

VYI Firebirds 2016-2017 Season Kickoff

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Overview

Our goal is to teach and encourage a love for the sport of wrestling - the oldest sport in the world. Wrestling teaches a mental and physical discipline unlike any other sport and establishes character traits and skills that are applicable to all aspects of life and which extend well beyond the years spent on the wrestling mat.

New Wrestling Families

- Wrestling is hard. Physical conditioning, mental toughness, and discipline are required.
- Managed application of coercive pain is actually encouraged. Control your breathing and don't freak out (applies to both parents and wrestlers).
- Tournaments are...chaotic. More on that below.

Equipment

- Shoes are available at Dick's. Street shoes are never permitted on the mat.
- Do not EVER wear your wrestling shoes outside. They will get ruined, and small stones and dirt can get stuck in the treads and tear the mats.
- Headgear is required at every practice and must be worn during tournaments. We recommend Suplay Matman 2-strap headgear.
- If you have braces you need to wear a mouth guard.
- The Team provides Firebirds tournament singlets and tee shirts.
- For practice we recommend comfortable clothing that isn't too loose or baggy.
- Bring a large water bottle filled up with cold water to every practice. We strongly discourage kids from leaving the room to get drinks. Also, no Gatorade or anything that could spill or get sticky.

Hygiene

- Fingernails must be neatly trimmed.
- Long hair must be wrapped.
- Critical to take a shower (with soap!) after every practice.
- Notify coaches of any rashes or skin lesions.
- Do not come to practice if you have a bad cough, fever, or runny nose. A wrestling room is a perfect environment to spread a cold around and we'd prefer not to have the whole team get sick.

Practice Conduct

Wrestling is a very physical sport and we have a large number of kids of different ages and weights all practicing together. For safety it is critical that we maintain discipline in the room. Any wrestler who repeatedly demonstrates that they cannot follow the rules will have to sit out practice and may not be allowed to wrestle on Sundays.

- No talking or other misbehavior when a coach is talking.
- No leaving the wrestling room without coach permission.
- Work hard and be a good partner- everyone is there to get better.
- Bring a large water bottle with water - no Gatorade or anything else that is sticky if spilled.
- No throwing balls in the wrestling room and no dodgeball! (long story involving sprinkler heads)
- Go to the bathroom before practice.
- Parents do not need to stay in the room during practice - space is limited in the room.

Teams and Schedules

This year we are fielding two teams, which we refer to as the Federation Team and the Tournament Team. In past years we had difficulty providing instruction for both new wrestlers and experienced wrestlers during the same practice. We have already identified the initial members of the Tournament Team and have communicated with their parents. Both will practice on Mondays, Wednesdays, and Thursdays.

Federation Team

Overview

- Goal is to provide instruction for both new and intermediate wrestlers.
- “Federation” refers to the Northern Virginia Wrestling Federation (NVWF). NVWF is the umbrella organization that puts on our tournaments.
- The Federation Team will wrestle out of Oakton High School from 7:00-8:30PM Mondays, Wednesdays, and Thursdays; this might change to 6:45-8:15 (depends on Madison JV team).
- Head Coaches are Bob Allen and Steve Albeck. Bob will be handling the younger guys with Steve managing the older more experienced wrestlers.
- As the season progresses we will be periodically taking some of the more advanced Federation wrestlers over to the Tournament room to introduce them to a more intense practice.

1st year wrestler orientation

- Thursday and Friday of this week at Madison High School from 7-8PM.
- Learn basic terminology, rules, scoring, and positions.
- No live wrestling or conditioning.
- Parents new to the sport are welcome.
- Sorry for the late notice! This idea just came together.

Schedule and Tournaments

- Practice: Oakton High School wrestling room from 7:00-8:30PM Mondays, Wednesdays, and Thursdays; this might change to 6:45-8:15 (depends on Madison JV team).
- Tournaments:
 - 8 tournaments on Sundays at “local” high schools plus a regional tournament.
 - Four time slots based on age (bantam/midgets, juniors, intermediates, seniors).
 - Wrestlers must participate in five tournaments to qualify for regionals.
 - We’ll provide more information and an orientation for new parents before tournaments start.
 - There will be at least 1, and possibly 2, tournaments before Christmas with the rest occurring in January and February.
 - We’ll publish a schedule once it is finalized by NVWF; probably by Thanksgiving.

Tournament Team

Overview

- Goal is to provide advanced instruction for older/experienced wrestlers who are preparing for the transition to high school and/or travel tournament wrestling.
- The Tournament Team is being operated in coordination with the Northern Virginia Wrestling Club (NOVA WC). NOVA WC has been created to provide year-round instruction and tournament opportunities for dedicated wrestlers.
- The Tournament Team will wrestle out of Oakton High School from 6:30-8:00PM Mondays, Wednesdays, and Thursdays.
- Head Coaches are Tanner Sewell and Ty Megonigal.
- The team consists of both Firebirds and Fairfax Police Youth Club (FPYC) wrestlers.

Selection Criteria

- Please bear with us: This is our first year and we are still figuring all this out.
- We began reaching out to families last summer and initial team members were invited by coaches.
- We have to limit the number of Tournament Team wrestlers due to the size of the Oakton room.
- General Criteria
 - At least two years of experience and having won or placed top two in NVWF regionals
 - If less than two years of experience, must have placed in NVWF regionals
 - Some exceptions/subjective judgements to the above for kids participating in "off season" programs or tournaments or demonstrating exceptional skill or physical ability.
- Based upon performance during the season we may move kids around. We also expect to occasionally invite Federation Team wrestlers to the Tournament room to give them a taste of a more intense practice and potentially prepare them for the Tournament Team next year.

Additional Costs

- Participation on the Tournament Team costs an additional \$280; \$150 for dedicated coaching staff and \$130 for gear (singlets, warmups etc.).
- You can pay by check during the first week of practice. Make checks out to NOVA Wrestling Club.
- Individual tournaments may have an additional registration fee (still working out those details).
- You have the option of cancelling your VVI registration and just wrestling for NOVA WC, but for this first transition year we are discouraging our families from doing so. We believe that having the option of wrestling in both local NVWF tournaments as well as more challenging travel tournaments will provide our wrestlers with a better overall experience.

Schedule and Tournaments

- Practice: Oakton High School wrestling room, 6:30-8:00PM Mondays, Wednesdays, and Fridays.
- Tournaments: ~6 tournaments on Saturdays; various locations. We are encouraging all Tournament Team members to participate in at least 2-3 travel tournaments. You are more than welcome to participate in both Federation and Tournament competitions during the same weekend...if you dare!

Other Stuff

Team Moms and Table Support

- Team moms are Amy Odell and Kathleen Albeck
- They'll figure out tee shirts and pictures and stuff. They're pretty awesome, btw.
- We need volunteers for Sunday tournaments. Every team will have a table assigned to them for each of the four sessions, and we need 2-3 parents at the table to record scores and work the clock. We ask every family to volunteer for at least one table session each season. Amy and Kathleen will manage the signups.

Banquet

We have a banquet at the end of the year. It's fun. Adult beverages will be served. Typically quite a few of them.

Coaching Staff Introductions/Comments

- Commissioners: Bob Allen and Mike Nicholas
- Federation Team: Bob Allen and Steve Albeck
- Tournament Team: Ty Megonigal and Tanner Sewell
- Phone numbers and emails are all on the VYI website. We'll also prepare and send out a contacts list once we have all coaching assignments finalized.

Coaches Meeting Agenda

- ALL COACHES MUST HAVE A USA WRESTLING CARD – INSURANCE ISSUE
- ALL COACHES MUST REGISTER WITH VYI AND GET A BACKGROUND CHECK
- If needed, we can refund your USA Wrestling membership fee
- Objectives
 - Coaching assignments and commitments (which room, how many days, tournaments?)
 - Ideas:
 - Saturday and Sunday commitments (doodle poll)
 - Weekday room commitments (doodle poll)
- Can we put together a coaching plan?
 - Everybody agrees we want to increase the tempo and cut way down on the time the kids are sitting and listening, especially with the younger guys.