

COLCHESTER YOUTH WRESTLING 2021-2022 PARENT INFORMATION

REGISTRATION

To register your child for the 2021-2022 season:

Step 1 - Complete CYW's registration forms online at www.colchesterwildcats.org.

Step 2 - Bring cash or check (payable to Colchester Youth Wrestling) for the proper registration fee to the first practice. The fee to register is \$70, which includes a Colchester Wrestling T-shirt and USA Wrestling membership card required for insurance purposes. **Our start date (which we anticipate will be in early December) will be announced and a practice schedule provided via email following the release of the winter sports COVID-19 protocols by the CT Department of Health & CIAC, and further guidance from USA Wrestling CT.**

Step 3 (NEW MEMBERS ONLY) - Bring a copy of your child's birth certificate to the first practice to show proof of age.

PRACTICES

All practices will be held in the gymnasium at Jack Jackter Intermediate School located at 215 Halls Road in Colchester on Mondays, Tuesdays and Thursdays from 6:00 to 7:30 pm. In the event of practice cancellations due to inclement weather, the Club will notify all families via email and CYW's private Facebook site (between the hours of 3:00 and 5:00 pm). **Note: If the Colchester school system is closed or has early dismissal on a day when a practice is scheduled, the practice is automatically cancelled.**

Generally, practices will be structured as follows:

- Stretching/Warm-up
- Instruction on Moves
- Drilling of Moves
- Live Wrestling
- Conditioning
- Wrestling Games (as time allows)

We hope to designate 3-4 practice/scrimmage nights during the season with other local wrestling programs (as available). These scrimmages are a great way for our athletes to work with wrestlers from other clubs in a cooperative environment, as well as prepare for tournaments that they may choose to attend in the future (see Wrestling Tournaments and Dual Meets below).

EQUIPMENT & CLOTHING

All wrestlers will need headgear and wrestling shoes to participate. **NO SNEAKERS/STREET SHOES WILL BE ALLOWED ON THE MATS.** Only wrestling shoes may be worn on the mat to keep the mat clean and to prevent it from being damaged. Wrestling shoes should not be worn outside of practice or competitive events. Shoes and headgear can be purchased from most sporting goods stores or online. For practices, wrestlers should wear a T-shirt and shorts or sweatpants. Please ensure they are not loose

fitting or have buttons or other items that could cause injury. Note: Wrestlers who wish to donate used shoes or headgear for use by other CYW wrestlers may do so by depositing them in the wrestling equipment donation box found at practice. Please bring a water bottle to practice.

COACHING

Parent participation is vital to CYW's ability to maintain a high-quality, competitive program. The annual recruitment of new coaches and development of our current coaching staff is especially important given the one-on-one nature of the sport and the relatively short time frame we have for practices. Our ability to give our wrestlers the opportunity to compete in tournaments depends on the number of coaches we have and how much time they are able to commit. If you are interested in helping with coaching this season, please contact Mike Voiland, Head Coach, at baconwrestling@gmail.com.

CYW COMMUNICATIONS

Email will be CYW's primary method of communication. The Club also maintains a private Facebook group named **Colchester Youth Wrestling** where some announcements will be posted along with articles, videos and pictures of practice and tournaments. Parents are encouraged to join the group and post pictures or ask questions on the page, provided that their posts remain appropriate and the discourse remains civil. Club membership does not entitle anyone to membership in the Facebook group and anyone who violates the policies of the Club or Facebook will be removed from the group.

WRESTLING TOURNAMENTS & DUAL MEETS

CYW also plans to participate in tournaments and dual meet competitions with other youth clubs from around the state. Regular-season tournaments are generally held every Sunday in Connecticut beginning in mid-December and ending in March. A registration fee (usually \$20) is charged for each tournament. At tournaments, wrestlers compete individually against opponents of similar age and weight, and medals are awarded to the first, second and third place wrestlers in each age and weight division.

Participation in tournaments is optional, but CYW encourages its wrestlers to participate throughout the season (and post-season) based on their individual level of development and interest. With guidance from the coaching staff, wrestlers have the option to choose which tournaments they wish to attend. The coaching staff will provide feedback on your child's progress/development to assist you in deciding whether they are ready for their first competitive experience. "Beginner Tournaments" are held periodically for beginner wrestlers only (those wrestlers with one or two years of experience that have not medaled in a regular tournament). More experienced/advanced wrestlers may, at their option, travel out of state to compete.

If you have any questions, please do not hesitate to email me at colchesteryouthwrestling@gmail.com.

We look forward to seeing you all soon.

Ann

Ann Kilpatrick, Director
Colchester Youth Wrestling