

## Parent's Guide to Youth Wrestling

Whether you are the parent of a new wrestler, or a seasoned veteran, wrestling can be confusing. Here's a crash course on lingo and to help prepare you for tournaments. Veteran parents and coaches are also great resources. Don't be afraid to ask! We were all new parents once!

### Suggestions

- Use a backpack or athletic bag packed with essentials like wrestling shoes, singlet, head gear, knee pads, etc. Write your wrestler's name on all items.
- USAW and AAU Card, and copy of birth certificate to show at each tournament during registration.
- Athletic tape or shoe guards to have shoe laces taped.
- Fingernail clippers. Clip nails before each tournament.
- Stadium chairs, books, game systems like PSP, DSi, etc.
- Super Attitude!

### Red & Blue Tournament

All wrestlers will receive a red or blue ribbon after each match. Wrestlers will have earned a ribbon, win or lose, in addition to gaining valuable mat time, without the pressure of a medal tournament.

### Pairings

Pairings matches wrestlers for bouts. The roster is developed by using a number drawn by wrestlers during registration. An uneven number of opponents may result in a bye instead of an actual match. As the tournament proceeds, match results are returned to pairings so that more matches can be arranged. The placeholders will be determined on the wrestler's progression through the tournament, and points awarded due to wins, types of wins and losses.

### Bracket Sheet

Each weight class will have a bracket prepared from weigh-ins and registration. The final list of participants for each weight class will be posted in a designated area. Your wrestler's name will be paired with their opponent for the current (or yet-to-be wrestled) round. Some weight classes may have several brackets. For example, you could see Bantam 50A, 50B and 50C bracket sheets. If you do not see your wrestler's name on the bracket, please see your coach immediately so that they can check with pairings! Sometimes large brackets are posted last. Note: At State tournaments, all wrestlers will be placed on one card.

### Singlet Color

On the brackets, if there is a dot next to your wrestler's name, then your child will wrestle in a red singlet. Hint: A DOT IS HOT! If no dot appears by your wrestler's name, he or she will wear a blue singlet. This can change each round, so check the bracket often.

### Weight Class & Age Groups

Your wrestler will be categorized by age and weight. Each age group will have different weight classes, depending upon the tournament size and host. Age groups are based on your wrestler's birthday and are as follows for USAW tournaments:

PeeWee	Age 3-5
Bantam	Age 6-7
Midget/Intermediate	Age 8-9
Novice	Age 10-11
Schoolboy/girl	Age 12-13
Cadet	Age 14-15
Junior or in High School	Age 16+

### Marshalling

Marshalling is the staging area for wrestlers to prepare for their upcoming matches. Each wrestler's name will be verified to their bout sheet and officials will ensure both opponents are present and wearing the appropriate color singlet. Parents do not go into marshalling. Younger kids are escorted by a coach.

### When can we go home?

Before you leave the tournament, **always** check with an EHWC coach to make sure that your wrestler is finished. Usually, if your wrestler has had two losses, an X will appear on their bracket after their second loss and they are done wrestling. However, that depends on how deep they are in the tournament.

### Things to Remember

Have your wrestler rest between matches and play mellow activities like a PSP, DS or coloring. If they run around, they will be exhausted for their next match.

Keep them hydrated and eating healthy snacks like fruit and jerky. Feeding them sugar will result in a crash and no energy.

If you stay in a hotel with a pool, you may want to limit pool time the night before a tournament. Swimming may drain your wrestler's energy.

Relax and have fun! Enjoy the time with your wrestler, their teammates, other families and support them on and off the mat. Stay positive and encourage them to do their best. This may be their first time ever or their 1,000<sup>th</sup> match. Let them know you support them and cheer them on! Promote good sportsmanship and lead by example.