

# NORTH SCOTT WRESTLING CLUB 2011-2012



**WHO:** All North Scott Students (K through 8<sup>th</sup>)

**WHERE/WHEN:** **Practices**  
3-8<sup>th</sup> Grade: Mon & Wed in High School Wrestling Room from 6:15 – 8:15 pm  
K-1<sup>st</sup> Grade: Mon & Thurs in Jr. High School Wrestling Room from 6:00 – 6:45pm  
2nd Grade: Mon & Thurs in Jr. High School Wrestling Room from 7:00 – 8:00pm  
Dates and location may vary so refer to the club calendar on [www.northscottwrestling.org/Calendar](http://www.northscottwrestling.org/Calendar).

## IMPORTANT DATES:

**October:**  
**19** Sign-Ups at High School  
**25** Picture night/parent meeting at the High School Wrestling Room  
Individual Pictures: 5:00 pm 3<sup>rd</sup> – 8<sup>th</sup> grade  
5:30 pm K – 2<sup>nd</sup> grade  
Group Pictures: In the pit after individuals.  
Parent meeting in High School Wrestling Room during Group photos.  
**PARENTS PLEASE ATTEND!!**

**November:**  
**19** Alumni Meet, 6:00 pm @ NS High School

**December:**  
**23** Lancer Midwest Tournament

**January:**  
**8** Iowa Youth State Dual Championships (Knoxville)

**February:**  
**5** AAU Districts 3<sup>rd</sup> – 8<sup>th</sup> Grade (Bettendorf)  
**25-26** AAU State Tournament (Des Moines)  
**29** Pushups & Crunch Contest (3<sup>rd</sup> – 8<sup>th</sup>)

**March:**  
**3-4** AAU Super Pee Wee State (Waterloo)  
**7** Pushups & Crunch Night (K-2)  
**28** Pizza Party Award Night

**SNOW DAYS:** No practice if school is canceled due to weather (this includes early dismissal)  
If the roads are bad – STAY HOME!

**COACHES:**

<b>Contacts 3<sup>rd</sup> – 6<sup>th</sup></b>	<b>Contacts K – 2<sup>nd</sup></b>
<b>Brian Thomas 508-5360</b>	<b>Tony Yates 508-5356</b>
<b>Brian McCabe 529-5143</b>	<b>Troy Peterson 468-7655</b>
<b>Jon Cole 340-5084</b>	

**PURPOSE:**

1. Introduction of amateur folkstyle wrestling in a fun, positive, and safe atmosphere.
2. Developing values of good sportsmanship, hard work, discipline, team unity, and pride in being a North Scott Lancer.
3. Provide understanding of rules and instruction of moves used in wrestling.
4. Inform and assist wrestlers in signing up & attending tournaments if desired.

**CLOTHES:**

- Wrestling or gym shoes, gym shorts and t-shirts. **NO JEANS or STREET SHOES!**
- Team singlet rental is included in the sign-up fee. Rental is for one year and the singlet must be returned at or before the pizza party to receive awards.
- Headgear is not required at practice but may be at tournaments.

**COST:** K-8<sup>th</sup> - \$55 (\$45 for each additional family member)  
Registration cost includes singlet rental and required AAU membership/insurance.

**FUNDRAISERS:** **NS Alumni Wrestling Meet and Lancer Wrestling Club Exhibition**  
6:00 pm Saturday, November 19, 2011 in the PIT.  
Dinner and Concessions will be available.  
Please contact Tricia Campbell to donate items (baskets, gift cards, etc) for the raffle/auction.

**Avenue of the Flags:** Need Volunteers to set out and pick up flags on Veterans Day, Memorial Day, Flag Day, Fourth of July, and Labor Day.

**Butter Braids – Orders due Nov 28 and pickup is Dec 5**  
Questions: Contact Julie Lundvall 508-4084



## 2011/2012 North Scott Wrestling Club Information



1. Practices are *voluntary*. Please attend as many as your wrestler would like. Practice schedule can be viewed or downloaded at [www.northscottwrestling.org/Calendar](http://www.northscottwrestling.org/Calendar).
2. Please have your child wear other shoes to practice and if they have wrestling shoes, please change into them at practice – do not wear wrestling shoes outside the wrestling room. More importantly, no street shoes on the wrestling mats!!
3. It is important that your child *shower after each practice* to reduce the risk of ringworm and other skin infections. The mats are cleaned daily, but skin infections can still occur. If you are not sure about a skin infection or rash please ask a coach. Most importantly, if your child has a skin infection or any other illness, they should not be wrestling at practice or tournaments.
4. Our club is allowed to use North Scott facilities at no cost. We need to **respect this privilege** and abide by the school rules and requests made by NS officials/staff. We are only permitted to use the wrestling rooms and restrooms. GYM FLOORS and WEIGHT ROOMS are off limits.
5. *Tournaments* – Registration forms for most local tournaments will be made available on our website ([www.northscottwrestling.org](http://www.northscottwrestling.org)) and at practices as we can. Tournaments are a fantastic way for your wrestler to measure how well he is doing, build confidence, have fun, and earn recognition. Feel free to ask a coach or other wrestling parents for recommendations on tournaments.
6. *Records* – After attending a tournament, submit the tournament name, wins, losses, pins, etc. on the virtual clipboard on our website. This information is used to order GUTS shirts, Pins, and year end awards. Use the following user name and password to access the virtual clipboard.  
**User name: lancer Password: nation**  
Please see a coach if you have problems or are unable to access the virtual clipboard.
7. *GUTS Club T-shirts* - Given to each wrestler who participates in a minimum of five tournaments during the club season.
8. *Sportsmanship* is expected by EVERYONE at tournaments and at practices. If we experience a problem with your child's behavior at practice, he will be asked to leave. Same goes for the parents.
9. *Push up / Crunch Night* is held at the end of the year for wrestlers and a parent/guardian to see who can complete the most combined push ups. Also, all wrestlers that complete crunches will receive an award during the year end pizza party.
10. *Pizza Party Award Night* – We conclude our wrestling season with an award banquet. Club issued singlets and shoes **MUST BE** turned in at that time, if not already done so, to receive any awards. We also ask for donations of old wrestling gear (shoes, headgear, etc) for the following year.
11. *Practices are open for parents to attend*. Please abide by the “seen but not heard” policy as to not distract the wrestlers or coaches. Kids can be distracted very easily without extra noise from parents or siblings during this time. Also, be respectful to the club coaches when they are instructing the wrestlers during practice.
12. Check the website ([northscottwrestling.org](http://northscottwrestling.org)) and your e-mail for updates, information, and announcements.