



The Organization

The Port Washington Wrestling Club, Inc was founded in 1979, and the branch now known as the "Piranhas" was established in 1996. The group is self-supporting and non-profit.

Core Mission & Goals

Our mission is to educate youth about the sport, the benefits of participating in competitive wrestling, and prepare them for success both on and off the mat.

We will do this by:

- Providing quality instruction of wrestling techniques that will be reinforced in the TJ and PWS Wrestling programs
- Teaching perseverance and the importance of ongoing improvement, learning, and development
- Teaching the wrestlers about the preparation it takes to excel
- Providing the opportunity to strengthen and reveal positive character
- Promoting self-discipline, physical strength, self-control, and teamwork
- Providing opportunities to develop leadership and self-motivation skills

Practice Information

Practice Location: PWS Wrestling Room

Practice Days and Times: 6-7:30pm.

Junior Piranhas: Mondays & Wednesdays.

Piranhas: Tuesday & Thursdays.

Practice Pick-up/Drop-off

It is recommended parents come inside to drop off and pick up children for practice, especially with the younger Piranhas (10 and under). Also, at times there is information shared about upcoming tournaments, picture days, etc. It is good practice to return 10-15 minutes early to pick up your wrestler so that your child is not left unsupervised or waiting outside in the cold, winter months. It is NOT the responsibility of the coaches to watch your children once practice is finished.

Wrestlers are expected to arrive early enough to change into their wrestling shoes prior to practice. Please be reminded that changing shoes should be done before going on the mat. Help cleaning the mats prior to practice is always appreciated!!

Practice Attendance

Attending practice on a regular basis is crucial to developing the wrestling and life skills that result in success. Our wrestling curriculum at all levels relies on the progression of techniques that continue to build upon those learned in prior practices, and absence from practice hinders this process, not only for your wrestler but for the other wrestlers in the room. Participation in practice is directly correlated to the degree of success at tournaments; especially as a wrestler get older. A high level of attendance is expected.

Behavioral Expectations

Our wrestlers are expected to give their full attention to the coaches during practice and refrain from activities that may be disruptive to the coaches and the other wrestlers in the room. Disruptive behavior includes but is not limited to:

- Talking or not paying attention during instruction
- Climbing on the wall mats, takedown-dummy, and other equipment in the room
- Returning late from water breaks
- Rambunctious drilling or wrestling

Wrestling room rules

1. Wrestlers must wait to enter the wrestling room until the prior practice is done.
2. Wrestlers should remove their boots, or outside shoes prior to walking on the mats.
3. Wrestlers should not leave the wrestling mat unless directed by the coach.
4. Wrestlers will not engage in horseplay (climbing on rolled mats, abusing exercise equipment, etc.)
5. Wrestlers will not talk when the coach is talking. This rule includes parents/adults in the wrestling room!!

Disciplinary action

If a wrestler cannot follow these rules and creates a disruption for the rest of the team, the coaches will work with your child to help him/her to understand the expectations. If the behaviors continue the following courses of action will be taken:

- 1st Occurrence – Coach will have a discussion with the parent(s) about the disruptive behavior(s)
- 2nd Occurrence – Coach will ask that the parent(s) be present during practice

so that if a disruption occurs, they can intervene without causing the entire practice to be interrupted.

- 3rd Occurrence – Coach will ask that the wrestler be removed from practice

Piranhas Health Guidelines (for Ringworm)

Ringworm is a highly contagious fungal infection of the skin. It is more common in males. Ringworm can affect many parts of the body (head, arms, chest, neck, etc.). The fungi, or parasites, feed on the body's perspiration. Ringworm doesn't always appear in the shape of a ring; it can appear as a rash or a swollen blister with reddening.

Ringworm MUST be treated, or it will keep spreading. Listed below are the guidelines the Piranhas coaches will follow in ANY case of ringworm outbreak with wrestlers:

1. It is EXTREMELY important that ALL wrestlers shower with an antibacterial soap as soon as possible after each practice or tournament.
2. Any clothing worn before showering should be washed immediately to prevent the spread of ringworm.
3. If your child does break out with ringworm, please inform the coaches immediately. This is important so we can also keep the other team members and the high school coaches and teams informed to take preventative measures.
4. If your child contacts ringworm, it is REQUIRED that you take your child to the doctor and obtain a release indicating where the ringworm is located, how it is being treated, and when they can wrestle safely again. (Normally 24 hours after treatment starts, the wrestler can begin practicing again). The wrestler WILL NOT be allowed to attend or participate in practices or tournaments without the medical release from the doctor.

IMPORTANT NOTE: Lamisil cream is one of the over-the-counter medicines used to treat ringworm. If the ringworm spreads or does not heal, the doctor will have to issue an oral prescription to treat it.

Team Singlet

A team singlet will be checked out to each wrestler at the beginning of the season. The singlet should be returned at end of season in good shape. **The team singlet must be worn at each tournament. If singlets are not returned there will be a \$75 fee.**

Tournament Day

The coaches want to stress that at every tournament our wrestlers attend they are to represent our team with “**Piranha Pride**”. This pride will represent itself in good character, win or lose – on and off the mat. This does not end with the wrestler but includes parents and team spectators as well. The Piranhas Team will focus on our “**Piranha Pride**” each season, starting in practice, and our hope is that it will become a culture for our wrestlers for the future.

Parental Participation info - Tournament Day

Tournament day can be confusing for new wrestling families. Parents will be required to ensure their wrestler is registered properly (correct age/weight), has the required equipment (head gear, shoes, singlet, team shirt/shorts), and knows when/where the matches will take place. Coaches will be at most meets to assist in this, but it is the parents’ responsibility to guide their wrestler throughout the day, during and between matches. The typical tournament runs as follows:

****Please refer to Tournament Schedule Handout for more information about Registration information and USA Cards**

Registration/Check In

This will take place an hour or two before wrestling is to begin. Most of the time you will have pre-registered your wrestler, and this will be a relatively quick process. Some tournaments will allow day-of registration, which may take longer and require you to present your USA wrestling card.

Weigh Ins

Although you will have filled in your wrestler’s weight during registration, the tournament may require morning weigh-in. This will typically happen right after registration/check-in. The wrestlers should weigh-in with their team issued singlet. The tournament will specify if wrestling shoes are necessary, etc. Gross discrepancies in your wrestler’s weight from pre-registration may cause your wrestler to be disqualified. This is done so that wrestlers are not mindfully registering at a much lower weight dishonestly. Some discrepancies are expected as pre-registration can be done weeks in advance.

Coaching Requirement

Every wrestler should have a coach mat side while they wrestle. If coaches are unavailable, it is the parents’ responsibility to fill this role. Coaches will try to make at least one of your wrestler’s matches each tournament. To assist the coaches please give the coaches your wrestler’s bracket/bout numbers. It is also helpful for your wrestler to find a coach and let him know he is within three bouts of his own bout number. Pay attention to how the coaches “coach” your wrestler during a match, it helps when it is time for you to coach solo!!