

APPLE VALLEY TRAVELING YOUTH FOLKSTYLE WRESTLING

CLUB PROGRAM INFORMATION PACKAGE:



SEASON/TIMING:

First Week of November to the end of March (20 Weeks then onto Session III)
Two Separate Folkstyle Sessions followed by one Freestyle/Greco Session
There are different levels of participation opportunities available in the wrestling club. In-house (or VAA) and Club.

CLUB GOAL:

Our club looks to offer all participants a comprehensive opportunity to learn more about the sport of wrestling and improve existing skills. Whether you are new to the sport of wrestling or a more experienced wrestler we welcome and encourage your participation at the level you feel comfortable with. AV High School wrestlers will be scheduled to assist with this program as available.

EXPECTATIONS:

- Participate in weekly practices and work toward increased participation and levels of competition.
- Individual participation in weekly tournaments will be highly encouraged. The club would like to have each wrestler participate in at least two tournaments per session.
- Work toward participation on one of our traveling dual meet teams.

ADDITIONAL NOTES:

- Wrestling club tee shirts are included in the club registration fee. Gym shoes, shorts and tee shirt are all that is needed to participate.
- The club will also provide an Apple Valley singlet for each participant in our club to use during the season. A deposit check for \$25.00 will be held (not deposited) during the season and returned to the parents once the singlet is returned at season's end. If you desire to own a singlet there are a number of options available for you to purchase at one of the weekend tournaments.
- Club warm-ups (Hooded sweatshirts and sweatpants) will be used as the club uniform. Warm-ups are available for purchase by all participants, the traveling team members will be encouraged to purchase a complete uniform, but it is not mandatory.
- Order forms for hooded sweatshirts and sweatpants will be available during the first several weeks of practice. Youth clothing is ordered in advance with the High School varsity's order. Therefore the youth will wear sweatshirts and sweat pants very similar to the varsity to create continuity in the program.
- The club will have a wrestling product representative available at one of the first practices and/or at the Apple Valley's wrestling tournament "*Paul Wellstone Kids Classic*" so that parents interested in purchasing other items such as wrestling shoes or headgear have that opportunity as well.
- Wrestlers that participate in a weekend tournament will be acknowledged during the next scheduled practice in addition to participants that have an unusually good performance (judged by coaches). This helps reinforce the efforts of our participants.
- If your son wants to car pool or needs a ride, please mention this to a coach and a ride will be coordinated.

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ADDITIONAL NOTES (cont.):

- USA cards will be required to participate in any of the weekend team and USA wrestling affiliated weekend individual tournaments. Card cost is \$30.00. Online registration can be performed at <http://www.usawmembership.com/>. All USAW tournaments also will have sign-ups where a parent can order a card at a later date if desirable.
- Each weight class will have a list of wrestlers at that weight posted in the wrestling room.

- Weekend tournaments are highly encouraged, but optional. Typical cost is around \$10.00 each. The Apple Valley Sponsored tournaments will be free to club wrestlers. We will provide an initial schedule along with updates and additional tournament specific information as available periodically throughout the season.

INDIVIDUAL TOURNAMENTS: Individual competition tournaments are available almost every Saturday and/or Sunday. These tournaments are grade and age based; additionally, they do not typically require a membership card. For participants that are interested in individually tournament participation, the club will select a particular tournament that coaches will attend (typically the closest geographically) and encourage participation at that tournament. A flyer will be provided at practice and/or via email.

▪ *USA AFFILIATED INDIVIDUAL TOURNAMENTS:*

The following chart outlines the divisions and weight classes that are used for individual type tournaments (different from team competition) that are USA affiliated. USA tournaments progress round by round through all the classes and divisions. Depending on the number of participants numerous matches could be available.

USA Wrestling Folkstyle Age & Weight Chart

If you have any questions or unsure of what division your wrestler will participate please talk to one of the coaches so that we can be assured to have them compete in the correct division.

(The year ranges signify the calendar year a wrestler was born in regardless to the grade they currently are in)

2012 AGE DIVISIONS and WEIGHT CLASSES			
<small>Note: There is no 30 second rest between periods for Folkstyle Wrestling</small>			
AGE DIVISIONS	BIRTH DATES	MATCH TIME LIMITS	WEIGHT CLASSES
PEE WEE	Born 2006-2007	Best out of 3 one & 1/2-minute periods with 30 second rest between periods	30, 35, 40, 45, 50, 55, 60, 65 65+ (10 lbs. maximum difference)
BANTAM	Born 2004-2005	Best out of 3 one & 1/2-minute periods with 30 second rest between periods	40, 45, 50, 55, 60, 65, 70, 75, 75+ (15 lbs. maximum difference)
INTERMEDIATE	Born 2002-2003	Best out of 3 one & 1/2-minute periods with 30 second rest between periods	50, 55, 60, 65, 70, 75, 80, 87, 95, 103, 112, 120, 120+ (20 lbs. max difference)
NOVICE	Born 2000-2001	Best out of 3 one & 1/2-minute periods with 30 second rest between periods	60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140, 140+ (25 lbs. maximum difference)
SCHOOLBOY/ SCHOOLGIRL	Born 1998-1999	Best out of 3 two-minute periods with 30 second rest between periods	70, 77, 84, 91, 98, 105, 112, 120, 128, 136, 144, 152, 160, 175, 190, 210, 265
CADET (Men)	Born 1996-1997	Best out of 3 two-minute periods with 30 second rest between periods	88, 94, 100, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285

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▪ *NON-USA AFFILIATED INDIVIDUAL TOURNAMENTS:*

Some of the weekend individual tournaments we will attend are club sponsored and not USA affiliated. These tournaments can vary slightly. Some are 4 person groupings and, some are 8 person brackets. Weight classes are less structured and typically scratch weights (groups of kids with the closest weights are grouped together regardless of any structured weight classifications). Kids are grouped by school grade in lieu of divisions that USA Wrestling uses. These tournaments are typically shorter in duration as each individual group is called to a mat, matches are completed, awards collected and you are done. The 4 person brackets allow for either two or three matches (depending on a round-robin set up or not). Eight-person brackets can provide more matches depending on how full the bracket is and the win-loss record of the wrestler.

TEAM WRESTLING/COMPETITION: Dual meet/team tournaments are typically on Sundays. There will be several dual meet team competitions; weight classes are determined based on the tournament format (Non-affiliate/Affiliate Organization); 15-20 wrestlers per roster which includes alternates wrestles. Some are club based, school district, sanction by association for the most part that set the rules and restriction to these tournaments.

Another format of team competition is individual team wrestling. This is a group of wrestlers, who will accumulate team points as advancement is made throughout the tournament bracket. There are usually individual placements and team points earned will determine the top teams in the end.

DUAL MEET TEAM PARTICIPATION REQUIREMENTS:

Apple Valley Wrestling Club Guidelines:

- The club warm-ups that are mentioned previously along with the singlets that are provided will be used as the club uniform.
- Dual Team and alternate positions will be filled from a list of interested participants as well as coach's input.
- Participation in weekend tournament is highly encourage to get match experience (mat time) and working with the coaches on strong point as well as developmental needs.
- Weight classes assign to the wrestlers on a given week for a team tournament is required for the individual to make the weight class meaning they make the stated weight the morning of the tournament.
- An agenda or schedule will be communicated for the team tournaments.
- Coaches' needs to be informed or any changes ahead of time for any adjustments required as if a wrestler does not show up, the team may suffer due to forfeiting the potential points from that weight class.
- All wrestlers must conduct themselves as they represent their parents, coaches and team.

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DUAL MEET TEAM WRESTLING (cont.):

USA Wrestling Requirements:

1. All wrestlers must have a MN/USA Wrestling card.
2. Coaches must have a Copper or Bronze certification, current USA card or be an accredited coach at the high school level and have the approval of the Head Coach to be at mat side.
3. Attendance- at the school district in which the team originates from is the deciding factor. If a student attends School District 196 elementary system, and the elementary school boundary will place this individual into Apple Valley High School he would have the opportunity to compete for our team. **THIS IS ONE RULE THAT USA WRESTLING LOOKS TO CLARIFY.**
4. Wrestlers must weigh in prior to the Team event at the site on the same day.
5. Wrestling up a weight class can be done, but the limit is one weight class above your actual weight. Restriction: The 75# & 87# in Division 1 cannot move.
6. Four alternates are allowed for each team in addition to one wrestler at each weight.
7. 2 Coaches per mat side only.
8. Cost for team matches (USA Wrestling) will be covered by the club.
9. Our club is required to provide these workers: 1 official, 2 table workers.

INFORMATIONAL LINKS:

The following additional website links provide additional information regarding wrestling in the State of Minnesota. The Guillotine provides an upcoming events calendar that will give you an idea of where upcoming tournaments will be taking place at.

- **Guillotine:**

www.the Guillotine.com

A wrestling publication as well as forum that provides a great deal of general wrestling information regarding wrestling opportunities both locally and nationally. The open tournament calendar will show all open tournaments for the entire year with most having flyers attached as a PDF.

- **Minnesota USA Wrestling:**

www.mnusawrestling.org

For "USA Wrestling affiliated" youth folkstyle, freestyle & greco wrestling information (both local and national). Some tournaments are USA sanctioned where a USA card is mandatory.

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WEBSITE INFORMATION:

1. Apple Valley Wrestling Website: www.avwrestling.com
Lots of information on High School, Middle School and Youth wrestling in Apple Valley.

2. VAA Website: www.valleyathletic.org
Select the community-wrestling tab; go to community wrestling documents or links. This has wrestling as well as other sports information for programs ran through the Valley Athletic Association.

PROGRAMS CONTACTS:

Folkstyle Club Coaches:

HEAD YOUTH COACH	Rudy James	(651) 690-3945 Home rudiedawg@hotmail.com (Email)
ASSISTANT COACH	Don Watts	(952) 686-2802 Home rskingsley@hotmail.com (Email)
VAA Commissioner: (In-House Program)	Dave Walock	(952) 432-1824 Home dwalock@charter.net (Email)

Head Wrestling Coach Apple Valley High School:

(Director of all Apple Valley Club, High School and in-house wrestling Program's)

Jim Jackson	(651) 683-6969, Ext.2239 (Voice Mail) (952) 432-2863 Home james.jackson@district196.org (E-mail)
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