



Dear Valdez Youth Wrestling Parents,

We're excited to coach your wrestler this season. Our goal is to teach the fundamentals of wrestling, improve skill level, promote the importance of teamwork, and have fun! All the while stressing hard work and good sportsmanship.

The Valdez Youth Wrestling Club (VYWC) Board consists of Regina Blood - President, Tony Beck - Vice President, Melody Francis - Secretary, Brittany Dschaak - Treasurer, and board members Jennie Sodergren and Twilah Beck. Chad Blood and Jon Beck serve as club directors.

This year, our coaching team includes coaches: Chad Blood, Casey Dschaak, Matt Downing, Tony Beck, Jon Beck, Chad Montgomery, and Nate Taylor.

VYWC is committed to developing a strong foundation for wrestlers, aligning with the Valdez Middle School and High School programs.

Practices:

Practices will begin February 7th through the beginning of May, when we attend the State Wrestling Tournament.

Beginner (8U-12U) Freestyle practices will be Tue / Thur from 6:30-7:15 PM

Advanced (14U-18U) Freestyle practices will be Mon / Wed / Thur from 6:30-8:00 PM with additional practice time on Tue / Thur 7:15-8:00 PM

Tournaments

As soon as it's available, we'll post the Alaska USAW Tournament Schedule on the VYWC website, along with the tournaments VYWC will attend. Prior to each event, we will send an email asking you to register for the tournament. Simply reply to the email informing us of your intentions before the deadline to register. Only those who have emailed a response will be guaranteed registration.

Practice Attire

All wrestlers require wrestling shoes, headgear, and a water bottle for practice. Wrestlers should dress in comfortable clothing (t- shirt and shorts) free of any zippers or clasps that can snag or scratch other wrestlers. No jewelry is to be worn during practices. Though singlets are not mandatory for practice, they are required at tournaments. If your child wants to participate in tournaments, but cannot obtain a singlet, please contact a board member.

Practice Expectations

Practices will begin promptly at 6:30 & 7:15 PM. Wrestlers are expected to be ready to step onto the mat. For example, shoes tied, head gear available, water bottles full, and fingernails clipped. Weigh-ins will take place before each practice and fingernails will be checked.

Wrestlers will be expected to follow our Wrestling Team Rules:

- Be respectful of coaches and others
- No talking while coaches are speaking
- Get better every day
- Be a good teammate
- Work hard and don't waste time

These rules are put into place to ensure a safe and fun practice for all.

To promote health and wellness, VYWC sanitizes the mats before each practice session. We ask for your assistance by requiring your wrestler to shower after every practice, wash clothing between sessions, and wear wrestling shoes at wrestling practice only.

We do not promote cutting weight at the youth level. If wrestlers choose to compete, they will wrestle at their natural weight. We promote healthy eating habits and a healthy lifestyle.

If you have any questions, concerns, or advice, please contact any of our coaches or board members.

VYWC encourages parents to get involved with the Club, whether it's helping on the mat, weighing kids in, or keeping kids safe. If you have time and talent that you would like to donate to the club, please contact a board member.

Thank you,

Regina Blood, President
The Valdez Youth Wrestling Club