

Zimmerman Wrestling Club
2009-2010 Youth Parent Guide
www.zimmermanwrestling.com

Mission Statement

The mission of the Zimmerman Wrestling Club (ZWC) is to provide an environment that is committed to teaching the fundamental techniques of amateur wrestling in a positive and encouraging manner, while instilling the principles of good sportsmanship and teamwork, and to prepare and challenge all wrestlers and parents alike for competition.

Purpose

The purpose of the ZWC is to provide an instructional and competitive youth program in Zimmerman and provide rules and guidelines to follow. The intention of this club is to create an atmosphere which will aide in the teaching of skills, sportsmanship, how to compete as a team, and encourage continued participation in the sport of wrestling.

Membership

ZWC consists of boys and girls from the Zimmerman area in grades K-6. Wrestlers typically practice twice per week (Tuesday & Thursday) and can choose to participate in tournaments on most weekends during the wrestling season, which runs from December through March. As a ZWC wrestler your child will get: a MN/USA wrestling card, (which includes secondary sports accident insurance coverage) a t-shirt, and admittance to a home High School Varsity Wrestling meet on Youth Night.

Fundraising

Can collecting at Hardware Hank (recycling of aluminum) – please spread the word as this is a continual, low-maintenance, high return fundraiser for us.

Please contact a ZWC Board member if you have any fundraising ideas or opportunities.

Season

Parent & Wrestler Registration and Kick-off meeting: Monday Nov 30 in the Zimmerman High School Cafeteria area at 6:30pm.

The first practice is Tuesday December 1st.

Open tournaments on weekends are encouraged but not required. *Coaching staff will be at designated tournaments to coach your child as shown on the schedule @ www.zimmermanwrestling.com

MN/USA State Tournament is held in Rochester on March 12-14, 2010 for those that qualify at MN/USA State qualifiers.

Divisions

Wrestling, like any sport, relies on the development at the youth level where kids can practice basic skills, setting them up for more advanced and complex skills when they become older, more experienced, or more aggressive. For this reason our club offers two practice sessions. The first session is for younger or less experienced wrestlers, and the second session is for older or more experienced wrestlers. Attendance at practice sessions will be monitored by the coaches.

Attire

- Shorts and t-shirt may be worn for practices (no metal or loose clothes)
- (Matches) Singlets are supplied with a \$40.00 deposit.
- Wrestling shoes are required
- Head gear is required

Practice

During practice the wrestling room is closed to parents, non-wrestlers, and non-ZWC youth coaches. This is to ensure ZWC insurance requirements are met, reduce safety concerns, along with enabling your child's full attention span. At times during the season we will open the practice session for parents (e.g., special events).

If your wrestler becomes disruptive during practice, he/she may be asked to leave the wrestling room. Depending on the behavior, the wrestler may not be allowed to return until parental discussion with one of the coaches has occurred.

Open Tournaments on weekends (individual)

Bring your MN/USA Wrestling Card. See www.theguillotine.com for a list of open tournaments

- Determine your child's weigh in time, allow enough time to register, do a skin check, and weigh in (i.e., we promote eating healthy and exercising to maintain a healthy weight)
- Athletes are separated by age and weight, usually in groups of 4

Preparation/Staging at open tournaments

- Go with your child to staging.
- Try to avoid your child wrestling another from ZWC (ask the staging person to change it if this happens-if two ZWC athletes wrestle, coaches will not coach either child)
- Once you have your mat assignment let a ZWC coach know (please do not begin a match without a coach unless you have indicated such prior)
- Let the official know you need your coach, often times they will page one

Matches

- All matches start in the standing neutral position
- Matches usually consist of 3 one minute periods

- 2 minutes allowed for injury time out (2 per match)
- Rules are determined MN USA Wrestling
- Crying rules may apply

Sportsmanship and Conduct

We represent ZWC and it is important that we demonstrate good sportsmanship and behavior at all times. Wrestlers will shake hands before and after each match, it is expected that wrestlers shake the opponent's coaches hand as well. Certified ZWC coaches will be present to coach your child, in the event that you want to coach your own child, please let the coaches know in advance. Spectators need to be seated while at the mat. Each athlete must have the ZWC "Code of Conduct" on file.

Records

We do not keep any win-loss records. However, pins earned at tournaments will be awarded at practices. The club was organized for the sole purpose of introducing wrestling to youngsters and to teach the sportsmanship that goes hand-in-hand with wrestling. The discipline lesson learned in practice, body conditioning, and actual competition is the prime objective of the club.

Zimmerman Wrestling Club Members

Gary (Ponch) Hartman – High School Director
David Peterson – Youth Director
Jill Nielsen – Treasurer
Lynn Anderson – Secretary
Scott Thompson – Advisor
Patty Robinson – Advisor
Chrys Kirschbaum – Advisor
Desiree Stepan – Advisor
Sabrina Robinson – Advisor

Zimmerman Wrestling Club Youth Coaches

David Peterson – Head Coach
Derrick Montplaisir – Assistant Coach
Chris Fouquette – Assistant Coach

If you have any concerns, suggestions, or accomplishments, please let the Board Members or Coaches know. Thank you in advance for your support!!

For more information regarding the sport, go to [Parents Guide to Youth Wrestling](#)
On-line at www.youthwrestlinguide.com.

Zimmerman Wrestling Club
Code of Conduct - Youth

Youth sports programs play an important role in promoting the physical, social and emotional development of children. It is therefore essential for parents, coaches and officials to encourage youth athletes to embrace the values of good sportsmanship. Moreover, adults involved in youth sports events should be models of good sportsmanship and should lead by example by demonstrating fairness, respect, and self-control.

I therefore pledge to be responsible for my words and actions while attending, coaching, officiating, or participating in a youth sports event and shall conform my behavior to the following code of conduct:

1. I will not engage in unsportsmanlike conduct with any coach, parent, player, participant, official or any other attendee.
2. I will not encourage my child, or any other person, to engage in unsportsmanlike conduct with any coach, parent, player, participant, official or any other attendee.
3. I will not engage in any behavior which would endanger the health, safety or well-being of any coach, parent, player, participant, official or any other attendee.
4. I will not encourage my child, or any other person, to engage in any behavior which would endanger the health, safety or well being of any coach, parent, player, participant, official or any other attendee.
5. I will not use drugs or alcohol while at a youth sports event and will not attend, coach, officiate or participate in a youth sports event while under the influence of drugs or alcohol.
6. I will not permit my child, or encourage any other person, to use drugs or alcohol at a youth sports event and will not permit my child, or encourage any other person, to attend, coach, officiate or participate in a youth sports event while under the influence of drugs or alcohol.
7. I will not engage in the use of profanity.
8. I will not encourage my child, or any other person, to engage in the use of profanity.
9. I will treat any coach, parent, player, participant, official or any other attendee with respect regardless of race, color, national origin, sex, sexual orientation or ability.
10. I will encourage my child to treat any coach, parent, player, participant, official or any other attendee with respect regardless of race, color, national origin, sex, sexual orientation or ability.
11. I will not initiate and/or engage in verbal or physical threats or abuse aimed at any coach, parent, player, participant, official, or any other attendee.
12. I will not encourage my child, or any other person, to initiate and/or engage in verbal or physical threats or abuse aimed at any coach, parent, player, participant, official, or any other attendee.

I hereby agree that if I fail to conform my conduct to the foregoing while attending, coaching, officiating, or participating in a youth sports event, I will be subject to the following disciplinary action:

Offender and/or athlete involved may be expelled from ZWC.

Participants Name / Parent/Guardian Signature Date