Conduct

1. Wrestlers will follow all rules and regulations established by the NWC.
2. Respect will always be given to coaches, teammates, and opponents.
3. Wrestlers must listen and follow directions of all coaches.
4. Wrestlers are not to be disruptive during practice, meets, or tournaments
5. Come to practice prepared, dressed, and ready to wrestle
6. At all times, wrestlers must conduct themselves in an appropriate manner.
 - A)Physically and/or verbally abusive behavior is not allowed.
 - B)Win or lose, wrestler must shake hands and congratulate their opponent.
 - C)Wrestlers will behave themselves at all practices and events.
 - D)NO horseplay!
7. NWC is a guest at all facilities, so respect all property.
8. HAVE FUN!!!

Practice

Practices will be held at Norris High School, in the upper wrestling deck. Generally we will split the younger group (Pre-K to 3rd grade) and the older group (4th grade to 8th grade). Each practice, we will provide instructional time to teach wrestlers new moves, give them the opportunity to drill the moves, and wrestle live with each other to apply what they have learned. We match wrestlers up based on age, size, and experience. We will do our best to match those according to the numbers at a particular practice attendance. We will play a number of games during practice to keep the FUN in wrestling!

We will be planning to attend local high school and college wrestling matches and tournaments AS A TEAM, where we sit together and watch some older wrestlers compete to show our young wrestlers what they can achieve someday through hard work and dedication.



Days/Times

- Tues & Thurs
- Pre-K to 3rd Grade 6:30 pm—7:20 pm
- 4th Grade to 8th Grade 7:30 pm —8:30 pm

Rules for Practice

1. Show up at least 10 minutes early.
2. Show up dressed and prepared to start.
3. There is to be NO horseplay before, during, or after practice.
4. Do not leave the practice area without a coach's permission
5. Report all injuries immediately to a coach
6. Respect your teammates—No name-calling or bullying
7. Be positive and never say “I can't.”
8. Shower after you get home, after every practice, to help prevent spread of any bacteria or disease

Required Equipment

Clothing—Wrestlers should wear shorts without zippers or pockets and a T-shirt to practice. Sweatpants are acceptable, as long as they don't have zippers or pockets. Long sleeve T-shirts or compression shirts are also acceptable, while hoods are not since they could lead to injury. To protect all of our wrestlers, we won't allow a wrestler with clothing that has zippers or pockets to practice with other wrestlers.

Wrestling Headgear—Headgear is not mandatory, but is suggested to protect your wrestler from getting cauliflower ears, which will be addressed in the health section. A hair cap is required for shoulder-length or longer hair.

Mouth guards—These are optional as well, but are recommended for any wrestler with braces.

Knee Pads—Knee pads are optional, but will protect your wrestler's knees from skin abrasions.

Footwear—Wrestling shoes are optional, but we require wrestlers to bring a clean pair of sneakers to change into before stepping on our mats. This helps maintain a clean environment and reduces the chance for skin infections.

*We ask anyone who has grown out of their wrestling shoes to consider donating them to the club so we can begin to establish a stock of used shoes that we can loan to wrestlers that can't afford a new pair.

****We also ask that parents and other visitors remove their shoes before stepping on the mats. Shoes worn outdoors can damage the mats and track in harmful and contagious skin diseases. The mats are cleaned on a daily basis, but you can help us to maintain a healthy and safe environment for our wrestlers.**

Tournaments

Upon arrival at a tournament, check in at the sign-in tables and weigh-in. Then find a NWC coach and let them know you are here. Please come prepared, making sure that you have all of the equipment needed (singlet, shoes, headgear, etc.). You should also include a water bottle and healthy snacks to help you through the long day.



After getting settled, find your teammates and go through your routine warm-up. Your warm-up should include a light jog, stretching, and a few minutes drilling so you are prepared for competition. Make sure you are giving yourself enough time to get physically and mentally prepared. Watch match numbers so that you are warmed up leading up to your match.

During all tournaments we ask that you follow all of the code of conduct rules laid out in this manual. During the tournaments we ask that you shake hands with each opponent and their coaches. There will be no vulgar language, no throwing objects, etc. We will always strive to compete with class, whether we win or lose.

Health Issues

Wrestling Gear

Clothes and towels taken home for laundering should be placed in disposable, plastic bags, never directly into a gym bag. This helps prevent germs from being transferred to the inside of the gym bag. Put your clothes directly into the washer, and don't leave them lying around for an extended period of time. This includes practice gear and singlets from tournaments. Head-gear should be cleaned every two weeks with warm water and dishwashing detergent in the kitchen sink by hand.

Cauliflower Ear

This injury is caused by trauma to the cartilage of the outer ear. This can be very painful and will deform the ear. Headgear is not required at this level, but is strongly suggested. It is also very important that if wearing head gear that it fits properly.

Clean Shoes

This is required to ensure the safety of our wrestlers. Prior to the wrestlers entering the wrestling room for practice, their shoe soles need to be clean. The easiest way to accomplish this is by bringing a different pair of shoes to wear on the wrestling mat. **Don't wear your wrestling shoes outside!**

Cuts & Scrapes

If your child has cuts or scrapes, please be sure they are clean and covered prior to coming to practice. Also, keep fingernails clipped short to prevent scratching other wrestlers.

Shower

Showering should be the first thing an athlete does when they get home.

Colds/Skin Checks

If you notice any lesion, sore, or rash on the skin—especially if it is red, swollen, or draining fluid—notify the coaches and contact your health care provider for diagnosis and treatment. If you are sick, please do not come to practice until you have sought treatment for your ailment.



PARENTS

Parents Role

Wrestling is one of the greatest sports there is for helping young kids build their character, develop self-confidence, improve discipline, and strengthen their will to succeed. The life skills and success principles that young wrestlers develop while learning to wrestle are very valuable in progressing in life.

Whether they won titles or not, the mental, physical and emotional attributes honed by the wonderful sport called, “wrestling” are what make up the real benefit to all who participate. To bottom line it “.....wrestling makes champions in life.”

Now, as a parent who wants to see their youngster to be happy and successful in life, how can you help? Parents as we all know, play an extremely important role in the development of our children. Parents are the main influence to their loved ones. In wrestling, it is very important to foster the right wrestling atmosphere. Having a supportive and positive attitude about your child is crucial in helping them learn to love this tough and grueling sport. How you react to their progress, their wins, and their losses is very critical.

How are you able to keep your child’s winning and losing in perspective? What about if your child is being treated a bit rough by their opponent, or if the referee makes a bad call against them? How will you react? Parents are sometimes unprepared for the strong emotional reaction they have to watching their child compete. Obviously one reason for this strong emotional feeling is that parents want their young wrestler to do well. They want their child to win. They may think it is a reflection of them. Parents may think that their son or daughter’s failure is their own failure. Flying off the handle or straining relationships with coaches or other parents is not good for your child. Just like you don’t want them to embarrass you, you don’t want to embarrass them.

Our youth are very intuitive to what their parents are thinking. In addition, kids imitate their parents and absorb the attitudes that are displayed by their parent’s actions. If parents are attempting to control the coaches, referees, or other parents and are upset or angry a lot, it is hard for the young wrestler to enjoy the sport.

Youth wrestling is supposed to be fun, while focusing on the fundamentals of the sport. If kids first learn the basics, they will continue to learn the very difficult skills. Wrestling requires learning many skill sets. Technique, balance, tactics, strategies, mental toughness are all intertwined skills that must be learned before one can have great success in the sport. Wrestling is not learned overnight and takes time. This is why especially at a young age, it is imperative that kids stay focused on having fun and learning the basics. The winning will come later.

The best way to show support for your wrestler and the club is to be there when they need you. We rely on volunteer help to facilitate our yearly tournament. Our tournament is the primary source of income for the club and all proceeds are used to promote wrestling in all age groups of wrestling at Norris. Any help you can offer in this endeavor would be greatly appreciated. Contact a coach or board member if you are interested in volunteering your time and energies.



The Parents Guide to Kids Wrestling, published by Human Kinetics Publishers, Inc., lists seven items that all parents should consider when determining where they stand as far as how they are helping their young wrestler. If you can honestly answer yes to all of the following questions then you are well on your way to helping your child in wrestling....and life.

1. Can you give him up? That means trusting the coach in guiding your son's wrestling experience. It means accepting the coach's authority and the fact that he may be gaining some of the boy's admiration that once was directed towards you.
2. Can you admit your short comings? Sometimes we err as parents and our emotions speak before we think. We judge to quickly, only to learn we made a mistake. It takes character for parents to admit they made a mistake and to discuss it with their child.
3. Can you accept his triumphs? It sounds silly, but some parents, fathers in particular are competitive with their sons. If their boy does well in a match, the father may dwell on the minor mistakes, describe how the boy's older brother did even better, or recount Dad did it "way back when".
4. Can you accept his disappointments? Sometimes as parents we are targets for our child's anger and frustration. This goes along with the job. Accepting his disappointment also means watching him lose a match when his buddies are winning, or not being embarrassed into anger when he breaks out into tears after losing.
5. Can you show him self-control? The coach has a tough enough job teaching good sportsmanship to youngsters especially if the parents are losing control and showing poor sportsmanship themselves.
6. Can you give some time? Some parents are very busy and have trouble being there frequently. Probably the best solution is never promise more then you can deliver. Ask about his wrestling experiences and make every effort to watch at least some of his matches.
7. Can you let him make his own decisions? This is an essential part of a child growing up, and can sometimes be a real challenge for parents. It means offering suggestions and guidance, but finally, within limits, letting the boy go his own way. All parents have ambitions for their children, but parents must realize that they cannot mold the boy's entire life. The great thing about wrestling is that it helps your child to start making his own decisions and living with the consequences.

The fact that your child is wrestling is wonderful. They are learning to work very hard, make sacrifices, and dedicate themselves to the extreme demands that this tremendously difficult sport has to offer. Truly there is no tougher sport in the world. With your support and encouragement, your child will reap the many benefits gained by participating and will not only succeed in the game of wrestling, but also in the game of life.

Expectations of Parents

1. **Have Fun!** That is what we will be trying to do! We will try to challenge your child to reach past their "comfort level" and improve as a player, and thus, a person. We will attempt to do this in environments that are fun, yet challenging. We look forward to this process. We hope you do too.
2. **Be your child's best fan.** Be positive and support your child unconditionally. Every child learns wrestling skills at a different pace.
3. **Support the program.** Support all wrestlers on the team. Each teammate presents opportunities for your wrestler. Volunteer; help out with the club's annual tournament, car pool, etc.



4. Leave the coaching to the coaches. You have entrusted the care of your child to these coaches, and they need to be free to do their job. If you wish to volunteer as a coach, contact the current head coach. Performance usually declines when a wrestler is confused from directions from too many sources. Advice or observations after the match is concluded should be kept positive and free of criticism.
5. Tournaments– During the matches please remain in the assigned spectator area unless asked by a coach to join near or on the mats. This includes videotaping matches and taking pictures.
6. NWC Tournament. Volunteer in some aspect for the annual tournament held at Norris High School. It will be arranged so that you don't miss your child's matches. We always need table help, concessions, entry/registration help, awards distribution.

COMMUNICATION

NWC Website

Our main source of general communication will be our website. Please bookmark:

<http://www.norriswrestling.org>

We will update the calendar section of the website each Sunday evening with upcoming events. This will include club events, any changes to practice schedules, club competitions, opportunities to watch local high school or college wrestling matches and tournaments.

E-Mails

Please send questions or concerns to: **norriswrestling@gmail.com**

General Information and Club Updates

We will provide you and your wrestler with the general information and updates during the last 5 minutes of each practice

In the event that a practice has to be cancelled ahead of time, we will post the cancellation in the calendar section of the website, and give you several days notice via email. If we have to cancel unexpectedly, we will contact you at your emergency contact number on your registration form.

Inclement Weather

Since our wrestling season is during the winter months, from time to time we may cancel a tournament or practice.

- Cancellations are decided by the host schools
- If a contest is not cancelled, yet you do not feel it is safe to be on the road, go with your judgment.
- If school is cancelled, we will not have practice!



COACHES

Code of Conduct

Our coaches are committed to exemplifying the club's mission and values. We are committed to ensuring that good sportsmanship, pride, honor, and concern for the well-being of our team is our top priority. We strive to model the "Coach's Role" as described in Bill Campbell's Parents Guide to Youth Wrestling:

An effective coaching staff is essential in helping kids derive the greatest benefit from their involvement in the sport. Coaches need to be effective in planning, organizing and running practice sessions, and coaching mat-side during competition. They are also called upon in host of other related activities, but most importantly, coaches should strive to create and maintain an environment an environment an environment in which the champion in every child can blossom.

It is the coach's responsibility to provide opportunities for growth, achievement and excellence that can lead to success on and off the mat. A good wrestling coach is effective in preparing his wrestlers for the challenges of competition and is able to instill positive values such as goal setting and self-discipline, while maintaining a high degree of enjoyment and fulfillment for the wrestlers.

In addition, coaches must be perceptive, flexible, and creative enough to address individual needs. In summary, the coach should be a person wrestlers trust, look up to, learn from, and rely on for support. This is certainly a tall order given personal limitations and other commitments most coaches face. It is more practical however, for these virtues to be present collectively within a coaching staff.

BOARD OF DIRECTORS

(excerpt from the NWC Bylaws)

Statement of Purpose

The NWC is a non-profit organization run by volunteer coaches (all subject to background checks) under the direction of a board of directors composed of parents, coaches, and other interested individuals in the community. The club receives no public funding. The club is funded by a portion of each member's registration fee and proceeds generated from our annual wrestling tournament.

Paying club members

As a paying club member you have a voice within the club. Members have an opportunity to become part of the BOD, vote for members, and assist with functions of the organization.



Board Member Positions and Duties

President:

The President is responsible for attending club meetings, practices, registration, working as a liaison between parents and coaches trouble-shooting, and general club duties. Serves as the main contact for the club with all external affiliates.

Vice-President:

The Vice-President is responsible for working along side the President, attending monthly club meetings and filling in when needed. They shall also help coordinate volunteers at tournaments trouble-shoot and handle general club duties.

Treasurer:

The Treasurer is responsible for keeping financial records of income and expenses, including but not limited to collecting tournament registration money. Interacts closely with tournament coordinators in order to track tournament attendance and participation, approves invoices for payment.

Secretary:

The Secretary is responsible for taking minutes at the Board meetings and sending e-mail announcements to board and club members.

Head Coach:

The Head Coach is responsible for coordinating all practice sessions and selecting assistant coaches. They must be present at all tournaments or have a designated replacement/substitute available.

Tournament Director:

The Tournament Director will oversee the organization of the Club's sponsored tournament. Ideally this person will work together with several different club members for the direction of the tournament. This position will require a considerable amount of time for about 3-4 weeks prior to the tournament and possibly after the tournament.

At-Large:

There will be three at-large members of the board that are responsible for voting on actions taken by the board, as well as assisting in other club duties as they arise.

The term of the board members shall be one (1) year. All voting board members shall be elected at the end-of-the-season banquet for the upcoming year by the members of the NWC. Each family may vote once for each position.

RELEASE AND WAIVER OF LIABILITY

ASSUMPTIONS OF RISK AND IDEMNITY AGREEMENT

In consideration of participating in the activities of Norris Wrestling Club, I represent that I understand the nature of this activity and that I am qualified, in good health, and in proper physical condition to participate in such activity. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the Activity. I fully understand that this Activity involves risks of serious body injury, including permanent disability, paralysis, and death, which may be caused by my own actions, or inaction's, those of others participating in the event, the conditions in which the event takes place, or the negligence of the "releases" named below; and that there may be other risks either not known to me or not readily foreseeable at this time, and I fully accept and assume all such risks and all responsibility for losses, cost, and damages I incur as a result of my participation in the Activity.

I hereby release, discharge, and covenant not to sue Norris Wrestling Club, its respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered on the "RELEASES" herein) from all liability, claims, demands, losses, or damages, on my account caused or alleged to be caused in whole or in part by the negligence of the "releases" or otherwise, including negligent rescue operations and future agreed that if, despite this release, waiver of liability, and assumption of risk, I, or anyone on my behalf, makes a claim against any of the Releases, I will indemnify, save, and hold harmless each of the Releases from any loss, liability, damage, or cost, which any incur as the result of such claim.

I have read the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest allowed by the law and agree that if any portion of this agreement is held to invalid the balance, notwithstanding, shall continue in full force and effect.

Printed name of participant

Date _____

Signature of participant

Parental Consent

And I, the minor's parent and/or legal guardian, understand the nature of the above referenced activities and the Minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby Release, discharge, covenant not to sue and AGREE TO IDENTIFY AND SAVE AND HOLD HARMLESS each of the Releases from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to have been caused or alleged to have been caused or alleged to have been cause in whole or in part by the negligence of the Releases or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes claim against any of the above Releases, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS, each of the Releases from any litigation expenses, attorney fees, loss liability, damage, or cost any Release may incur as the result of any such claim

Printed name of Parent/or Legal Guardian

DATE _____

Signature of Parent/or Legal Guardian