

- **SICK ATHLETE?**
 - Did your athlete get sick between Thursday night & Saturday morning? If so, send an email to crwa.wrestling.club@gmail.com AND now you can reach us at (267) 685-6361 (text and/or call).
 - BE SURE TO GET an acknowledgment text or email, so that the coaches can scratch your athlete prior to the ICWL Match.
- **THURSDAY NIGHT:**
 - If you responded YES to the RSVP, then our Matchup coordinators will join a conference call with coaches from the other 2 teams shortly after Thursday night's practice.
 - Matchups are based on experience, weight & age. So if your athlete is a 2nd year wrestler who weighs 75lbs. and is age 8, they typically are paired up with another athlete who is a 1st/2nd year wrestler, close to 75lbs. and around age 8.
 - The weight that your athlete was recorded at last week is their ICWL weight for this ICWL match. There will be additional weigh-ins throughout the season.
- **BEFORE YOU LEAVE SATURDAY:**
 - Please have your athlete eat a healthy breakfast prior to leaving the house.
 - Have your athlete dressed in their singlet, with sweatpants / sweatshirt over top & street shoes. They can change into their wrestling shoes upon arrival & their headgear is only needed when on the mat, so keep it close.
 - Bring a water bottle for between matches.
- **ARRIVE:**
 - Please arrive by 7:45AM to check-in with coaches. We will begin team warm-ups just before 8AM.
 - Between 8-8:30AM the coaches will be given the mat assignments for our team. Your athlete will have a series of numbers written on their hand (ex: 130, 245, 318, etc.). The numbers correspond to the mat & match assignment; for example, 130 = mat 1, match #30.
 - You only need to wear your head gear during the match.
- **BEFORE YOUR 1ST MATCH:**
 - Typically an ICWL Match has 4 mats. Each of the mats will have a CRWA coach assigned to that mat for the duration of the day to coach your athlete. The CRWA coaches all have their clearances and are registered with the league.
 - Parents are asked to stay behind the coaches or on the sides of the mat & we ask that instruction come from only the coaches.
 - You should be near your mat assignment at least 4 matches prior. So if you are match # 130, there is a display that shows what match is next, and the 2 upcoming (usually a wooden "tree"). If #126 or higher is displayed, your athlete should have their sweats off, headgear on, and talking with one of the CRWA coaches, getting loose for their match.
- **MATCH:**
 - A match consists of (3) 1-minute periods. Please have your athlete ready to go in just their singlet, wrestling shoes & headgear.
 - Your athlete will be assigned an ankle wrap (green or red) that corresponds with the referee's wristbands. The coach will help the athlete put his ankle band on. Your

athlete will enter the center circle & shake hands with their opponent. The referee will then signal the start of the match.

- Athletes & their families should positively represent CRWA during the match. Respectful encouragement - NO foul language will be tolerated.
- Your wrestler will be awarded points that are earned during the match. The match ends with a pin, a tech fall (winning by 15 points) or by points when all 3 periods are completed.
- For a complete list of the rules of how a match is scored, you can visit our Wrestling 101 section of the website [HERE](#)
- A list of the referee hand signals, included in the orientation packet, can also be found [HERE](#)
- **AFTER THE MATCH:**
 - At the end of the match, the wrestlers will shake hands and the referee will raise the hand of the winning wrestler. The wrestlers will remove the ankle band & leave it in the center circle.
 - IMMEDIATELY AFTERWARDS, CRWA athletes will shake their opponent's hand, regardless of decision. CRWA athletes will then shake the hand of the opposing coach & return to their corner to speak with the CRWA coach.
 - Sweats can be put back on after their match. Water is encouraged; a light, healthy snack is okay; it is recommended that you save the candy until after their last match.
- **BETWEEN MATCHES:**
 - There is down time between matches. You can remain in the stands with your family and friends, but please do not leave the facility.
 - There are rare occasions where a match will be moved to another mat especially towards the end of the ICWL match.
 - CRWA athletes are encouraged to cheer on their teammates that are competing, but remember to let the coach give instructions to the athlete on the mat.
 - As a guest of the host school, please be sure to place trash in the trash cans. NO food OR drinks are permitted on the mats at any time.
 - Remember to be mindful of your athletes mat assignments between matches.
- **AFTER YOUR LAST MATCH:**
 - When your athlete finishes their last match, they are done for the day & permitted to leave at any time; you are allowed to stay and cheer on other athletes that still have matches.
 - Before exiting the building collect your athlete's belongings & dispose of any trash.