

**Chugach Eagles Wrestling Club**

# Welcome to the 2020 Chugach Eagles wrestling season!

We are excited for another season of wrestling! The season will last from mid-February until the last weekend in April. There will be approximately 8 tournaments during the season, typically held on Saturdays. The season culminates with a large state tournament held at the Menard Sports Complex in Wasilla. This year it will be held May 2nd, 3rd, and 4th.

Wrestling is a great sport that builds confidence and character. We focus on good sportsmanship, integrity, and perseverance. Our goal is to create an environment that is competitive yet respectful and to promote interest in the sport of wrestling among the parents and youth of the Eagle River/Chugiak community.

# Registration: Go to the REGISTRATION tab on the Chugach Eagles website.

The registration fee of $300 is a one-time fee that will include all practices, 9 tournament fees and the state tournament fee for one style of wrestling. In addition, the fee covers expenses for insurance, gym rental, mats, T-shirts, first aid, cleaning supplies, etc.

**Family registration:** Third wrestler just pays USAW fees for their wrestling card and tournament fees.

**Refund:** If for some reason you are unable to complete the season, families will have until the last practice of the 2nd week, 17 February, to get a refund. After that we will not be issuing refunds.

**Practices only:** If you choose not to participate in any tournaments there is an option to just pay for practices. Practice only registration fee is $190 in addition to the USAW fee for their wrestling card. If you decide you would like to wrestle in any tournament you will be required to pay the tournament entry fee.

**Late sign up Policy:** Any registrations after 28 February will be prorated.

# *Practices Begin 03 February 2020*

# Requirements: Wrestlers

In order for your child to wrestle your child must have a current USA Wrestling card ($40)

1. Go to [www.themat.com](http://www.themat.com/) or follow the directions on our website <http://www.chugacheagles.com/>
2. Follow the instructions to purchase your wrestler's USA Wrestling Card. Make sure to attach Chugach Eagles Wrestling Club to the membership. Please document and print your wrestler's card number, as you will need it to complete the rest of the registration process.

# Requirements: Coaches

In order to coach your child and be a coach for the club, you must have a current USA Wrestling Coach’s card ($40)

1. Go to [www.themat.com](http://www.themat.com/) or follow the directions on our website <http://www.chugacheagles.com/>
2. Follow the instructions to purchase your USA Wrestling Coach’s Card. Make sure to attach Chugach Eagles Wrestling Club to the membership. Please document and print your coach’s card number, as you will need it to be able to coach at the tournaments.

# Regular Season Practices: *Monday, 03 February*

**Monday, Wednesday, and Thursday**

6:00 – 8:00 PM: all ages

***Note:*** *Exceptions will be made to allow experienced younger wrestlers to practice with the older group on a case-by-case basis. Maturity level and focus will be the determining factors.*

Practices consist of warming up/conditioning, learning moves, and live wrestling (ideally working on moves the kids just learned). We periodically break up practices to play games and have fun. This helps keep the wrestlers engaged while keeping them moving.

# Equipment:

Your wrestler will need to purchase a club wrestling singlet, which the club has for sale at approximately $40. In addition, they will need a pair of wrestling shoes and headgear (can be found at Play it Again Sports or online, i.e. Amazon.com)

Practice attire will consist of a t-shirt, pocket less shorts or sweatpants, wrestling shoes, and headgear. Mouth guards must be worn for athletes with braces.

# Wrestling Styles:

* Freestyle - all ages
* Greco-Roman - intermediate and up
* Folkstyle - Intermediate and up

All of the wrestling done in the middle and high schools is folkstyle. For the older/experienced wrestlers we are going to focus more on folkstyle, especially at the beginning of the year. Our intent is to better prepare our wrestlers for the transition to folkstyle wrestling and increase their competitiveness at the middle school and high school levels.

Scoring is a little bit different for each wrestling style and some styles are only available at certain ages. We plan to go over the scoring system for the different styles throughout the season. If you have any questions please don’t hesitate to ask.

# Weight classes:

Your child will wrestle kids near their own weight. Madison brackets are used during the season to limit bracket size so kids get a better opportunity to place in the top three. Madison brackets take kids of similar weights, normally not more than a 6 pound difference, and group them into 8 man or less brackets.

The state tournament is different. It is a strict 5 lb weight bracket i.e., (40.0 - 44.9 lbs.) and can have up to 32 man brackets.

**Age Divisions:** Roughly 2 year age brackets by year of birth. Year determined January 1 - December 31. The list of age divisions can be found on the ChugachEagles.com/faq website under the question, “What are the weights and classes?”

\*\*\*UPDATE:The new age groups for youth girls will be 8U, 10U and 12U.\*\*\*

**Alaska USA Wrestling adds**

**6U/Pre-Bantam, DOB: 2014-2015, weights: 35,40,43,45,49,53,56,62,70**

# Tournaments:

# for the 2020 schedule, go to ChugachEagles.com/schedules and click the Tournament Schedule button near the bottom

There will be approximately 9 tournaments with locations ranging from Homer, the Anchorage bowl, to the Mat-Su Valley. Coaches or representatives from our club will be attending most if not all tournaments. Verify with a coach prior to a tournament to ensure a coach will be at the given tournament. It will be up to the individual wrestler and their parents on which tournaments they want to attend. Just be prepared for pandemonium. There will be a lot of people, a lot of noise, and high activity level. There are 8-12 matches running simultaneously at all times. It is overwhelming at first, but you’ll get used to it!

Medal ceremonies are typically done as each individual bracket finishes competition. The top 3 finishers of each bracket receive medals.

**Trackwrestling:**

A very important part to the tournaments is being able to utilize trackwrestling.com. Most people access this by a smartphone or tablet, however at each tournament they have a large screen with continuous updates streaming directly from the website.

Trackwrestling.com can be a little overwhelming and confusing if you are unfamiliar with it, but once you figure it out it is so beneficial to making the tournaments run quickly and smoothly!

Trackwrestling.com homepage > browse > tournaments > search events > you only really need to fill in Alaska in the state search field. There aren’t that many tournaments to sift through so dates and other information are not necessary > once you find the event, open it.

Special Coverage tab — this is only available during active tournaments. This is where names and mats will be shown for each current match and the next 3 upcoming matches for each mat. The youngest/lightest matches go first and will cycle through until all divisions have gone and then restart with the youngest/lightest. The first 2 rounds are the longest, because nobody has been eliminated yet so all wrestlers are still in the tournament. After the second round, the time between matches tends to speed up as fewer wrestlers remain after each round

Divisions tab — this will take you to the wrestlers grouped by age division. If you click on each division, it will show you the different weight classes for that tournament. By clicking on a particular weight class it will tell you each individual that is in it, their weight, and club they are wrestling for. By clicking on Bracket at the top of the page, you will see the pairing of the first 2 matches and will update as matches are completed. Brackets are not usually open for viewing until just before the tournament starts, once all changes have been made.

Wrestlers/Teams tabs — these both sort the wrestlers that have weighed in and participating in this particular tournament. One sorts all the wrestlers alphabetically, and the other has them by club.

# Parents:

This is a tough sport, both physically and mentally. It can be extremely emotional for parents. It is difficult to watch your kids get beat and at times be uncomfortable. Our goal is to help your children deal with challenges by increasing their mental and physical toughness, which will lead to increased confidence and eventually success.

Learning how to lose is one of life’s lessons. Most kids new to wrestling lose more than they win. So it is important for kids (and parents) to understand how to handle losing and learn from their mistakes.

# *Parents must be supportive and positive at all times!*

Be role models for your kids. Motivate them, praise them, and display a positive attitude at all times.

If you have any questions about wrestling styles, scoring, or anything related to wrestling please ask a coach, board member, or experienced parent who has been with the club for a while. Also, if you have any observations, complaints, issues, etc. please bring them up to the coaches or board members. The club will do all we can within reason to resolve any issues.

Thanks for allowing your child to wrestle.

We will do everything we can to make this a fun and rewarding experience.

This is a non-profit club run by volunteers, with all proceeds going back into the club.

# Board members and coaches:

**President:** Jim Inguagiato

**Vice President/Lead Pairing Official:** Roger Zeiler

**Treasurer:** Tiffanie Cosper

**Secretary:** Jen Inguagiato

**Coaching Director:** Thamir Rimbert

**PR Director:** Rashae Johnson

**Member at Large:** Danny Brooks

**Member at Large:** Greg Zeiler

**Member at Large:** Crandall Dyment