

# Bethesda-Chevy Chase Youth Wrestling Club

*Program Manual for the  
2019-2020 Wrestling Season*



### **About the Club**

The Bethesda-Chevy Chase (“B-CC”) Youth Wrestling Club is a wrestling club for boys and girls ages 7 to 14 (no high school students). The B-CC Youth Wrestling Club is an all-volunteer, non-profit corporation and is chartered by USA Wrestling. The wrestling season runs from mid-November through February.

The B-CC Youth Wrestling Club’s recreational league teams (“rec league teams”) compete in the Montgomery Youth Wrestling League (“MYWL”). The B-CC Youth Wrestling Club’s travel team is an invitation-only team consisting of experienced and dedicated wrestlers who have surpassed the skill level of the recreational league and have demonstrated a readiness for more advanced training and high-level competition. Wrestlers selected by the coaching staff for the travel team compete primarily in tournaments against some of the best competition throughout Maryland and the region.

### **Mission**

The mission of the B-CC Youth Wrestling Club is to teach the sport of wrestling to youths of all abilities, provide our wrestlers with opportunities to compete in matches and tournaments appropriate for their skill-level, and to use wrestling to promote a strong work ethic, discipline, confidence, respect, and mental toughness.

### **Philosophy**

A youth wrestling program should not only teach wrestling, but also foster a life-long love of the sport and the pride and camaraderie that comes with being part of a wrestling team. To this end, the BCC-Youth Wrestling Club is guided by the following values and beliefs:

- Wrestling is best learned in an environment that is enthusiastic and encouraging, as well as structured and disciplined with high standards for effort and respect.
- Wrestling isn’t just a sport, it’s a lifestyle. Success on the mat will not happen without proper lifestyle choices off the mat.
- Success is defined not only by wins and losses, but also effort and improvement.
- Success in the long term comes only to self-motivated wrestlers.
- Wrestlers should strive to be the best they can be, on and off the mat.
- There is no such thing as winning practice. The proper mindset is to focus on improving at every practice by working hard, trying new moves, and seeking out training partners who will challenge you and push you to be your best.

## **Practices**

Generally, practices consist of warm-ups, agility drills, conditioning, teaching wrestling moves and technique, drilling those moves and techniques, and live wrestling. The B-CC Youth Wrestling Club places a strong emphasis on technique, solid fundamentals, and conditioning.

Practices for rec league wrestlers will take place two evenings per week. Travel team wrestlers practice three evenings per week. Consistent attendance at practice is crucial to success in wrestling.

Wrestlers selected for the travel team are expected to commit to attending all three practices each week. Wrestlers who cannot commit to three practices per week should remain with the rec league team practices.

In addition, the coaching staff invites a few advanced rec league wrestlers to practice with the travel team. These wrestlers still compete in the rec league (MYWL) but have several years of experience and have demonstrated a readiness for more advanced instruction and higher intensity practices. If these wrestlers choose to accept this invitation, they too are expected to commit to attending all three practices each week. If they cannot commit to three practices per week, these wrestlers should remain with the rec league team practices.

Please note that the decision to invite rec league wrestlers to practice with the travel team rests solely with the travel team coaching staff and is based on their assessment of the wrestler's age, experience, ability, motivation, and maturity. Travel team practices are more advanced and much more demanding than rec league practices. Pushing a wrestler into this level too soon will be detrimental to his or her development and can be discouraging. Thus, parents must respect the coaching staff's decision as to which wrestlers are selected for the travel team and which rec league wrestlers are invited to practice with the travel team.

## Competitions

### ***Recreational League Wrestlers***

The B-CC Youth Wrestling Club's rec league teams compete in the Montgomery Youth Wrestling League (MYWL), a recreational wrestling league that consists of approximately ten teams from Montgomery County, MD. On Saturdays from early-January to mid-February, the MYWL holds wrestling meets at Walt Whitman High School where our wrestlers compete against wrestlers from other teams in the league. Suitable match-ups are made based on age, weight, experience, and record. The MYWL season concludes with a league tournament where wrestlers compete against each other in their respective age-weight classes. Wrestlers who place in the top four in their age-weight class qualify to wrestle in the Mid-Maryland Regional Tournament in Damascus, MD, which consists of the top place-winners from other recreational wrestling leagues.

In addition to competing in the MYWL, wrestlers have the option to compete in tournaments including those sponsored by the Maryland State Wrestling Association (MSWA). These tournaments are posted on the club's website at the beginning of each season.

Rec league wrestlers who are invited to practice with the travel team are expected to wrestle in the MYWL matches, plus at least two additional tournaments or other competitions outside of the MYWL. For all other rec league wrestlers, competing in matches is optional but encouraged. Competition is an important part of a wrestler's development and it helps the coaches evaluate the wrestler's progress. Whether and how much to compete is a decision best left to the wrestler and his or her parents, in consultation with the coaching staff.

Wrestlers are responsible for the entry fees for any tournaments (except for the MYWL league tournament), which typically cost about \$30 per tournament.

## **Competitions (con't)**

### ***Travel Team Wrestlers***

The travel team wrestlers have surpassed the skill level of the recreational league, as demonstrated by a consistent dominance of that level of competition, and have shown a willingness and readiness for more advanced and intense training and competition. Competition for these wrestlers is primarily in tournaments. Each season the coaching staff will identify tournaments that will provide these wrestlers with suitable competition in terms of distance and level of competition. The goal is for these wrestlers to compete in eight to ten tournaments per season, including at least one attempt to qualify for (and wrestle in) the MSWA age-weight State tournament. Wrestlers are responsible for the entry fees for tournaments, which typically cost about \$30 per tournament.

When possible, the coaching staff will arrange matches with other teams who also have comparable experienced wrestlers on their roster, to create a more traditional dual meet experience.

## **Club Rules (Practice)**

### ***Wrestlers***

- Come to practice and be on time. Be on the mat and ready to go at the start time.
- Be respectful at all times to your teammates and coaches.
- Follow the coach's directions and give your best effort.
- Stay positive and have the right mindset: practice is the time to get better and learn, not to worry about "losing" during live wrestling. Remember, there is no such thing as winning practice.
- When a coach is talking, wrestlers must focus. Absolutely no talking when a coach is giving instructions or giving a demonstration.
- Wear appropriate attire: wrestling shoes (no street shoes), athletics shorts (no pockets, belt loops, or zippers) and t-shirts. Shorts and shirt must not be baggy. Headgear is recommended.
- No jewelry or watches.
- No street shoes on the mat.
- Practice good hygiene - make sure nails are clipped short, and always shower directly after practice.

### ***Parents***

- Re-enforce the rules for wrestlers above.
- Parents are welcome to stay and watch practice, but must stay off the mat unless permitted by a coach.
- No street shoes on the mat.
- Let the coaches do the coaching. If you want to get some extra work in with your wrestler, do so before or after practice. Do not provide instructions or directions to wrestlers during practice.
- Do not interrupt practice, unless it is an emergency. If you need to speak with a coach, approach one of the coaches before or after practice.

## **Club Rules (Competition)**

To create a positive environment at competitions for our wrestlers and families, there are a few simple rules and principles to follow:

### ***Wrestlers***

- Give 100% effort at all times.
- At the end of a match, shake hands with your opponent, your opponent's coaches, and your coaches.
- Win or lose, always demonstrate good sportsmanship.
- Cheer on your teammates. Try to stick around for the whole competition and support your teammates.
- Minimize use of electronic devices. If you are not wrestling, you should be watching wrestling (it's a great way to learn) and cheering on your teammates.

### ***Parents***

- Re-enforce the rules for wrestlers above.
- Make sure your wrestler gets to bed early the night before a competition and eats a healthy pre-match meal, and pack only nutritious snacks for the day of the competition.
- Let the coaches do the coaching. Cheer for our wrestlers, but do not give instructions during a match.
- Never criticize a referee. If there is a questionable call, the coaches will signal to the referee that they wish to have a discussion at the score table.
- After a match, say only positive things to your wrestler that emphasizes their effort and improvement. The time to critique a performance – win or lose – is never right after a match.
- Enjoy the experience instead of dwelling too much on the outcome. Be thankful that your child has the courage to participate in this sport and enjoy the bonds that will develop with your wrestlers and with the other families on the team.

## **How to Get Involved**

A wrestling team is more than just a team, it's a family. Wrestling is the world's toughest sport, and making it through the season together is an experience like no other. That's why teammates on a wrestling team form a special bond, as do the parents.

Getting involved allows the coaches more time for coaching, and will create that tight-knit team that keeps parents and wrestlers in the sport of wrestling. Some ways that parents can get involved are:

- Come to the matches and try to stick around for the whole competition. Cheering for the team is a great way to get to know all of the other wrestlers and their parents.
- Volunteer to staff the score table, and help with set-up and clean-up before and after matches. All parents should volunteer at least once per season for these jobs.
- Organize car pools to practice and the competitions to make sure all of our wrestlers are able to get there and on time.
- Organize team social events.
- Help out with administrative tasks.
- If you have a wrestling background, talk to the coaching staff about being a practice room assistant. Having a few parents assist the coaches during practice can be a big help, especially with the younger wrestlers.
- Buy into the mission, values, and philosophy of the program. Doing so will help the program succeed, will ensure your wrestler has the most positive experience possible, and will increase the chances of your wrestler wanting to continue with the sport.



## **Joining the Team**

The B-CC Youth Wrestling Club is limited to 50 wrestlers.

Priority registration for existing club members and their siblings will be open from August 15 to September 15. If spaces are available, general registration will open on September 16. If no space is available, a waiting list will be created. If any wrestlers drop off the team, wrestlers on the waiting list can join the team up to three weeks into the season. Registration is through our website at **[www.bccyouthwrestlingclub.com](http://www.bccyouthwrestlingclub.com)**.

The registration fee is \$275, which covers the costs for MYWL league participation fees, team shirts, and practice room facilities. Also, all wrestlers must purchase a USA Wrestling card, which can be purchased at <https://www.usawmembership.com/login> beginning on September 1 of each year. Wrestlers are responsible for the entry fees for all tournaments (other than the MYWL league tournament) which typically cost about \$30 per tournament.

Wrestlers are responsible for purchasing their own equipment (headgear and wrestling shoes), and must return the team singlets at the end of the season.

The registration fee can be paid through PayPal (by debit card, no credit cards) or by check made out to the Bethesda-Chevy Chase Youth Wrestling Club, Inc. Registration is not complete until payment is received.

All wrestlers must have a valid USA Wrestling card and their parents or guardians must sign all releases and waivers of liability before a wrestler may participate in any club activities.

For additional information, email [bccyouthwrestling@gmail.com](mailto:bccyouthwrestling@gmail.com).