

REGISTRATION

Registration for TJ Youth Wrestling is \$50 plus a \$20 uniform deposit. Each wrestler receives a T-shirt with their paid registration and the use of a singlet for the season. Once the singlet is returned at the end of the season, the wrestler can either have the \$20 uniform deposit returned or have it applied towards payment of their banquet meal (which is usually \$20).

UNIFORMS

All uniforms (singlets) for league matches will be provided by our wrestling program. All uniforms **MUST** be returned at the end of the season. Otherwise, your \$20 uniform deposit will be forfeited.

PRACTICE CLOTHES

Clean tennis shoes, T-Shirt and shorts without zippers or sweat pants are the only things that are needed for practice. **DO NOT** walk outside with your wrestling shoes or tennis shoes on! Please have the kids wear a different pair of shoes to the school than what they will be using in the wrestling room so that mud & dirt are not tracked onto the mats. Wrestling shoes are not required.

HEAD GEAR

Head Gear (for ear protection) are highly recommended for practice and are required at "League Matches", but they are not mandatory in the practice room.

HYGIENE

Fingernails should be trimmed and be free of jagged edges at all times. It is highly recommended that your child bathe at home each night after practice using friction, antibacterial soap and warm water in order to prevent the spread of skin diseases that are common in the sport of wrestling. Length of hair should be kept to the collar and above the top of the ear. If hair is longer than what is required, a wrestler will have to wear a non-abrasive hair net/cap.

PLEASE NOTE

No jewelry of any kind can be worn in the wrestling room! No watches, rings, earrings, necklaces, etc... can ever be worn on the mat.

PRACTICES

Practices will be held

every Monday & Wednesday for our younger wrestlers (8 and Up Beginners):

Session I - 6:00pm to 7:15pm - Beginning wrestlers (first year)

Session II - 6:45pm to 8:00pm - Wrestlers with two or more years of experience

and every Tuesday & Thursday for our older, more experienced wrestlers (9 - 12 Yr Olds) from 6:00pm-7:30pm.

The coaches will let each wrestler know which session they should be attending. Practice is held at the TJ High School Wrestling Room, except for days when school is not in session. No school means no practice. If for any reason that a practice is going to be cancelled due to inclement

weather, we will post this notice on the front page of our website and an email will be sent to all parents. While practice is in session it is preferred that parents not be in wrestling room, but if you choose to attend practice please make sure you stay as far off mats as possible and **ABSOLUTELY NO STREET SHOES ON WRESTLING MATS**. Siblings of our wrestlers should also be supervised at all times during practice and children are not permitted to be running the halls.

HOME MATCHES

Throughout the season we host Keystone matches at TJ. Due to all of the hard work that is involved in making these matches successful, we rely on our wrestling families to help. In order to continue to keep our registration costs down for our program, we require that an adult representative from each wrestling family helps us during at least one of these home matches. Even if you have a coach in the family, you still need to have another adult member of your family assist at a home match. We will have sign-up sheets available for the various areas that we require assistance. Wrestling experience is not required to be a helper, and every effort is made so that you will not have to miss your child's match. We thank you in advance for your cooperation and your help.

PHOTOS

A few weeks after practice begins, we will take individual and team. We ask that on the night that we take photos, that your child wears his wrestling uniform to practice. Further information regarding dates, orders forms, etc. will be posted on the website and distributed at practice

BANQUET

Each year our program holds a banquet for our wrestlers who are active in the TJ Youth Wrestling Program. This is typically held sometime in March or April at Dave-n-Busters. Every wrestler receives a gift for their participation in our program. Our program also provides jackets to all wrestlers who have finished their fourth year in the program and are "graduating" to the middle school team. There is no cost for our Wrestlers to attend this banquet as they can apply their uniform deposit to their banquet payment.