

COUNCIL ROCK Wrestling Assoc. (CRWA)



(CRWA)

General Information:

Website: www.councilrockwrestling.com

League Website: www.intercountywrestlingleague.com

Email: crwa.wrestling.club@gmail.com

Call/Text: (267) 685-6361

Council Rock Wrestling Association (CRWA) is a member of the Intercounty Wrestling League (ICWL) and annually hosts the Indian Open Wrestling Tournament. CRWA provides training and competition opportunities for approximately 200 wrestlers. CRWA is open to athletes in kindergarten through 8th grade with the primary goal of developing wrestlers to eventually compete for the Council Rock North and Council Rock South high school varsity teams. The CRWA family has a remarkable 50 year history and is extremely proud of the success its wrestlers have achieved in youth wrestling, high school, and beyond. We look forward to this year's team members someday becoming the core team members for both Coach Silimperi's and Coach Vivacqua's high school teams of the future.

Registration: Currently Open

Practices: Regular season practices will be held from 6pm – 8 pm at both CR-North & CR-South this season starting in November 13th, 2017. Practices will run Monday through Thursday. Where and on what days your athlete practices will be determined by team/room assignment. You will be notified of team/room assignments shortly after registering on the website.

Open Practices: All 3 Open practices will be held at the CR-South wrestling room (next to the gym) from 6-8pm: Wed (10/25), Wed (11/1) & Wed (11/8). If you know of anyone who may be interested, **any OR all** of these practices is a great place to start. The coaching staff and returning athletes will be on-hand. For new wrestlers, you don't want to miss these intro practices. Our coaches will be focusing on the basics of wrestling. Come dressed in a t-shirt & shorts with a water bottle. Wrestling shoes ONLY on the mats. If you don't have wrestling shoes yet, we do have a bag of previously-used shoes that you can borrow.

Coaches: All of the CRWA coaches have/will go through Child Abuse and Criminal Background checks as well as become SafeSport certified.

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There are several incredible benefits of wrestling, not only that can positively affect children but also as they grow into an adult.

Below are just a few reasons why kids should wrestle:

- **Anyone can do it** – You are grouped by age and weight, so it doesn't matter if you are small, short, tall or big. Every size and shape has a style that can be successful.
- **Everyone gets to participate** – Unlike team sports like football and lacrosse, there is no riding the bench. No politics or favorites. Every wrestler has a chance to participate and compete.
- **They learn valuable life lessons:**
 - **Personal accountability** – When you win, it's because you did it. No one else takes credit; no one else to blame.
 - **Don't give up when things get hard** - Now days on-demand technology has conditioned kids to turn off their games if they die or change the channel if they don't like a show. Wrestling puts you in situations where you have to dig in and fight to reap the rewards. It's all you in a wrestling match and there's an incredible feeling of getting your hand raised when winning a hard fought match.
 - **How to handle adversity** – In every match someone will win and someone will lose. Losing in a team sport is disappointing but it's different when it's only you. In wrestling, you learn how to lose gracefully and more importantly, how to quickly put it behind you and work hard to improve for the next match. You approach defeat as part of the learning process.
 - **How to perform** – Any given tournament, a wrestler may have 2-5 matches or even more depending on the format. They can easily get 50+ matches in a season. They have to mentally prepare for a match, learn how to stay calm under pressure, and deal with the feelings of anxiousness and nervousness over and over again. This repetition makes it second nature and prepares them for life. They know how to approach a speech or a big meeting or an interview because they've learned how to step up when it's their time to perform.
 - **Persistence** – Some kids find success early, but many will lose more than they win early on. In fact, many of the greatest wrestlers started out losing their first few seasons. It can take a couple of years, if not more, before it finally clicks. But when it does, it's one of the greatest moments to observe. The lights come on, their confidence starts growing and they start beating opponents who they've lost to several times. This is when they truly become a wrestler.
- **Real confidence is built** – Confidence is built through accomplishing hard things. Praise is fine, but only lasts for so long. When you master a skill, score with a move you've been practicing or win a match over a tough opponent, it's because of the work *you* put in.
- **Incredible conditioning** – Wrestling uses every part of your body and is one of the toughest sports to train and compete in. Kids build core strength and great cardio. You will be in shape.
- **Great for other sports** – Many get into wrestling because they are football players or in other sports and they want to improve their skills. Wrestling improves body awareness, balance, coordination and the ability to control someone else.
- **Energy outlet** -Kids have a ton of energy and they need a way to channel it. Wrestling practices and matches are non-stop with no down time.
- **Competitiveness** – If you are competitive by nature, you will love wrestling. Competing and winning against another individual is fun and a great sense of accomplishment.
- **Fun** – It's fun to win, it's fun to compete and it's fun learning and executing new moves. And while it's an individual sport, there's also a special bond that wrestlers have.

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If you're a parent new to the sport of wrestling, consider this advice for first-time wrestling parents from other wrestling parents and coaches:

- **Attend pre-season team meetings:** Introduce yourself to the coach and parents. Ask if there is a team handbook to help explain team rules and guidelines in greater detail. Be attentive and ask questions as they come up, in a group, or privately (one-on-one with a club leader, coach or parent).
- **Get to know other parents/fans:** Parents and fans are truly passionate about the sport, says Chad Beatty, head wrestling coach at Forest Grove High School in Forest Grove, Oregon, and a former University of Iowa wrestler. Get to know those parents. "The best way to learn something new is from someone that is passionate about the topic," Beatty said. "Other, more knowledgeable parents can show you the ropes, explain rules, and answer questions that might not be addressed by the coaches at pre-season meetings."
- **Get to know the coaches and athletes:** "Watching athletics is always more fun when you have a personal connection to someone that is participating," Beatty said. "Learn their names and cheer them on. This will do two things—create team unity and make tournaments go much faster!"
- **Ask coaches and parents for assistance:** Do you have the right gear, or all the gear needed? Is there team apparel for sale? What should one expect that first practice, tournament, or match? How can a parent prepare in advance, and help the child prepare on and off the mat?
- **It's about the kids:** Steve Thorpe, head coach at Sweet Home High School in Sweet Home, Oregon, tells parents the same thing every year. "It's about the kids, not me," he said. "I will never wrestle another match, but they have years in front of them if it's done right." So, focus on learning what one can do as a parent to best support and encourage their child, regardless of knowledge of the sport. And remember, it's about the kids.
- **Start out slow:** The first priority is to ensure that your son or daughter likes the sport of wrestling, says Justin DeCoteau, Kids Director for North Dakota USA Wrestling. Make sure they listen and pay attention in practice. Ensure they are doing what the coaches ask, and discuss progress with the coach as needed. Sit down with the child and reiterate that wrestling is a tough sport, and nothing comes easy, and ask if they have any questions or need help with anything. Do this during an unemotional time, such as after a practice, but never after a loss, or series of losses (such as at a tournament). "You can't make a kid love wrestling in a single practice, but you can sure make them hate it," adds Thorpe. Thorpe only wrestled in four local tournaments—all within a one-hour drive—the first few years of wrestling. He recommends parents take things slow, and ease into the sport. Get a feel for what it's like to prepare, compete, and recover from events and tournaments, and don't overdo it.
- **Don't compare your child to others:** Wrestlers develop at different rates. Parents new to the sport should realize, some may find immediate success. Others won't. Thorpe, who wrestled at Oregon State University, remembers only winning "a handful of matches his first three years in the sport," he said. His dad was his coach, and even though he wanted his son to win, Thorpe's dad "never made me feel like I was losing," he said.
- **Don't be that parent:** Focus on being a supportive parent, versus a demanding parent. Young recalls those early years with Carter. "If I would have continued putting the pressure on, and taking the fun out of the sport in the beginning, I truly think he wouldn't have made it this far," she said. "Let it be fun. It's a long road and you don't want to take everything too seriously in the beginning. Every year he wrestled more and longer. We learned to not run, but jog, and then build to a sprint. Carter has been sprinting ever since. Take it slow and enjoy the ride."
- **Use technology to your advantage:** Utilize the [educational resources available through USA Wrestling](#). Watch videos on the [USA Wrestling YouTube channel](#) with your child/wrestler or husband/wife, or through [Flo Wrestling](#) or [TrackWrestling](#). Listen to [wrestling podcasts](#) and if one is really adventurous, read the most [recent wrestling rules](#). Attend local high school or college matches, and follow those in your area, to help understand and grow knowledge and a love for the sport.
- **Do your research:** In addition to competing for one's local youth or high school program, many newcomers want to find a wrestling club to supplement training. DeCoteau recommends visiting a number of different clubs that may be of interest, or a fit. "Sit down with the coach and ask him what to expect at practice and tournaments," DeCoteau said. "The coach should give you sound advice on what to expect."
- **Don't base success on wins and losses:** Instead, focus on progress. There are countless stories of high school state champions, collegiate all-Americans, and national champions, who never won a match that first year. None. Zero. All losses. "A wrestler new to the sport might not win a match the first few times out, or even the first year," DeCoteau said. "But if they progress and improve, that should be encouraging. Expect highs and lows." If one isn't experiencing success on a local level, don't suddenly go to a large national tournament and expect results to change. "Everyone develops differently," Thorpe said. "Don't take your child to West Regions or other huge tournaments and expect a trophy if they have not been having success locally." It can be overwhelming for parents new to the sport of wrestling. But be patient, open-minded, and understand there are going to be highs and lows and ups and downs along the way. Let it all happen naturally. When it does, that's when being a wrestling parent suddenly becomes one of the greatest experiences of being involved in youth sports. "It is addicting," Young said.