

BLIZZARDS WRESTLING



Tournaments are a fun and exciting time for wrestlers and parents alike. Here are some tips and reminders to help us all make the most of it!

ITEMS NEEDED

Before you leave Valdez, double check that you have your child's USAW card, singlet, shoes (both of them) and headgear. Without these items your child will **NOT** be allowed to wrestle.

WEIGH INS

It is best to arrive early for registration. Wrestlers that arrive early for weigh in, usually get weighed in short order. Those that delay get to wait in line behind the many other wrestlers participating.

The Head Coach will have already registered your wrestler for the tournament. You will need to pick up your weigh-in card. USAW cards will be checked at this time. Don't forget your USAW card!

Wrestlers will weigh in wearing only their singlet. There may not be a specific place to change clothing at the tournament (other than the restroom). Many kids simply wear their singlet under their warm ups, shorts and t-shirt to the tournament.

Your child will be given a weigh in card. He / She will bring the card up to the weigh in official. A weigh in official will check your child for skin irritations and make sure their nails are clipped. Any obvious rashes or skin infections may warrant non-admission to the tournament. Skin infections are extremely contagious and clubs are very proactive to protect the other kids and anyone who may come in contact with the mats.

Once the child is weighed, the card stays with the official to be entered into the bracketing system.

A healthy meal should be eaten after weigh-ins and prior to, but not immediately before, competition.

WAITING FOR BRACKETS

Once the host club completes the grouping of wrestlers, they may post bracket cards or sheets along a wall. It will inform parents, coaches and wrestlers the following: Age Group, Weight Class, Wrestler Name, Wrestler Club, Match Results . Some parents take a quick snapshot of the bracket using their phone for reference throughout the day; others bring a pen and paper to write.

Most tournaments will be run via Track Wrestling. The match schedule will be running on a projector somewhere near or in the gym. This will show you what order the matches will be taking place and on which mat. www.trackwrestling.com is a great resource for following brackets & stats. Most parents keep this site pulled up on their cell phone for reference during the meet.

When your wrestler's name appears on the projector you will need to have him/her get warmed up and ready for the match. If your wrestler is missing when his match is supposed to start, some tournaments may page your wrestler to mat side but some tournaments will forfeit your child's match and move on. It is very important that your child be at the mat **before** his match is scheduled to start. Coaches will be watching the schedule and will head to the mat to find your child. They will **not** come looking for your child. Tournaments are fast paced and we may have multiple wrestlers wrestling at the same time. It is required that each child have a certified coach present on the mat in order for them to wrestle. If a coach is not present at the mat the match will be forfeited.

There is always a waiting period after registration and before the tournament begins. There can also be an hour or more wait in between wrestling matches. Matches may be as close together as 15 minutes. You never know when your wrestler may be called to the mat. It is important for you to be in attendance and paying attention to the projector screen to ensure your wrestler will not miss his match.

A space in the bleachers will be identified as the Blizzards Zone! Sitting together allows us to help each other out in getting kids to the right mats at the right times, allows the coaches to be able to identify kids quickly if needed. The kids can interact during down time and there are always snacks, video games, & entertainment to go around.

TIME TO WRESTLE

Before wrestling begins (during bracketing) the wrestling mats are usually open for team stretching and warm ups. When you are not wrestling, watch and support your teammates. It is a good way to learn.

When you are not wrestling stay warm with warm-ups or sweatpants and sweatshirt.

Each round involves all ages/weights wrestling before the next round begins. It may take up to 90 minutes per round. Sometimes things take longer / sometimes rounds go quick. Pay attention.

Some tournaments will use a "Double Elimination" format. This means that your child will get at least 2 matches. When the wrestlers lose their 2nd match they are usually done for the day. However sometimes exhibition matches will be scheduled to get the wrestlers more match experience.

Some tournaments will use a "round robin" format. This means that your child will wrestle at least 3-4 times; although, this always depends on the number of wrestlers that show up in the same age, experience or weight category.

After each match, the wrestler is to go to the coach at mat side for final tips and a "pep talk".

You will see many parents crouching up close to the mat in order to "mat-side" coach. Please be responsive and sensitive – if a coach is available, let them coach. Your presence may undermine, distract and confuse your child from the direction and objective feedback - coming from the coach.

Spectators should note that a maximum number of persons on the mat might be limited to two. Either one coach and one video recorder or coaches only. Each tournament is different. State & national tournaments are far stricter.

This is an intense sport and wrestlers can experience intense emotions. Your job is to be the supportive parent giving the young athlete a hug or a pat on the back. Be aware of your behavior. The coaches are there to coach and will be supportive of your child.

Tournaments should have first aid handy. Nose bleeds do happen. Do not be alarmed. Also, do not overreact at tears that may flow. The referee is there not only to score the match but also to try to prevent injury. Sometimes, kids are simply not used to some positions that may be unfamiliar or rightfully uncomfortable.

Be respectful, follow directions and be a good sport.

It's a good idea to have snacks on hand for your wrestler. Most tournaments have concessions; however they rarely have healthy options. Pack a small cooler with healthy snacks and foods. Please avoid soda pops and junk food, as they will negatively affect your wrestler's performance.

Clean up after yourself.

Awards

After your last round of wrestling, stay with your group and proceed to the awards area. The 1st place champion is often also awarded the wall chart or paper bracket itself for their performance. In round robin format, a tie is very commonplace; some tournaments will post their tie-breaking criteria in order to eliminate duplicate places. Criteria may include (but not limited to) most pins, most points, fastest pin, coin toss, etc. If tie criteria is not posted, do not be surprised if your idea of place is different than the final outcome.

Parents may take photos/video at any time throughout the tournament. Wrestling is finished once the awards are distributed.

Take pictures / video. This is the good stuff that they will cherish at some point down the road. Match recordings can be very helpful for coaching purposes.