

Dickinson Wrestling Club Frequently Asked Questions:

- 1. Where can I get online wrestling club information, or links to other wrestling clubs?** Go to www.dickinsonwrestlingclub.com
- 2. Are the coaches qualified to coach and instruct my child?** All of our coaches have a strong wrestling background. Many are volunteers that donate many hours of time. All coaches are required to get a USA coaching card and successfully pass a background check.
- 3. Do my kids have to "cut weight"?** Kids are not allowed or encouraged to cut weight at this age. They "weigh in" at their natural weight for each tournament each week. Although you may notice them gradually losing or gaining weight and become more physically fit as they attend more practices. Some kids may also grow heavier (or lighter) during wrestling season as they gain more muscle, become more physically fit, and enter natural growth spurts.
- 4. Will my child wrestle kids a lot bigger than him?** All wrestlers are weighed on official scales and then compete in pre-determined weight classes (which are usually divided into approximately 5 pound increments) and then the weight classes are further grouped in two year age increments based on national USA wrestling groupings. See this website for more information: <http://www.themat.com/forms/Weights.pdf>
- 5. What if I know someone who wants to wrestle but cannot afford the fees?** The Dickinson wrestling club will not turn away anyone who wants to wrestle. The wrestling club has coordinated with many local business's who are willing to provide scholarships to assist providing any child the ability to wrestle. (Please visit in confidence with any wrestling club board members or the club secretary to discuss this in detail.) The club also holds a yearly raffle in which youth are encouraged to help sell tickets. These proceeds help pay for some or all of the youth tournament entry fees.
- 6. Do we have to travel to tournaments every weekend.** Dickinson Wrestling Club youth are encouraged to participate in the area USA tournaments. The more they practice/compete and the more they wrestle, the better they will get each week. The club usually has coaches at the USA tournaments and the parents usually need to bring the wrestlers to the tournaments. A schedule and info is provided in each weekly newsletter. Tournaments usually rotate to a different town each weekend. Dickinson usually has a tournament in mid March. <http://dickinsonwrestlingclub.com/calendar.htm>
- 7. Why is a USA wrestling card required to participate?** A USA wrestling card provides secondary supplemental injury insurance at practice, and at USA tournaments. <http://www.usawmembership.com/>
<http://www.themat.com/usawrestling.org/membership.php>
- 8. What are the wrestling club participation fees used for?** The fees help offset many of the regular expenses incurred throughout the year by the club. The Dickinson Wrestling club has some of the lowest fees in the state. Many coaches volunteer all of their time and this provides a significant value in keeping our fees low.
- 9. There was a raffle held last year. What are those proceeds used for?** We again had a successful raffle this past year with great wrestler participations. All wrestlers were offered and encouraged to sell raffle tickets. If a wrestler sold one book of tickets or more, they get all of their tournament entry fees paid for. Even if you did not want to sell any tickets or are new to the club, you still benefit by getting 1/2 of your tournament entry fees paid for. As an added incentive, a Wii and an Xbox was given away by random drawing to two wrestlers that participated in selling raffle tickets. (The board of directors sets and applies these criteria.)
- 10. Does my child have to attend every practice?** We understand scheduling conflicts occur. We encourage you to try to make every practice. Please come 15 minutes early to get completely ready so practice can start on time. The more practices they make the better wrestler they will become.

11. What age should my child start wrestling? Some children mature more quickly than others. They need to be able to pay attention and follow instructions. Please visit with one of the coaches to see if your child is ready to start wrestling. Kindergarten or 1st grade is a general rule of thumb to be able to start wrestling.

12. Does my child need to buy wrestling shoes or a wrestling singlet? The wrestling club has "used" shoes that if the right size is still available, you can rent for \$5 for the season. A wrestling singlet is provided free of charge- although we do require a \$50 deposit for them -which is refunded when returned at the end of the season.

13. I am not familiar with wrestling. How is the match scored? There are many ways to score points and (a pin or fall usually ends the match). You may want to Google it for some quick lessons. You can always ask a coach for specific scoring questions. Observing your child during practice will also help to learn the scoring and rules.

14. I would like to volunteer to help out at the tournament or anywhere help is needed. Who do I talk to?

Talk with our secretary Heidi or any of the coaches. We sincerely appreciate the help as there are a lot of "behind the scenes" work that needs to be done. We also have a tournament in Dickinson and need many volunteers. You would be surprised at the number of friendships made by working together with someone as a volunteer.

15. What is the "Mission Statement" of the Dickinson Wrestling Club? To train wrestlers to compete at the highest level of their abilities, but to also teach lessons that may be carried forward for the rest of their lives. Compassion, sacrifice, individual responsibility, sportsmanship, physical fitness, logic, work ethic, and teamwork are all attributes developed and reinforced by wrestling.

16. What is the "wrestling club end of year banquet"? At the end of the season a banquet is held at the Dickinson Eagles Club in which all youth and even high school wrestlers are recognized. We encourage everyone to attend. The date of the banquet will be posted in a later newsletter and on the wrestling club website.

17. Is there a weekly update sent out with information? Yes, we handout a newsletter at the beginning of each week with information on upcoming and past events. The weekly newsletter is also posted on the wrestling club website. It is password protected. Email Todd at tlcberg@ndsupernet.com to get the username and password for access.

18. Has anyone I have heard of wrestle? Many famous and influential people in U.S. society wrestled and attribute much of their success in life to their time spent wrestling. Political figures like Abraham Lincoln, Dennis Hastert and George Stephanopoulos were wrestlers. Tom Cruise, Robin Williams and Alec, Billy, and Stephen Baldwin were also wrestlers. There are countless players in the NFL that have a wrestling background such as Ray Lewis, Ronde Barber, and Stephen Neal (Neal didn't play FB in college; he was a 2x NCAA HWT champion).

19. Why should my child wrestle? Wrestling is a great sport that requires dedication, hard work and a willingness to learn. These are attributes that contribute to all aspects of life, not just sports. Wrestling also helps with agility, strength, balance and perseverance. These are attributes that apply in many different sports.

20. Will my child get a skin infection? There is a possibility for anyone to get a skin infection. The coaching staff disinfects the mats on a regular basis. Doing this, along with showering immediately after practice, reduces the risk of skin infections.

21. Will wrestlers get cauliflower ear? Cauliflower ear comes from repeated rubbing of the ears. This year USA wrestling is enforcing headgear (ear protection) at the beginning of the season. Consistent use of headgear will protect against cauliflower ear.

22. I have never been to a tournament before. What is the procedure? (This is generic info and applicable to most regular tournaments) The tournament entry fee usually average about \$8 to \$12 for each wrestler. (see raffle tickets info for discounts) The wrestlers are usually weighed in at the Dickinson wrestling locker room on Thursday evening by the coaches after practice. Heidi (the club secretary), then submits all the wrestlers info to the destination tournament where they then group the kids together and then bracket them based on age and weight . You will need to arrive onsite at the tournament approx 1/2 hr sooner than the scheduled age group time slot (so you can verify if your wrestler is listedand in the correct bracket). There is usually about a \$6.00 per spectator door entry fee. The upcoming tournament information details are usually included in the Monday newsletter. Dickinson coaches are usually at most USA sponsored tournaments to help coach your wrestler. Make sure your wrestler wears

their Dickinson Wrestling Club wrestling singlet so the coaches can see when they are wrestling. There are usually three 1 minute periods in a match unless the match ends in a pin. Most tournaments are run pretty good, but of course the Dickinson Wrestling Club tournament is the bestas we have awesome volunteers to help make everything go smoothly. ☺

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