



Mukwonago Wrestling Club



The Mukwonago Wrestling Club is a non-profit 100% volunteer organization, run by an elected Board and guided by a set of by-laws. **We are blessed with several individuals who contribute with their time to events, board meetings and coaching effort.** The board consists of 4 officers & 5 directors. Voting takes place at the annual meetings.

The Mukwonago Wrestling Club is guided both by the State Organization "Wisconsin Wrestling Federation" & National Governing Organization "USA Wrestling".

Mission: We are dedicated to fostering, promoting and encouraging the sport of wrestling in the Mukwonago community, by providing the opportunities for its members to get introduced and compete in our great sport and to be a model club among Wisconsin best sanctioned Wrestling Clubs.

Mukwonago Wrestling Club Goal: is to share the sport we love with your child. We want your child to have a fun and positive experience. Like most athletic activities, we will emphasize the fundamentals of the sport, including the basic & advanced skills, with drills and technique.

Sign Up/Registration

Sign Up/Registration starts with On-Line Registration which will not open until November; You will enter your Registration information on-line at <http://members.mukwonagowrestlingclub.com/> or it can be completed at the opening meeting at Mukwonago High School in October (watch website for dates). **Sign-up fee is \$90;** comprised of a Club fee of \$40 and a USA card of \$50. (explained at meeting); an additional Fundraising buyout of \$40 which will be refunded if you participate.

Wrestling Season

Our folkstyle season runs from the end of November to the end of Feb. for the K-3rd graders or for the older group concluding with a Regional/State tournament mid-March, with the top 2 Regional place winners advancing to the State tournament in WI. (End of March). Our Freestyle/Greco (Olympic) season begins the last week in March and concludes with a state tournament in the beginning of May.

Practice Information:

Group 1 – K - 2nd Rookies Practices are held Tue & Thu evenings from - 6:00 - 7:00

Group 2 – 2nd experienced - 4th Practices are held Mon & Wed evenings from - 6:00 - 7:00

Group 3 – 5th - 8th Practices are held Mon & Wed 7:10 - 8:30.

Group 3 only - Friday evenings from - 6:00 - 7:15.

All practices are held in the Mukwonago High School wrestling room.

Practice Session Rules

Please review these rules with your child:

- 1) **All "on mat" Coaches are approved by Head Coach and hold USA coaching cards**
- 2) **No street shoes** in the wrestling room. Sand & Dirt deteriorate the mat surfaces.
- 3) **Take home everything that you brought to practice. Shoes, Headgear are often left & disappear.**
- 4) **Report all injuries to the Coach immediately.**
- 5) **Have Fun!**

- **Equipment & Dress** Club practices: Shorts, T-shirt & "clean" athletic shoes are all that we require. (No Loose/baggy clothes, No socks only (shoes are required). Mouthpieces are

required for wrestlers with braces. As they gain experience and you determine they are enjoying wrestling you can begin to invest in wrestling shoes, headgear.

- **Our club wrestling tournament singlets**, after passing the basic skills test, can be checked out.

Equipment Cost (approximate):

- Wrestling Shoes: MWC has used shoes \$5 (limited by donations) retail price varies \$30-\$100.
- Headgear: approx. retail price \$30 - \$50.
- Knee Pad: approx. retail price \$30 pair.
- Singlets (club singlet is used), requires a \$100 refundable deposit check.

Tournament Information: MWC has a guide with suggested number of tournaments that is based on age and experience. The tournament schedule can be found on the website and member site <http://www.mukwonagowrestlingclub.com>.

Kids Tournaments: Traditional Kids (K - 8) Folkstyle tournaments begin in December and end in March. Our Club provides coaching at tournaments starting in January. As mentioned before, most tournament pairings are made by birthyear or grade & weight. Your Child could be bracketed with more experienced wrestlers. Tournament entry fee is typically \$15 - \$25. Most tournaments are 4-man round robin, so each wrestler has 3 matches typically 3 minutes long.

Athletic Development - Please understand that your child may not have instant success in wrestling. Very few wrestlers start winning when they are first introduced to this sport. There will be wrestlers who started earlier and have more wrestling experience or more athletic. In some cases, it may be a few years before a young wrestler develops the competitive edge. The physical, emotional, and competitive stages of athletic development vary for every young athlete. Some children may be ready for tournament competition in their 1st year but most are not; as many develop confidence later. You know and understand your child's development better than *anyone*.

Parental Support - Do not push or drive too hard, wait until you feel your child is ready. Give your child the choice, listen to what they say and give a lot of praise & encouragement. Your support and involvement are critical. However, please leave the coaching to the coaches. Give your wrestler a hug and let you know you are proud of them.

Competition, Winning & Losing - Unfortunately, many wrestling tournaments available to your child do not take into account your child's athletic development or experience. Most tournaments take into account weight and age or year in school. On occasion it is not uncommon for your young wrestler to meet more physically dominant and talented wrestlers. Regardless of whether your child wins or loses, always reinforce the positive. Let them know you are proud of them no matter what the result is. Emphasize the importance of effort, not winning or losing.

Other questions/concerns: The MWC web site contains all this and much more wrestling information: <http://www.mukwonagowrestlingclub.com>

If you have additional questions - contact me

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