

Dearborn Heights Wildcats Youth Wrestling Club



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1 - About the Wildcats

PURPOSE STATEMENT

Our purpose is to give boys and girls the opportunity to grow as young persons and excel in the sport of wrestling. We accomplish this by recognizing that the reasons kids wrestle include fun, friends, fitness, participation, and skill development.

Wildcats Wrestling is a feeder program designed to improve Dearborn Heights Middle and High School wrestling. Our practice location makes it easy to presume that we focus on feeding a specific district. We are unabashed in our pride in the Blue and Gold of the Wildcats. We bleed gold! We do not allow our pride to influence our purpose and our love for the sport of wrestling. Our vision is that Wildcats go on to wrestle in high school with the goal of becoming high school state champions, productive student athletes, contributors to their communities' success, and winners in life.

CHILD – CENTERED PHILOSOPHY

- Youth sports leaders, parents and coaches put the goals of children – fun, friends, fitness, participation, and skill development – first.
- Parental behavior before, during and after games reflects an understanding of their role as parents and positive supporters – not as unofficial coaches.
- Parental expectations are realistic, and parents focus on their child's total development, rather than focusing primarily on their child's potential to earn a sports scholarship or play professionally.
- Parents understand and support children's motivations to play sports – fun, friends, fitness, participation, and skill development.
- Parents are willing to volunteer, and they do so without expectations of special privileges for their own children.

2 - Frequently Asked Questions (with Answers!)

How much will it cost?

As far as we are aware our club does the best job in metro Detroit of keeping the sport of wrestling affordable for its members. Our club fee for the 2013-14 season is a onetime fee of \$100. It pays for your wrestler's singlet deposit, MYWA card, Banquet admission, training, and a club t-shirt. We organize several fundraisers throughout the year to pay for any and all club improvement and operating costs.

Other costs that you will incur include wrestling shoes, headgear, kneepads, tournament entry fees (usually \$15 - \$20), spectator admission (\$3-\$7), as well as travel expenses to tournaments.

What are the benefits of being involved with the Dearborn Heights Wildcats?

The Dearborn Heights Wildcats is a family oriented organization. Both our staff and board have one main focus...to teach your child to be successful on the mat and in life. We will focus on teaching your child a strong work ethic that he/she will be able to carry throughout life, a love for the sport of wrestling, and the much needed social skills of friendship, loyalty, and social bonding.

Specific to wrestling, we offer the most comprehensive programs in the area. Not only are there 4 practices per week during the season, but we also offer an extensive off season workout

schedule including open mat time and weightlifting (for those in middle school and older) each week. The off season program is free to all Wildcats.

What is MYWA?

MYWA is the Michigan Youth Wrestling Association, the league which we are primarily affiliated. MYWA provides structure to our league and tournaments, helping to set our wrestling stage. Each Wildcat is a MYWA member, able to wrestle in any of the tournaments held throughout Michigan.

Our home region is the East Region, and as a team, we will have a presence at each of the East Region Tournaments.

For more information, visit the following sites:

<http://mywaywrestling.com>

<http://www.leaguelineup.com/welcome.asp?url=mywayeastregion>

Is my child old enough to wrestle?

It is our belief that the sport of wrestling can benefit any child. Having said that, we expect that children 5 and up have the attention span and ability to follow directions enough to be involved in our wrestling program. We understand that these factors will vary, but work to make the sport rewarding for all of our athletes. Competing, on the other hand, is a decision that should be made by the family. It is our recommendation that each athlete compete at least once during each season.

What is a novice wrestler?

MYWA runs a novice division at most of its tournaments during the season. By their definition, a novice is a first or second year wrestler. Although some athletes may choose to wrestle in the open division in their first two years, no Wildcat wrestler will be wrestling novice as a third year wrestler. Please speak with the staff if there is any question of where your child should be competing.

Can my daughter wrestle?

Absolutely, we allow any child 5 and up work in our program. Please also understand that other competitors will treat your daughter as an opponent and not a “girl” and make your decision to allow her to compete accordingly.

Can I help coach?

We are always looking for interested adults to help. Please understand that Coach Bergeron demands effort from his athletes as well as anyone who wants to be on the staff. If you decide to commit time to our program, he and the staff will bend over backwards to help you learn it in a clear, step-by-step manner.

What can I do to help?

The very first thing you can do to help is get involved with the Wildcat board. They meet once a month and are the major decision making body of our wrestling community. To become a board member, an adult must attend three consecutive meeting to be voted onto our board. All operations/jobs within running a successful wrestling club begin with this step. Contact our Club President or Secretary for details.

We missed registration. Is it too late to join?

It is never too late to join our wrestling club. Please realize that the MYWA season begins in late December and ends in April. Because of this, we do charge a late-registration fee of \$30.00 for those who register after December 15th.

3 - Staff

The Dearborn Heights Wildcats' staff is comprised of men and women who have dedicated their time, energy, and effort to the development of young people through sport. Wildcats coaches are double-goal coaches. A win-at-all-cost coach has only one goal – to win. A Positive Coach shares that goal (wants to win) but has a second goal that is even more important – to use the sports experience to help young people learn “life lessons” and positive character traits that will help them be successful throughout their lives.

Coach Bergeron is beginning his 21st season of coaching in Dearborn Heights. He has coached three state champions, numerous state placers and qualifiers as well as guided three teams to Top 8 in the state finishes. Coach Bergeron brings a deep commitment to the athletes and families of the Dearborn Heights wrestling program. His high expectations for technique and goofy sense of humor help to motivate athletes to reach their highest potential.

Coach Bergeron's vision is that the youth wrestlers in the Wildcats Wrestling Club go on to wrestle in high school with the goal of becoming high school state champs, and productive student athletes, contributors to their communities' success, and winners in life.

4 - Membership

Wrestlers are typically in K-8TH grades and are new to the sport of wrestling or are entering into their second through fourth year of wrestling.

Expectation of Team Wrestlers:

- Wrestlers practice 2 days a week and 1 ½ hours a day. (2 days are designated for beginners and two days are for the advance wrestlers.)
- Athletes put forth maximum effort in the practice room; however, coaches recognize that part of the development process is teaching and encouraging athletes to give their best effort and what that means.
- We expect all wrestlers to compete in events.
- Our wrestling program is a yearlong program.
- We expect a commitment to self-discipline.

This includes:

- Insuring school work and home responsibilities are completed so the athlete can participate in practice and events.
- Behavior and respect towards coaches and teammates.
- Putting forth maximum effort in every drill.
- Athletes commit to attending every practice each week.

5 - Administration

Our primary method of communication will be through email, text, and our website (www.dearbornheightswrestling.com). Any information disseminated at practice will be available on our website as well.

Safety is our number one concern with your children, both on and off the mat. Younger children will not be sent to the bathroom by themselves, we will always send them with a buddy or an adult. We feel responsible for your children from the time you drop them off until the time you pick them up. In addition, we must see you pick your children up. We will not send children into the parking lot to be picked up no matter how hold they are, yes this includes middle school aged children. Likewise, we do not want you to drop your children off in the parking lot and let them walk in to practice by themselves.

When picking up your wrestler, we encourage you to check our team board for updates and information. We run a closed practice. This means that we prefer that parents and siblings do not stay in the wrestling room during practice. This does not mean that you are not welcome. In fact, we are going to invite you to come and get on the mat at least three times so your children can show you what being a Wildcat is all about! See our schedule for parent participation practices.

We understand your concern for your children and your desire for them to do well. For your child's first three practices, parents may stay in the practice room in order to get a feel for the organization. After that we ask that you cooperate by helping enforce closed practices. We recognize that you may not want to drive home or have a need to run to Starbucks or Wal-Mart so you are welcome to stay in the cafeteria of the school.

Closed practices have several benefits including:

- Coaches do not have to fight for your child's attention.
- Children focus on performing properly and not on impressing Mom and/or Dad.
- Children grow from independence.
- Efficiently uses the space we have which facilitates a safe practice environment.

This final benefit is very important; wrestling requires one on one competition. Allowing your child the opportunity to practice without you there sets the stage for alleviating the natural anxiety (butterflies) that come from competing.

Registration fee –

There is a onetime registration fee of \$100.00 for the first wrestler (family discounts are available). There are no refunds after January 1st. Fees are payable at practice or at registration.

Equipment and clothing –

- Headgear: (Required) \$20 & Up. Available online or at Dick's Sporting Goods
- Shoes: (Required) \$25 & Up. Available online or at Dick's Sporting Goods
- Mouth guard: (Required if wrestler has braces)
- Singlet: (optional) Singlet, the uniform of a wrestler. We will supply your wrestler's singlet. (Deposit included in registration fee)
- Team Gear T-shirts, Shorts, Sweatpants, Hoodies, and singlets will be ordered each season.

It is a common practice for Parents or Guardians to wear team apparel to tournaments. For this reason interested parents/ guardians may order extras. Generally we need a minimum of 12 to place an order. We sell all kinds of gear, jackets, hoodies, polo shirts; you name it we can get it. We make every effort to consolidate orders so we can minimize shipping and set up fees.

6 – Online Presence

We work hard to make our site content easy to get to, but, invariably someone cannot find what they need. Here are some quick links to important places you should visit, bookmark, and be familiar with. As a Wildcat parent, if you cannot find what you need on our site, give us a call, text, or email and we will either shoot you a link or walk you through how to find what you are looking for so you can find it next time.

The home page: www.dearbornheightwrestling.com this is the landing page for the casual visitor or someone looking for our tournaments. You can see our Facebook and Twitter updates here as well.

- <http://www.facebook.com/dearbornheightswrestling>
- Dearborn Heights Wst@DHWrestling

7 - What you can expect from us/What we expect from you

A child-centered philosophy in execution is what you should expect from us. Keep in mind that all of our coaches are volunteers. They all have been with the club for differing amounts of time and have a variety of experience levels. We make a concerted effort to bring all staff up to speed on our philosophy and way of coaching. The 2011-2012 seasons ushers in a new emphasis on developing coaches and ensuring the best environment conducive for meeting our organizational purpose.

In professional sports (which is entertainment), there is only one goal—to have the most points at the end of a contest. However, in youth sports (which is education), there is a **SECOND GOAL**: to produce young people who will be **WINNERS IN LIFE**. To help our children get the most out of competitive sports, we need to redefine what it means to be a “winner.”

Winners are people who:

Make maximum effort.

Continue to learn and improve.

Refuse to let mistakes (or fear of making mistakes) stop them.

Here's how you can help:

Tell your child that it's OK to make a mistake.

Let your child know you appreciate it when he tries hard, even if unsuccessful.

Ask rather than tell. Try to get your child to talk about her play rather than telling her what you think about it. Ask open-ended questions to get her to talk (e.g., “What was the best part of the game for you?”)

Recognize that Mastery is hard work. Let the coaches criticize your child's play. Tell your child you are proud of him regardless of the outcome of the game.

HONORING THE GAME

Honoring the Game gets to the ROOTS of positive play. ROOTS stands for respect for Rules, Opponents, Officials, Teammates, and one's Self.

Rules: We do not bend the rules to win.

Opponents: A worthy opponent is a gift that forces us to play to our highest potential.

Officials: We treat officials with respect even when we disagree.

Teammates: We never do anything that would embarrass our team on or off the field.

We ask that you, as parents,

- Work with us - We are all working for your children.
- Attend our parent meeting
- Ask us questions

8 - Fundraising

Each season, we will conduct a variety of fundraisers for our club with only one being mandatory. Most years, our mandatory fundraiser is candy sales. This helps in keeping the registration fees at a lost cost to you. If you do not wish to participate in selling of candy, there is a fee of \$30.00 to opt out.

Each year, we add an incentive to the mandatory fundraiser in an effort to make it rewarding for our families, as well as our club.

Other fundraisers you can expect to hear about are:

- Spaghetti Dinner
- Casino Bus Trip
- Bowling Fundraiser (typically for the Jeff Jordan State Champ Camp)
- Car Washes

We are always looking for effective fundraisers. If you have any suggestions, please share them with one of our board members.

9 - MYWA Rules

WEIGH-IN REGULATIONS

- In order to compete at a tournament, each wrestler must inform the registrar of their intent no later than the Tuesday before the tournament.
- All wrestlers must wear either a singlet or competitive shorts (no boxers) and a t-shirt when being weighed.
- All weigh-ins will use a “one step” process.
- MYWA strongly discourages the cutting of weight by wrestlers and requests that coaches and Parents assist us in preventing this practice.
- Weigh in workers at each tournament will have a list of pre-registered wrestlers at weigh in.
- Only these wrestlers will be allowed to weigh in.
- Checks will be performed at weigh-ins to determine if wrestlers have any communicable diseases. The tournament physician (or MYWA Director if a physician is not present) has the final say on whether a wrestler may compete in a tournament.
- Nails will be checked at weigh in and must be trimmed.

TOURNAMENTS

A wrestler's age on December 31, 2013 will determine their age group. Proof of age will be required if wrestler is challenged within the first two rounds of competition. A birth certificate is the only form of validation that will be accepted.

All MYWA tournaments will use the mat-side pairing method to stage matches. Wrestlers will compete on the same mat for the duration of the tournament. Posted wall charts will list the match number of each bout.

- Only first and second year wrestlers are allowed to compete in MYWA Novice Tournaments. Experience in other leagues does count towards this restriction.
- Wrestlers are required to wear headgear and a singlet or t-shirt and shorts.
- All wrestlers, coaches, and fans are required to stay in the stands unless competing or warming up.
- Two coaches are allowed per wrestler. Any person on the mat operating video equipment will be considered one coach. Coaching from the corner is permitted.

- If less than three wrestlers are in a weight class, the head pairer has the discretion to combine weight classes (in the same age group).
- Clubs will be called on to pay entry fees for each of their wrestlers during developmental tournaments unless noted otherwise by Regional Leadership. Clubs are also responsible for paying a \$7 fee for each wrestler that pre-registered but did not compete.
- Wrestlers are allowed a minimum of 20 minutes rest between matches unless waived by Region Director or Head Referee.
- The NFHS rule concerning maximum matches per day for a competitor is not in effect.

10 - Dearborn Heights Wrestling Board

The Dearborn Heights Wildcat Board was formed for the sole purpose of training and supporting the Dearborn Heights Wildcats Wrestling Team, the O.W. Best Wrestling Team, and the Annapolis High School Wrestling Team. We will provide positive support and assistance to our wrestlers and coaching staff year round. We ask for the support of Parents, Students, Alumni, and any interested person. We support the goals of these programs of Academic Success, Personal Growth, and Wrestling Success. Our objective is to assist with fundraising, promotions, publicity, and hospitality in connection with any wrestling activities. We are always looking for new members and new ideas.

2013 - 2014 Board Officers:

President - Scott McCoy
 Vice President - Brian Ouillette
 Treasurer - Iris Guevara
 Head Coach - Scott Bergeron
 Registrar - Wendy McCoy
 Secretary – Bryanne Taylor

2013 - 2014 Board Members At-large

Terri Dulmage, Jim Dulmage, Terry Gould, David Knapp, Salina Knapp, Alisha Kuritz, Donald Kuritz, Amy Miller, Angela Ouillette, Ritch Roberts, Drew Valdez

11 - For More Information

Dearborn Heights Wildcats: www.dearbornheightswrestling.com

- Registrar : dearbornheightswildcats@yahoo.com
- Club President: dearbornheightswildcats@yahoo.com
- Secretary: secretary@dearbornheightswrestling.com
- Calendar: <http://www.dearbornheightswrestling.com/index.php/g-calendar>

MYWA: <http://mywaywrestling.com/index.html>

MYWA East Region: <http://www.leaguelineup.com/welcome.asp?url=mywayeastregion>