



STATELINE WILDCATS 2009/2010 SEASON INFORMATION SHEET

Welcome to the Stateline Wildcats Wrestling Club! We are excited to start the season and look forward to having you as a member of the club. Here is information that will help as you return, or if you are new to the club and the sport of wrestling.

REGISTRATION/FEES. If you haven't turned in your forms or fees, please bring them with you on the first day of practice. New members will also need to provide their birth certificate. If you have provided a deposit, please bring your remaining balance on the first day of practice.

PRACTICES

First Practice Tuesday, November 3rd

Practices will be held at Wilmot High School in the upper gym (entrance in the north parking lot) Please check the calendar on our website as practice days may change. Generally, practices will be held Tuesday, Wednesday, and Thursday evenings from 6:00 to 8:00 pm. First Year/Young wrestlers may choose to practice from 6:00-7:00 pm; advanced members will continue skill training until 8:00 pm. Wrestlers are expected to **arrive 10 minutes early** and should use the bathroom, put shoes on and be ready form warm-up by the start time of each practice. Those wrestlers who are late will have to run and warm-up before they can start any skill training. Everyone will stay and roll up the mats at the end of practice if necessary. No exceptions.

UNIFORM/GEAR. Shoes are the only gear that you need to provide for your child. Singlets and headgear necessary for tournaments are provided by the club. These will be provided before tournaments start early December. You will be required to make a **deposit of \$100.00** in the form of a check postdated for April 2010. Once a member's headgear and singlet is returned at the conclusion of the season, you will be given back your check. If we do not receive the singlet and headgear returned by the end of April, the check will be cashed to replace the missing uniform.

TEAM PICTURES will be taken during regular practice times. We will announce when team pictures are scheduled. Wrestlers must wear their singlets (no headgear) for the pictures. This will be the only time the singlets will be worn on a practice day. The uniforms are to be worn only on tournament day.

PRACTICE CLOTHING should consist of a pair of gym shorts (no buttons, buckles, zippers or any other hard object of any kind), and a t-shirt (not too big please). No gym shoes are allowed on the mats. Wrestlers must have wrestling shoes. No jewelry. Headgear will be mandatory during practice.

RULES are established for the safety of all members, as well as sportsmanship of the club.

- There will be absolutely no swearing, goofing around or talking when the coaches are teaching/talking; and, there will be no walking off the mat to get a drink or use the bathroom without the permission of the coach.
- Parents, if you feel your child is not listening, please approach the coach and let him take care of your son or daughter. The kids will learn to listen and follow directions pretty quick if you let the coach do his job. Running and push-ups do wonders for those who step out of line. Please, if you have any concerns, talk with Coach Adam. He really enjoys coaching and teaching your children and wants them to have fun, but at the same time learn life's lessons through the sport of wrestling. If your child is having any problems, please encourage your child to talk to the coach before or after practice.

- We ask the older boys/girls to set good examples for the younger kids in their speech and actions, as the younger kids look up to them.
- Remember this is not our school. The school has been kind enough to let us use the high school's wrestling room along with their mats so... **we will take care of them.**
- **No kids are allowed to roam the hallway or the school**, including family members attending while a member is in practice, unless parents are with them. Those who continuously disobey this rule will be asked to not come to practice. This is something the school has asked of us and we will abide by this rule.
- **PLEASE** remove any trash before leaving. If this becomes an issue, we would have to limit what is brought into the gym.

TOURNAMENTS start early December and run through February, culminating with the state series for Wisconsin in March. Most tournaments are on Sundays, with weigh-ins starting between 6:00-8:00 am. Tournaments typically start by 9:30 am and usually end early afternoon. Younger wrestlers will be released earlier depending on the tournament bracketing. We will caravan frequently to tournaments, meeting at various places. Information will be provided prior to a tournament indicating where we will meet, have breakfast, etc., so that we can attend, and support each other, as a team. If you have any questions, please talk to Adam before the start of a tournament. Each tournament location typically has concessions all day. Most locations do not allow coolers (food/drink) in the gym. If you bring a cooler, please plan on leaving your cooler in the cafeteria (or specified location).

Our **WEBSITE** will be kept up-to-date with current information about practices, tournaments and other information you need to know. Please visit it often. If you have any comments or suggestions about the website, please contact our Web Director, Jennifer Neal at jneal@statelinewildcats.com. The website address is www.StatelineWildcats.com.

If you have any questions please contact our head coach, Adam Glauser at 847-514-2698 or by email at aglauser@statelinewildcats.com or Tim Neal, the Club President, at 262-490-5700 or by email at tneal@statelinewildcats.com.

We look forward to working with your child and having a great year!

Thank you!

Stateline Wildcats Wrestling Club