

SVEYA Wrestling Code

Wrestlers:

1. You can be a great wrestler but in order to do so you must **work hard and listen**. Practice with the kids that are bigger or more experienced than you. They will help make you a better wrestler. The coaches will do their best to help you train hard, and become confident, but **ultimately it is up to you**. You are expected to participate in practice while you are there. If you do not wish to participate, you will be asked to leave the room so you are not distracting other wrestlers. When you are ready to participate, you may ask permission to return to practice. We want you to participate, but you have to want to be there if you are going to improve!
2. Wrestling is a very hard sport, at practice, there will be tears and frustration and all of this will help you get better. Demonstrate self-control. It is ok that you are angry or frustrated, it is not ok to demonstrate that fact on the mat. You may take a break to cool off and gather yourself.
3. At school and practice, you are expected to show good sportsmanship. Treat teammates, coaches, and opponents with respect. Your behavior is a reflection on not only yourself, but now the team as well.
4. At the end of any match, you will calmly shake your opponent's hand, and then the opposing coach's hand. You will see your coach immediately after every match. Listen to what they have to say so you can learn for next time. Take your emotion off the mat. If you have won, you may celebrate once you get off the mat, in a *sportsman* like way. If you have lost, you may take a moment outside to yourself. Remember, any win means your opponent lost, and any loss means you have a great opportunity to learn. If you disagree with a call that was made in the match, you may speak to your coach. You may *not* argue directly with any referee or tournament official.
5. Un-sportsman like conduct may EXCLUDE YOU from the next tournament.
6. If you are injured or sick (not contagious) you may come to practice to watch and listen, but you are expected to watch and listen while you are there.
7. Your health is important; you must take steps to take care of it and your teammates. When you come to practice, come clean, fingernails trimmed. Head gear is optional. Restrain long hair. After practice, take a bath within 30 Min. If you have a rash or something on your skin, please let the coaches know before practice!
8. Inappropriate language or behavior is not permitted from wrestlers or spectators. These are your teammates and peers, treat them with respect. When the coach is speaking, you may not. Your teammates will be trying to listen. When you are drilling, you should be focusing on the drill, not distracting your teammate. Three strike rule will apply.
9. You may only be in the Wrestling room, hallway leading up to the room or restroom when we have practice. The school has been nice enough for us to use the facility, but if we misuse any of the equipment or leave a mess, we can lose that privilege. You must respect the building and equipment so that we can use this space. You may not go anywhere else in the school during practice for any reason. This is the case as well when we go to tournaments. Respect the use of all of these facilities.

10. While at a tournament there will be down time between matches. If you wish to watch from the side of the mat while you are there, you must watch the match. Be sure to sit outside of the wrestling area and stay alert to moving wrestlers and referees. No devices or distractions, you may sit in the stands or off the mat if you wish to pass time quietly. Respect the space of those who are wrestling, no running or horse play around a match.
11. Be present for your bout at tournaments, you are responsible to know when you will be wrestling next. If you are unsure of how to watch for this, your coach will help you understand, but you are responsible for being there. Your bout will be forfeited if you are not on time. If you do not have a coach for your match, do not start your match until you can get one. Most tournaments will wait for a coach to be made available, but you must be there first.
12. Lastly, **you need to have fun**, we will make sure that you have every opportunity to succeed, if you follow the rules above you will have a great season that will be a lot of fun!

Parents:

1. This is a program designed to give your child an opportunity to experience wrestling. We will practice two days per week and will offer the opportunity to attend several tournaments on the weekends. Should your child have interest in doing more please let us know as we would be happy to share information regarding additional opportunities.
2. Please be encouraging and positive with your son or daughter. This is a *really hard* sport and your son or daughter will need you to positively encourage them to make them the best they can be. Don't let your wrestler become discouraged and quit. Quitting is not a character trait you want your son or daughter to have when something gets hard. Teach them to persevere. Nothing in life that is this worth it is easy.
3. Wrestlers are expected to participate while at practice. If they are injured or sick, they may watch practice, (as long as they are not contagious) but they must watch, not distract. If they feel that while they are at practice that they no longer can participate due to illness or injury or otherwise, they may leave but they must be permitted to return by a coach. If they are not participating, they will not be permitted to be out on the mat. If the illness or injury is significant, they will need a medical release to return.
4. When you bring your child to practice, we expect that you will remain at practice with them for the duration of practice. These are young kids that will need your support at times. If your child is hurt, they will be looking for you. If you choose to leave, there must be someone present for your son or daughter to be responsible for them. If your child has behavior issues or an injury, you or their responsible person must be present *at that moment*. We will do our best to encourage them, but if they are unable to continue practice with the group, we will look to you to encourage them or take them out of the room for a time. This is a learning experience for more than just wrestling for these kids.

5. Your child's health and safety is very important to us. It's not very fun or rewarding if you are sick or hurt, so please help us by sending your child to practice clean, nails trimmed dressed appropriately and with something to drink. As soon as you get them home after practice or a tournament, make them bathe *with soap* as quickly as possible. We will be cleaning the mat before and after practice, but this is a good practice. Wrestling shoes are for the mat only. Please clean your child's shoes as often as possible. This will help them keep as healthy as possible. When we issue singlets and warm-ups, you will be responsible for their care and we will ask you to pay for them if they cannot be returned in reasonably good condition.
6. Skin rashes must be checked out by a doctor or nurse. Typically, if you cannot see a doctor immediately, the nurses at the school will evaluate your child. If you are in doubt regarding your child's health concerning wrestling, please ask.
7. Parents must remain off the mat unless they are an approved volunteer or invited by a director to be out there. No street shoes on the mat. We will invite you out if there is an issue that we need you to help address. Please keep comments positive and constructive if communicating with your child from the side of the mat. We will do our best to handle issues on our own while on the mat.
8. Wrestling has weight classes. We will not condone weight cutting at an unhealthy level. If your child is not within the weight class that he or she wants to be in, they may try a diet change, run before weigh-ins, and so on, but from experience no more than a 4% change in weight per week is recommended. If we notice that your son or daughter is fluctuating more than 4% in one weeks' time, we will speak with you to resolve our concerns. Typically, kids cannot lose more than a pound or two to make weight the day before. Some tournaments may have a weigh in, the wrestler must be within the registered weight or they may not be able to wrestle. Have realistic expectations of your child and their diet.
9. Wrestling at this level has age classes. They vary from tournament to tournament and some duals matches waive the age, but if challenged, you will need to show proof of age. We will be asking for a copy of a birth certificate to keep on file in case any age is challenged. This must be supplied prior to the first tournament. Ages are typically as of the date of the event.
10. Our primary outlet for information will be via email. If you do not have email, we strongly recommend that you sign up for an email account and let us know. Be sure to like the SVEYA Wrestling Facebook Page and Check out the Spencer Van Etten Youth Association Page at www.SVEYA.org. We will use these media outlets to help communicate information regarding practice and tournaments. We will also post helpful Wrestling related information and additional opportunities available for your child. All of the volunteers that are helping with the program have regular jobs during the day, so we are not always able to take a call while we are at work. We will respond in a reasonable amount of time to email or texts, but please remember we are at our regular job sometimes too. Please do not hesitate to contact us with questions.
11. If school is closed, there is no practice that day. It's the school district's building, so when they close the wrestling room closes too. We will notify you if this ever changes.

12. Please try to be on time for practice. You must be on time for tournaments. If you are late for either, try to be as considerate as possible. We would rather have your child late than not at all, but please try not to make a habit out of it. We will be trying to teach some punctuality. If there is a regular schedule conflict, please let us know in advance. Please note, that if you are late for a tournament, your child might miss a match or be disqualified without refund. In such a case, please communicate with a program director or coach as soon as possible so that they can communicate with the tournament director.
13. Siblings and other children are permitted, however, due to insurance reasons we cannot be responsible for them. The same rules apply to them for the school use. They must have adult supervision at all times. They are not allowed to be on the mat during practice time.
14. Per SVEYA Policy, if there are any issues with anything in the wrestling program, please see us first. We are working hard to make this as good a program as we can for your kids. If there are any issues with us, the SVEYA, the coaching staff, referee, or even another parent, wrestler or family member please see us first. Social media is not a place to lodge a complaint, nor is it a place to make negative statements about anything regarding the program or organization or another wrestler. We ask that you speak directly with us first. We will listen and handle the concern objectively or escalate it to someone that can. We are asking our children to be adult about handling their differences, I will ask the parents and spectators to do the same. Please be conscious of the fact that this entire effort is for the kids to learn valuable lessons about working hard at something to feel that reward. Un-sportsman like actions from parents will hold the same consequences for them as the wrestlers, but separate from the wrestler. If the wrestler's actions are of good character and the parent or spectator is not, the wrestler may continue, but the parent or spectator will be asked to leave.
15. If there is anyone that has any issue with pictures being posted on our media outlets, please let us know as soon as possible. We love to share images on the SVEYA approved media. Every post on the SVEYA Facebook page is permitted only by an admin. This and the SVEYA website are the only places we will post officially about the program, however we do promote elsewhere.
16. Tournaments will be posted no less than one week in advance. We will try our best to be 1-2 months in advance with our proposed tournaments. Payment for the tournament is expected promptly on the date the registration is due. Where possible we will register as a team. We will indicate if there are other tournaments that your child can wrestle at, but this is at the discretion and availability of the coaches.
17. We will wrestle until the NY State finals. This will mark the end of our official season.

Thanks much for allowing us the opportunity to work with your child. We look forward to teaching them much this year and we hope that you as a parent will really enjoy this sport as well. We are really excited to see them learn and grow from such a demanding sport. From personal experience and in my opinion, youth wrestling is more exciting than watching any other sporting event and we are so glad to share this with you.