

New Canaan Wrestling Club

PRACTICES BEGIN ON TUESDAY, DECEMBER 4, 2012.

Practices will be held as follows:

Mighty Mites (Gr.K-4, unless otherwise assigned) Tuesday & Thursday from 5:15-6:30pm

Elite (Gr. 5-8) Tuesday & Thursday from 6:30-8:00pm

Fridays – Open to experienced wrestlers only, or by invitation only. You must have Coach's approval prior to attending accelerated Friday practices. 6:00-7:30pm

Practices will be held at the NCHS wrestling room.

You must be registered online and paid prior to the first practice.

Online registration at: www.NewCanaanWrestling.org

Attendance: Although wrestlers need not attend all practices or matches, inconsistent attendance and lack of experience in competition slows improvement. We take practicing seriously and ask that wrestlers and parents commit to the program. *For match days, it is important that we know planned attendance to get proper matches arranged, and to alert opposing wrestlers for whom we have no suitable match. We do this via email, so please respond with your planned attendance or not ASAP when we ask for your plans.*

Dual Meets: This year we will wrestle meets against Fairfield, Ridgefield, Westport, Stamford, Trumbull, New Fairfield, and Danbury. These matches will be held on Saturdays times are yet to be determined. Dual meets ideally match wrestlers of similar weight, age, and ability, although "perfect" matches are uncommon. If a team cannot furnish a suitable opponent, we will try to inform you in advance so that you don't waste a trip. Some wrestlers may have multiple matches in order to give the all of the other team's wrestlers a match.

Tournaments: Sunday tournaments are held from December through February. They are in mid-state locations. Entrants are grouped by birth year (not grade), and then arranged by similar weight into groups of four or five wrestlers. Each boy wrestles all the other boys in his group. Usually, at least one "novice" tournament per year is held, restricted to first and second year wrestlers. Most of the new wrestlers should attend some novice tourneys. New wrestlers who don't feel ready for tournaments or dual matches can postpone competing until they feel ready.

Equipment: You need to purchase wrestling shoes, headgear, support briefs and mouthguards are needed for those wrestlers with braces. **The club provides a competition singlet, which must be returned. A \$75.00 deposit will be required for the use of the Team Singlet.** In case of hardship, the club does have access to gear. Please let us know your needs.

Sources Athletes Foot (on High Ridge in Stamford) and Sports Authority (in Norwalk) have limited selections of wrestling shoes. Athletic Shoe Factory in New Canaan will special order shoes. Internet sources include: www.wwsport.com, www.mywrestlingroom.com,

www.wrestlinggear.com and www.eastbay.com (has good sale prices on last years good shoes, especially smaller and larger sizes. You should be able to find shoes for about \$39-\$55. Headgear (ear protectors) costs about \$20 and last forever. The Brute or Cliff Keen headgear brands are both good. Support briefs are about \$15 and are important parts of the equipment.

Practice Attire: Shorts or sweatpants, a T-shirt, and wrestling shoes should be worn **Do not come to practice in cargo pants or other garments not designed for athletic activity. No zippers, Velcro, snaps, etc that can abrade teammates. A support garment should be worn under the shorts.** (For reasons of safety and courtesy, boxer shorts are NOT suitable.) **Boys with braces MUST wear mouthguards.** Wrestlers do not wear **any** jewelry, bracelets, watches, bands, necklaces, rings, etc **in practice or matches** (even if they are fabric or rubber). Fingernails must be trimmed. **Boys who use an inhaler should bring it to every practice.**

Fitness: Wrestling is one of the most physically demanding sports. Expect your wrestler to be very tired and sore after the first few weeks.

EVERY WRESTLER SHOULD ALWAYS HAVE A WATER BOTTLE IN THEIR BAG.