



Ranger Wrestling Club Mason Dixon League

The Rangers will be competing in the Mason Dixon Wrestling League in 2015-2016 season. The goal of our MDWL program is to provide Loudoun County and surrounding area wrestlers with training and competition opportunities that will allow them to grow as wrestlers while they learn lessons that will help them develop into well rounded individuals. In addition to our MDWL schedule, the Ranger Wrestling Club coaching staff will provide wrestlers with additional competition and training opportunities throughout the season. These additional opportunities will not be mandatory, but will be encouraged.

The Mason Dixon Wrestling League ("MDWL") is a youth (up to 14 years old) amateur wrestling league. Competitions will be along the I-81 corridor; expected travel times will be 60-90 minutes. The MDWL consists of about 14 teams that practice and compete during the winter months. Most teams are active from around the beginning of November to early March. Among other things the League strives to prepare wrestlers for high school wrestling and teach good sportsmanship. Weight classes will be determined by use of the Madison System. Age groups for the season will be 7 and under, 8/9, 10/11, 12/13/14. 15 year olds can participate through the season but cannot participate in the season ending tournament. All teams participate in dual meets by age group during the season and finish with the MDWL League Championships at the end of the season.

In early March the MDWL League Championship tournament is held. The tournament team champions and the top six wrestlers in the MDWL Championships at each weight class receive awards. Wrestlers must compete in at least half of the 8 regular season events in order to qualify for the end of season tournament.

Practices will be held at Tuscarora HS and Loudoun County HS in Leesburg. Wrestlers are expected to attend at least two practices per week. More regular practice leads to a better experience at competitions. Practices will typically be held Tuesday and Thursdays from 6:30 - 8:00 pm. The practice schedules are subject to change based on weather, competitions and school events. Voluntary practices may be available over the holiday break between Christmas and New Year's Day. When Loudoun County Schools are closed on practice days, practice will also be cancelled.

Regular Season Events

Regular season events will be held on Sundays in the months of January, February, and in some years 1 Sunday in March. Weigh-ins will be conducted at LCHS or THS on a designated day; Tuesday typically. Monday

or Wednesday weigh-ins can be done informally on a calibrated scale at LCHS, THS, or TOP (Top of the Podium in Sterling, VA). You may use a home scale, however you are strongly urged to calibrate it against any of the above mentioned scales. Parents will be asked register their wrestler for each event that is attended. The registration will include the age division and weight of the wrestler. Registration will be done through the RWC website. The registrant list will be used for competition pairings the following weekend.

No shows at weekend events are highly frowned upon. Not showing up for an event is a major inconvenience to the coaches who volunteer extra time to verify the pairings prior to each event. Failure to show up to a registered event will result in a 1 week suspension from practice and competition. Suspensions can be lifted with a reasonable excuse that is submitted in email to the coaching staff.

Format

Wrestlers will be required to report to the event facility by a designated time. Coaches will take roll call and verify that all of the registered wrestlers have reported to the facility. Coaches of the participating teams will meet about 1 hour prior to the start of the event to review the pairings and deal with any no shows. Each age group will occupy a corner or side section of a mat. Each child will get a number written on their wrist. The scorer's table will announce or post the pairings of the current bout and the following bout. Referees will be high school kids, coaches, and at times sanctioned referees. Periods will be 1-1-1 and 130-1-1 for 12 and up bouts. All age groups will compete at the same time. At least 1 coach will be needed on each mat to handle the coaching duties while at least 1 parent will be needed to help coordinate/locate the wrestler for the following bout. The desired length of the event once wrestling starts is 4 hours.

End of Season Party

A party will be held by the club at the end of the season the weekend after the end of season tournament. Pizza will be provided by the club and parents will be asked to provide a side dish, dessert, or beverage. Three awards will be presented to each age group; Most Improved, **Ranger Award**, and Outstanding Wrestler.