



Howland Mat Cats Wrestlers Handbook

Welcome to the 2018-2019 season of the Howland Mat Cats. Our program teaches the sport of wrestling, while instilling confidence, sportsmanship, pride and discipline – and to have fun! **Coaches will send updates and reminders via Remind (text #81010 and message @howlandmc to join). Parents and guardians must join Remind in order to stay informed!** Please visit and sign up for important information on the Howland Mat Cats website at howlandmatcats.com and like our Howland Mat Cats Facebook page.

The Howland Mat Cats program educates kids on fundamentals of wrestling through organized practices that ensure wrestlers grasp the skills safely. Wrestlers learn basic skills such as: stance, motion, takedowns, pinning combinations, escapes and working successfully from both top and bottom positions.

Weight and experience are used to match-up kids for wrestling matches. Every kid will have the opportunity to wrestle as either **varsity** or **all-star**. The top wrestler in each weight class will become varsity and compete against the other youth wrestling teams on the schedule. All-star wrestlers will be paired up with other all-star wrestlers for the Sunday matches.

Howland Mat Cats welcomes all kids regardless of skill level, however we are not a drop off service. Your child will become stronger, faster and more mentally prepared if they “commit to the process”.

Rules for Wrestlers:

- Attend practice once per week to wrestle a varsity wrestling position (all wrestlers must weigh-in before each practice as attendance) It is recommended that you arrive 10-15 minutes early to weigh-in. If you arrive at 6:00, you are late.
- Be on-time to weigh-in for practice and matches (wrestlers will weigh-in one hour before the Sunday match start time)
- Respect coaches, referees, fellow wrestlers and opponents (disruptions will not be tolerated)
- Only wear wrestling shoes during wrestling (not outside); clean headgear and singlets regularly
- Practice good hygiene both before and after wrestling to ensure the health of all wrestlers. Defense wipes are a good to use right after practice. Always shower as soon as you can. (inform coaches of any issues before practices or matches)
- Perform to academic ability in school
- Wrestlers must pay attention, listen to instructions and most importantly contribute to the team by not being **disruptive**. Discipline may be taken if kids become distracting and cannot follow simple instruction.
- Please tell Coach Mock if your child is participating in another sport that may conflict with practice.

Only coaches approved by the club (with approved Concussion training/background checks) and wrestlers are permitted in the wrestling room. *Absolutely no parents or non-Howland Mat Cats children in the wrestling room! Do not coach from the hallway. It is distracting to the team.*

The wrestling facility is owned by Howland School District. Please treat its property respectfully!

Weight Classes

49,52,56,60,64,67,70,73,76,79,82,86,90,95,100,105,110,120,132,150,175 (Ex. 60 lbs. weight class must weigh-in at 60 lbs. or less; weighing-in at 60.1 lbs. would wrestle 64 lbs. weight class)

Practice Schedule:

- ❖ Mat Cats Practice (all wrestlers) 6-7:30 PLEASE SEE WEBSITE CALENDAR FOR EXACT DAYS
- ❖ Tiger Practice (advanced wrestling practice, varsity team, or by invitation only) PLEASE SEE WEBSITE CALENDAR FOR EXACT DAYS
- ❖ Snow Days – if school is cancelled the day of practice, wrestling practice will be cancelled

Sunday Matches (Session Times To Be Determined)

Matches begin the first Sunday of December. There is a charge for admission and there is a concession stand available. We will wrestle 3 Sundays in December and 4 Sundays in January.

All matches take place at Austintown Fitch High School (4560 Falcon Drive, Austintown, OH 44515).
Directions: Route 11S to Mahoning Ave., Left on Mahoning Ave., Right onto Idaho Road, Left into the Austintown Fitch High School

Weigh-ins begin one hour before the session start time. Wrestlers must weigh-in, wearing his/her singlet and socks only, in order to wrestle. Do not weigh-in with shoes or headgear. Please make sure your wrestler has their nails trimmed before you come.

All varsity wrestlers must stay until his/her team is finished. If a wrestler must leave early, please let coaches know prior to the start of the varsity match. Leaving early, without prior approval, may result in ineligibility for the next match.

New Wrestlers: The first Sunday can be overwhelming. Please encourage your kids. Wrestling is a tough sport and it takes a great deal of courage to step out on the mat!

Varsity/All-Stars

Every wrestler will wrestle during the Sunday session. Varsity wrestlers will sit with either the Howland Orange Team or Howland Black Team on their respective mat. All-star wrestlers will sit

together on the bleachers with the other all-stars until their weight class is called. Coaches will pair up wrestlers by age, weight, grade and experience.

Wrestle-offs

A “wrestle-off” is a match between two wrestlers in the same weight class during practice. Every week wrestlers will have the chance to “wrestle off” either of the two existing varsity wrestlers for a spot on the varsity line-up. Coaches will ask for “challengers” during practice, followed by live wrestling. Normally, whoever wins, wins the varsity spot. If wrestlers are close in skill level, they may be asked to wrestle the best two of three matches. Due to the number of kids in the Howland Mat Cats program and time constraints, there will be a select number of wrestle-offs for weight classes. Other factors including attendance, tardiness, etc. also affect varsity spots.

Sectional Tournament

Wrestlers who have performed the best all season in practice, matches and school will be selected by the Howland Mat Cats coaches. Sectionals, Districts and States are achievements for hard work and great wrestling. Dedication to the sport is the key to qualifying for these tournaments.

Wrestling Match Scoring

Wrestling matches consist of three one-minute periods. (All-star matches will only be two one-minute periods.) A wrestler wins by either pinning or developing a lead in points by the end of the match. Wrestlers start in either a neutral position, both standing and facing each other, or referee’s position where one wrestler is on his hands and knees, and the other is on top.

Takedown – 2 points (from a neutral position a wrestler is able to bring the other to the mat and gain control)

Escape – 1 point (when the bottom wrestler is able to break free from the top wrestler and revert back to a neutral position)

Reversal – 2 points (when a wrestler on the bottom is able to reverse the control so that the opponent is on the bottom)

Near Fall (back points) – 2 points for 2-4 seconds or 3 points for 5 seconds or longer (awarded when one wrestler comes close to pinning the other)

Technical Fall (winning by 12 or more points at any time during the match) – Match over

Pin- holding your opponents back to the mat for 2 seconds-match over

Volunteer Parents

The Howland Mat Cats program needs energetic and passionate people that can help with practices and matches. We are also looking for assistant coaches for the all-star wrestlers on Sundays in Austintown.

All coaches are required to complete a background check and online concussion training. With completion, coaches must wear badges in order to coach matches, or even be allowed on the wrestling mats. www.ohioyouth.com (under heading "coaches form") AND www.nfhslearn.com (under "courses" tab)

Open Tournaments

Open wrestling tournaments are not necessarily team or school affiliated. They are for individuals who like to wrestle and compete for more experience. Additional information about these tournaments is available at ohiotournaments.com.

Typically, these tournaments are set up by weight class and by age. Many of these tournaments offer a "rookie" division for 1-2 year wrestlers only. This is a great way for new wrestlers to compete against kids their own age and experience.

Questions

If parents or wrestlers have any questions, please talk to the Coach Mock either before or after practice

Head Coach Greg Mock (330) 240-3757

Assistant Coaches: Jeremy Welker and J.T. Seesholtz

For most individuals, it takes years to develop into a great wrestler. Be positive and encouraging!

"Once you've wrestled, everything else in life is easy."

~Dan Gable