



# **Junior Colonials Wrestling Program**

## **Parents' Handbook**

[www.MoTownGrapplers.com](http://www.MoTownGrapplers.com)

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**Mo-Town Grapplers Club**  
Junior Colonial Wrestling Program

**Table of Contents**

1. MO-TOWN GRAPPLERS CLUB - CONTACTS ..... 3

2. INTRODUCTION..... 3

3. PARENTS’ RESPONSIBILITIES..... 4

4. UNIFORM CARE..... 6

5. COACHES’ RESPONSIBILITIES..... 7

6. SKIN CONDITIONS ..... 7

7. TOURNAMENTS..... 8

8. KOM TOURNAMENT..... 8

9. OFF-SEASON WRESTLING..... 8

10. WEIGHT CLASSES ..... 8

11. NUTRITION ..... 9

12. WRESTLING INFO FOR PARENTS ..... 9

13. ADDITIONAL INFORMATION ..... 11

# Mo-Town Grapplers Club

Junior Colonial Wrestling Program

## 1. MO-TOWN GRAPPLERS CLUB - CONTACTS

<b>Board of Directors</b>	<b>Name</b>	<b>Phone</b>	<b>Email Address</b>
President	Frank Crippen	917 617 9316	<a href="mailto:coachfrank@motowngrapplers.com">coachfrank@motowngrapplers.com</a>
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Vice President	Guy Bock	973 984 9677	<a href="mailto:coachguy@motowngrapplers.com">coachguy@motowngrapplers.com</a>
Treasurer	Karla Tranfield	201 650 0308	karladt@verizon.net
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Equipment Manager	Dan Mulligan		<a href="mailto:rangerdev@hotmail.com">rangerdev@hotmail.com</a>
<b>Committee Chairpersons</b>			
Fundraising Co-Chair	Guy Bock	973 984 9677	<a href="mailto:coachguy@motowngrapplers.com">coachguy@motowngrapplers.com</a>
Fundraising Co-Chair	Scott Chilson		<a href="mailto:schilson@ompus.nj.com">schilson@ompus.nj.com</a>
KOM League President	Frank Crippen	917 617 9316	<a href="mailto:coachfrank@motowngrapplers.com">coachfrank@motowngrapplers.com</a>
Webmaster	Colleen Purtell-Tappen	973 223 4456	webmaster@motowngrapplers.co

<b>Coaches</b>			
<b>TriCounty (Maroon) Team Head Coach</b>	<b>Frank Crippen</b>	<b>917 617 9316</b>	<a href="mailto:coachfrank@motowngrapplers.com">coachfrank@motowngrapplers.com</a>
<b>North Jersey (White) Team Head Coach</b>	<b>Dan Corcoran</b>	<b>973 723 1095</b>	<a href="mailto:coachdan@motowngrapplers.com">coachdan@motowngrapplers.com</a>
<b>Jr. Varsity Head Coach</b>	<b>TBD</b>		
<b>Clinic Head Coach</b>	<b>Matt Manahan</b>	<b>973 879 6554</b>	<a href="mailto:coachmatt@motowngrapplers.com">coachmatt@motowngrapplers.com</a>
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Assistant Coach	Guy Bock		<a href="mailto:coachguy@motowngrapplers.com">coachguy@motowngrapplers.com</a>
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Assistant Coach	Robert		
Assistant Coach	Dan Mulligan		
Assistant Coach	Tim Ehrhard		
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Assistant Coach			

## 2. INTRODUCTION

The Mo-Town Grapplers Club is a youth program for Morristown, Morris Township and Morris Plains wrestlers to give them a head start when moving to the school wrestling programs. Our goal is to teach the youth of Morris School District in order to prepare them to compete at the junior and high school levels. This wrestling is an amateur sport and not the WWF-type wrestling many have seen on television. Please see Section 10, Wrestling Information for Parents for additional information.

# **Mo-Town Grapplers Club**

## Junior Colonial Wrestling Program

### **3. PARENTS' RESPONSIBILITIES**

1) It is the responsibility of the parents to ensure their wrestler has had a physical within the last year and is in good medical condition to participate in a physically demanding contact sport such as wrestling.

2) During the season, photos will be taken of the wrestlers during matches and practices. These photos will be used on the website, in programs, brochures and in local publications. Any parent not wanting their child's picture be used must notify the Coordinating Officer, in writing, at the beginning of the season.

3) A team roster may be made available to each team member. This list will include names of the wrestlers and their parents, address and phone number. We are often asked for this information for ride-sharing. Any parent wishing their child's name be removed from the distributed roster should notify the Coordinating Officer, in writing, at the beginning of the season.

4) New in 2007, all wrestlers with braces must wear a protective mouth guard during any competitive matches. 'Boil and Bite' mouth guards can be purchased at any sporting goods store.

5) Parents must ensure that their children attend practice, matches and tournaments on time. It is their responsibility to notify the coach when unable to attend. Parents must also ensure proper and timely pick up.

6) It is the parents' responsibility to ensure their wrestler has wrestling shoes and properly fitted headgear. Headgear is recommended for all wrestlers during all practices and live wrestling. Headgear is a state requirement for any competitions. Wrestling shoes should never be worn outside. Street shoes are not allowed on the mats. Rocks from shoes can cut the faces of kids who are wrestling and germs can be carried on the shoes and onto the mats. In order to ensure the safety of our wrestlers, please be considerate of this and keep your street shoes off the mat.

7) Parents should arrive early for practice and assist the coaches in rolling out and mopping the mats. The mopping removes rocks and disinfects the mats to prevent the spreading of illnesses and infections.

8) Wrestlers are given singlets for the season. Varsity wrestlers are also given team warm-ups to use during the season. These items must be returned at the end of each season, even if your wrestler plans to attend off-season tournaments. If this is the case, please contact the Coordinating Officer. Parents will be asked to pay for any articles not returned by April 15<sup>th</sup>, and will also be asked to pay for any damaged items.

9) Parents should let the coaches do the coaching and are discouraged from sideline coaching of wrestlers during matches and practices.

10) Parents should encourage their children, and provide positive feedback for participating in the sport regardless of performance.

11) Parents should realize that all children develop and mature both physically and mentally at different times. A child should never be discouraged but assured that if they continue to work hard they will be successful.

12) Parents should not impose their own ambitions and expectations on the child. They should not judge their child's progress based on the performance of others. And they should never push them based on what the parent thinks their child should be doing.

# Mo-Town Grapplers Club

## Junior Colonial Wrestling Program

13) Expect that in some matches a wrestler could lose as a result of an error on the part of an official or scorekeeper. It is important to accept it and help the child understand that the official does their best to officiate fairly. Parents should never criticize the officials.

14) Parents that are disruptive and/or abusive to the coaches or referees will be asked to leave the gym with their children and wrestler.

15) Parents are not allowed on the mat at anytime unless asked by a coach.

16) Parents should refrain from cheering during wrestle-offs.

17) Parents should make inquiries regarding our program guidelines to a defined point of contact. This contact is the President or Vice Presidents, and will be identified at the beginning of each season.

18) The governing rules for the Maroon Team League By-laws (Tri-County) and the White Team By-laws (North Jersey) can be accessed at the League websites via [www.MoTownGrapplers.com](http://www.MoTownGrapplers.com).

19) Parents are encouraged to contact the coach via telephone, e-mail or after practices to discuss match schedules and their child's progress, performance and ability with the head coach of the team throughout the season.

20) Parents are welcomed in the wrestling room during practices, but must not interfere with the coaches or their children. If you would like to discuss an issue with the coaches, please wait until practice is over, or contact the coach the following day.

21) Although our coaches and volunteers will make every attempt to keep our mats clean by disinfecting them before every practice and match, **wrestlers should always shower immediately after wrestling to prevent skin infections** (see the website for more information).

22) Parents are responsible to check our website ([www.MoTownGrapplers.com](http://www.MoTownGrapplers.com)) for scheduling updates and general information.

23) Any concerns or comments about the Junior Colonials Wrestling Team should be addressed to the Mo-Town Grapplers Club Board and its members.

24) Parents should always encourage wrestlers to show good sportsmanship. Any wrestler who throws his/her headgear, and/or does not show sportsmanlike conduct, will be suspended for one dual match. Repeat offenses may result in suspension from the team.

25) Parents will be asked to volunteer and help with the program. Specific areas are timekeepers and scorekeepers, 50/50-fundraiser, pizza party, Awards Banquet, Match Program, and various other areas. Parents' participation is critical to the success of the program. To volunteer or become more involved please speak with the Team Parent or Coordinating Officer, or the specific committee chairperson. These individuals will be identified at the beginning of the season.

26) USA Wrestling Kids State Tournament: These tournaments are not for inexperienced wrestlers. If you are unsure if you should have your child participate in the qualifiers, please talk to your head coach. There will be a series of Qualifiers throughout New Jersey that will allow your child an opportunity to qualify for the State Tournament Finals. A year-round wrestling calendar will be distributed during the season and will be periodically updated and made available on the website.

27) Remember, competition is state-wide and is very tough. Although some of our varsity wrestlers might not be ready for it, they should attend at least one of the

# **Mo-Town Grapplers Club**

## **Junior Colonial Wrestling Program**

qualifiers to see what the level is all about. Any wrestler who makes the varsity team is encouraged to participate.

28) Parents are encouraged to cheer for the team, but should remain in the stands when doing so.

29) Parents and children should not sit on the mat and yell instructions to the wrestlers during tournaments. This can be confusing and as extremely dangerous for the wrestler. Rather cheer from the designated area.

30) It is the expectation of the club that all wrestlers will treat each other with respect and kindness. Our coaches are here to teach your child to wrestle and are not babysitters. If a wrestler has demonstrated the inability to get along with others, parents should remain at practices, to ensure their child does not disrupt practice. Wrestlers who continue to disrupt practices and mistreat other wrestlers will be asked to leave the practice and may be asked to leave the program."

31) We are always looking for great photos of the team and action shots of our wrestlers. We will post any pictures you send to the website. Please send photos to Colleen Purtell-Tappen at [webmaster@motowngrapplers.com](mailto:webmaster@motowngrapplers.com) and Carla Campbell at [ckaycampbell@aol.com](mailto:ckaycampbell@aol.com).

### **4. UNIFORM CARE**

Replacement Costs for the team uniforms is as follows:

#### **Singlets**

**Maroon (Clinic & JV & Off-Season) \$35**

**Black (Varsity) \$70**

#### **Warm-Ups (Varsity)**

**- Pants \$30**

**- Jacket \$50**

#### **Singlets**

Taking good care of the singlets is the responsibility of all parents and wrestlers. Mis-use and improper care can ruin a singlet and raise the costs to the club, which will be the responsibility of the parents.

Wash the singlets **INSIDE OUT** separately in **COLD WATER**. Use non-phosphorous detergent. **DO NOT BLEACH**. Do not wash with other items such as denim, warm-ups, towels, anything with zippers or Velcro. Remove from the washer immediately and hang to dry. Bleach, Hot Water, and Heat can destroy a singlet.

Keep the singlets inside out at all times, except when being worn. The fabric of the singlets can become snagged and will fray after contact with any rough or sharp objects (the Velcro on headgear and shoes are common culprits that cause singlets to be ruined). Because of this, it's a good idea to keep the singlets stored in a plastic bag when transporting to and from events.

#### **Warm-Ups**

# Mo-Town Grapplers Club

## Junior Colonial Wrestling Program

Taking good care of the warm-ups is the responsibility of all parents. Mis-use and improper care can ruin a warm-up and raise the costs to the club, which will be the responsibility of the parents.

Zipper the jacket closed and wash **INSIDE OUT** in **COLD WATER**. Use non-phosphorous detergent. **DO NOT BLEACH**. Do not wash with other items such as denim, warm-ups, towels, anything with zippers or Velcro. Remove from the washer immediately and hang to dry. Bleach, Hot Water, and Heat can destroy the screen printing on the jackets.

Young wrestlers may enjoy sliding on the gym floors in their warm-ups, but holes can result. Parents will be responsible for reimbursing the club for any damaged items.

### **5. COACHES' RESPONSIBILITIES**

1. Coaches will, to the best of their ability, provide instruction and drill members on wrestling fundamentals and will attempt to prepare its members to fully enjoy the sport.
2. Coaches will track its wrestlers to best position them for the end of season tournaments.
3. Coaches can set up exhibition matches whenever possible in order to get as many matches for JV wrestlers at Varsity matches.
4. Coaches are not responsible for member siblings or friends left during a practice. Parents are warned that no other child can be left unsupervised in the wrestling workout room or matches unless that child is a registered member of the program. Coaches are also not responsible for lost personal equipment (shoes, headgear, uniforms).
5. If a member causes or continues to cause a distraction during practice or matches, the coach may ask him not to continue with the team.
6. All Coaches must be certified by the Rutgers Safety course.
7. Coaches will be responsible for emailing parents about scheduling, directions and line-up changes.
8. Coaches will remind wrestlers to don headgear before wrestling "live".
9. Coaches will set attainable goals for the younger clinic and varsity wrestlers (K-5<sup>th</sup> grade) in dual matches. Some examples:
  1. *...try not to get pinned*
  2. *...attempt one takedown per match, etc...*

### **6. SKIN CONDITIONS**

Wrestling is the single sport with the most skin-to-skin contact. Because of this, skin infections/diseases are not uncommon. Parents can do their part by making sure their wrestle showers immediately after every practice, meet and tournament. Good hygiene is the first step to avoiding any disease.

If you notice a rash or any other skin irregularity, **please notify the coach immediately**. Wrestlers with contagious infections are not allowed to wrestle. Wrestlers will be checked in their singlets, with straps down prior to any wrestling match. Wrestlers with any skin markings must have an official Skin Lesion Form, signed by the wrestler's doctor (a pediatrician, family practitioner or a dermatologist are the only doctors allowed to sign these forms). Contagious skin infections can wipe out entire teams, so please be

# **Mo-Town Grapplers Club**

## **Junior Colonial Wrestling Program**

responsible and communicate anything abnormal with your child's skin to the head coach immediately.

Wrestlers who have been diagnosed with a contagious skin infection must present a signed Skin Lesion Form before participating in any practices, dual meets, and tournaments. The Skin Lesion Form can be found at [www.motowngrapplers.com](http://www.motowngrapplers.com).

### **7. TOURNAMENTS**

During the wrestling season, team coaches will join their wrestlers at tournaments that have been approved by the Head Coach(s). If your wrestler has been registered to attend another tournament (not communicated by the team), please let the Coordinator/Coach know. There may be other wrestlers attending (with a coach-qualified parent).

Novice tournaments are for first, and second year wrestlers. Open tournaments that do not specify "novice" are open to everyone, but these tournaments will be tough. Discuss with your coach if you are considering registering your novice wrestler for a non-novice tournament.

Tournaments are lengthy, but provide wrestlers with the opportunity to get much-needed experience. Some tournaments are double elimination, this means every wrestler should get at least two opportunities to wrestle.

Eating throughout the day and sustaining energy is important for your wrestler. Please see the Nutrition section for additional details.

During the off-season parents will receive updates regarding tournaments via e-mail from the club. However, you are always welcome to register your wrestler for any tournaments you wish to. Further details for New Jersey tournaments can be found at [www.njtourneys.com](http://www.njtourneys.com).

### **8. KOM TOURNAMENT**

Morristown will host the North Jersey League's Clinic King of the Mat League's end of year tournament. This league is for the Clinic/Novice wrestlers. Details will be made available as the season progresses.

### **9. OFF-SEASON WRESTLING**

All wrestlers are encouraged to continue practicing in the off-season. If there are funds available at the end of the season The Motown Grapplers Club will pay for membership to one of the elite New Jersey wrestling academies or for clinicians to run clinics throughout the off-season. Off-season wrestling will be tracked and recognized at the beginning of the off-season.

### **10. WEIGHT CLASSES**

# Mo-Town Grapplers Club

## Junior Colonial Wrestling Program

The Morristown Junior Wrestling Program and its coaches do not encourage its members to cut or lose weight in order to make a specific weight class. Members of the Maroon/White team will be certified into a specific weight class during the first official weigh-in. Once certified into a weight class, the member cannot change the weight class outside of what is allowed by the specific By-Laws of the league in which Morristown's Maroon and White wrestling teams participates. For more information visit our website at [www.MoTownGrapplers.com](http://www.MoTownGrapplers.com).

### **11.NUTRITION**

Nutrition is a key ingredient to a successful season for a wrestler. Please keep in mind that each child is different and you should decisions that are best for your individual child. Please consult your pediatrician or a nutritionist for special dietary recommendations for your child.

It is important to avoid candy and other sugary items (including soda & juice) because it provides a quick energy boost and has a significant drop off of energy.

Pizza and meatballs subs, hotdogs and donuts commonly found in most concession stands can cause a wrestler to cramp up during a tough match. Nutritious items aren't always available and it's a good idea to pack your own lunch and snacks to ensure healthy options are available for your child.

Please talk to your coach if you need some suggestions.

### **12.WRESTLING INFO FOR PARENTS**

The following information will help the parents of any wrestler (new or experienced) to better understand the sport of wrestling and how it is organized into practices and competitions. If you can fully understand this outline, you will have a very good idea of what to expect during the season, and also you will understand why your child belongs to a particular practice team or competition team.

The following is broken down into 2 parts: *Practices and Competitions (also called matches)*. This is necessary because the match teams may look different from the practice teams that were set up at the start of the season. Please pay careful attention to both categories.

#### **PRACTICES:**

Practicing wrestling requires focus at all levels because it is such a skilled sport. New Jersey has taken the sport of wrestling to a very high level of competitiveness. Children who continuously cause a distraction for other kids in their practice session may be asked to sit off to the side to allow the team to continue in an uninterrupted manner.

#### **SUMMARY TABLE of the practice groups**

# Mo-Town Grapplers Club

## Junior Colonial Wrestling Program

Practice Team	Practice Description	Practices	Exceptions to Age Range
PreClinic	Learn the basics in a fun atmosphere	1-2X per week	Ages 5-7
Clinic	Learn the basics in a fun atmosphere. For 1 <sup>st</sup> and 2 <sup>nd</sup> year wrestlers.	2-3X per week	Ages 7-10. Kids may be chosen to practice with JV or Varsity (rare instances). All changes are based on ability and desire. Decision of head coach.
JV	Intermediate wrestling in a less competitive atmosphere compared to varsity	3X per week	Some kids may be chosen to practice with Varsity. All changes are based on ability, and desire. Decision of head coach.
Varsity	Disciplined wrestling, skilled moves, very intense practices	3X per week	Some kids may be moved down to JV if they are not benefiting from the intense varsity practices. Decision of Head coach

### **COMPETITIONS**

All kids practice wrestling so they can get better and have a chance to compete and show what they have learned. The most naturally gifted wrestlers really enjoy the one on one competition from a young age. Yet some kids may not really enjoy this aspect and it may take time for them to build their confidence. That is why we have created several different competition teams. The goal is to keep ALL kids interested in the sport until they have gained the experience, confidence and understanding of what it takes to compete at advanced levels.

Wrestling matches are designed to match kids by weight alone, but fortunately for the youngsters on the clinic team and JV team, coaches also take age, experience and aggressiveness into consideration when matching kids up for competition (the system is not perfect, but it works well). This ensures the most even matches. However at the Varsity level, weight is the only factor involved in matching kids. That is why 1<sup>st</sup> and 2<sup>nd</sup> year wrestlers, below 4th grade, typically do not wrestle for varsity, but there are always exceptions with young kids (1<sup>st</sup> and 2<sup>nd</sup> year) who have natural ability and really enjoy the aggressive aspects of the sport...these kids may see some varsity action this year.

### **WRESTLE-OFFS**

Wrestle-offs are competition between wrestlers in the same weight class vying for the starting position for one of the teams. The competition teams will be determined by the beginning of December based on the results of the wrestle-offs.

Generally, kids on the clinic team will not wrestle-off and will only compete with the clinic team throughout the season (exceptions will arise when a clinic wrestler proves he has the ability to compete on the varsity level).

The coach will make the final decision based on the needs of the team and reserves the right to adjust the line-up accordingly.

There are 4 leagues that The Colonial's Junior Wrestling Team belongs to.

1. **Tri-County Wrestling League (Maroon Team)** the best kid at each weight wrestles for this team

# Mo-Town Grapplers Club

## Junior Colonial Wrestling Program

2. **North Jersey Youth Wrestling League (White Team):** the 2<sup>nd</sup> best kid at each weight wrestles for this team
3. **The JV League:** All others between 3<sup>rd</sup> to 8<sup>th</sup> grade not on the other two teams will wrestle for this team
4. **The King of the Mat Novice League (KOM):** is for the clinic kids and also for the JV kids who are in 5<sup>th</sup> grade and below with no more than 2 years experience.

### SCORING DEFINITIONS

#### Match Points:

Take Down – 2 points. A takedown is awarded when, from the neutral position, a wrestler gains control of his opponent on the mat.

Escape – 1 point. An escape occurs when the defensive wrestler (the one on the bottom) gains a neutral position and the offensive wrestler has lost control of the defensive wrestler, while remaining in-bounds.

Reversal – 2 points. A reversal occurs when the defensive wrestler is able to come from underneath and gain control of the opponent, either on the mat or in the rear standing position.

Near-Fall – A near-fall occurs when the offensive wrestler (the one on top) exposes the defensive wrestler's back to the mat at 45 degrees or less.

2 points – 2-4 uninterrupted seconds

3 points – at least 5 uninterrupted seconds.

#### Team Points:

6 Points – Win by fall (pin, default, forfeit, or disqualification.)

5 Points – Win by technical fall. This occurs when one wrestler has a 15 point advantage over the other wrestler.

4 Points – Win by major decision, where one wrestler has an 8-0-1-4 point advantage over the other wrestler.

3 Points – Win by decision, where one wrestler wins by 1-7 points.

### **13. ADDITIONAL INFORMATION**

Additional information is available at [www.motowngrapplers.com](http://www.motowngrapplers.com).