



Parent Information Sheet

1) Board Member Contacts:

President – Agustin Gonzalez – auggieg@comcast.net
Vice President- Chad Rathjen – chadr22@yahoo.com
Treasurer – Vanessa Hooper-
Secretary – Deb Delaney
Registration – Jodi Fox – jodifox98@gmail.com
Travel Coordination – Haley DeCoursey – haleyrae1990@gmail.com
Fundraising – Cristina Molina – tmolina226@gmail.com
Tournament Coordinator/Apparel- Chad Rathjen- chadr22@yahoo.com
Pairing Official- Alisha Orton
Publicity/Social Media- Mandy Rathjen- mandyrat16@yahoo.com
Photography- Alisha Orton and Mandy Rathjen
Website- Amber Wiles- dalmation1982@gmail.com

Coach Contacts:

Head Coach- Bodi Orton/ 360-333-7602
Assistant Coach- Andrew Toth/ 360-770-3526
Coach- Justin Pendergrast/ 360-840-0373
Coach- Chad Fox/ 360-770-5298
Coach- Chad Rathjen/ 206-501-8595
Coach- Dart Wagoner/ 360-630-1581
Coach- Kyle Knutzen/ 360-391-1246

Kingston Head Coach- Bobby Reece/ 360-509-7434/ reecewrestling@comcast.net

2) Practice Times and Dates:

- Schedules will be posted on the calendar at www.vanditwrestling.com.
- Also look for updates to the practice schedule and tournament schedule on Vandit Facebook .

-Also e-mails will go out to Registered Vandit Wrestlers with updates and information.

Folkstyle Advanced and Novice

TIME: Tuesday and Thursday 5:30pm to 7:30pm (November 10th thru February 1st)

LOCATION: Vandit Mat Room

6849 Ershig Rd.

Bow, WA 98232

FREESTYLE/ GRECO PRACTICE:

TIME: TBD at later date

LOCATION: Vandit Mat Room

6849 Ershig Rd

Bow, WA 98232

SUMMER PRACTICES:

Schedule T.B.D.

3) Registration

There are (3) ways to register for Vandit Wrestling Academy.

1. Go to www.vanditwrestling.com and follow the online registration process and complete the payment directly on the website.
2. Go to www.vanditwrestling.com and locate a PDF file of the registration packet. Print out a copy of the registration packet, fill out accordingly, and return to Jodi Fox with a check payment written out to Vandit Wrestling Academy.
3. Obtain a hardcopy of the registration packet from Jodi Fox. Fill out the packet accordingly and return to Jenni Wilson with a check payment written out to Vandit Wrestling Academy.

Note: Scholarship forms are available upon request and online at www.vanditwrestling.com

4) Membership Fees

Full Year - \$200 per kid for Full Season

NOTE: After one family pays for (2) kids any kids they have above and beyond 2 will be free of charge. You will need to fill out a hardcopy registration packet for them so you are not charged for them through the website.

NOTE: All Burlington Edison High School Wrestlers are free of charge.

5) USA Wrestling Card

*MUST BRING VALID USAW CARD WITH YOU TO REGISTER

PLEASE NOTE: It is a legal requirement that you purchase a USA Wrestling Membership card before practicing in our club. This card is also required for you to wrestle at any tournaments. This card can be purchased online at www.usawmembership.com. Here are the costs of this card:

Athlete Limited Folkstyle Only = \$15

Athlete Full Membership = \$45

The limited folkstyle card will allow you to wrestle at most WA State tournaments, however, it will not allow you to wrestle at the WSWA State tournament held in February 2021, and it will not allow for freestyle tournament wrestling.

6) Volunteering Opportunities will be posted at later date

7) Prepared for Practice

-All wrestlers should come to practice in athletic apparel such as a practice singlets, t-shirts, shorts, sweats, or athletic pants, and wrestling shoes. If you do not own wrestling shoes you can wear socks until you order a set of shoes.

-Although not required at practice you should bring your headgear with you.

-Bring a bottle of water so you can stay appropriately hydrated.

-Bring your listening skills so you can pay attention to instructions from Coach.

-Bring a good attitude, willingness to learn, and a little effort and this will go a long way towards improving your skill in the sport of wrestling.

8) Wrestling Hygiene

NAILS: Nails must be clipped and kept short for wrestling practice and tournaments. This will be checked at skin check at tournaments.

RINGWORM: Wrestlers can minimize the chance of contracting or spreading ringworm to other wrestlers if they take a shower after each practice and after each tournament using an antibacterial soap. If ringworm is present, also use an antifungal cream such as: Lotrimin or Lamisil which can be found at your local Walmart, Target, Rite Aid etc. **WRESTLERS DO NOT GO OUT ON THE MAT WITH RINGWORM, OR ANY TYPE OF STAPH OR SKIN INFECTION.** Wrestlers are not allowed back on the mats until a Doctor or a Board Member clears them. This is for everyone's protection. At tournaments, there will be a skin check done at weigh-ins, and if ringworm, staph, or other type of skin infection is found, the wrestler will not be allowed to participate.

STREET SHOES: Absolutely no street shoes on the mats by wrestlers or adults.

10) Unacceptable Behaviors:

- Talking when coach is talking
- Horseplay, pushing, shoving
- Fighting
- Fighting with opponent or team member
- Not shaking hands of opponent or other coach
- Hitting coaches, referee's , or parents
- Throwing tantrum's

11) Apparel

- a) All Wrestlers will get a free Vandit Wrestling shirt with registration
- b) All other wrestler/ parent apparel, singlets and gear can be ordered at www.damagedear.com Scroll down on the left of the page to Vandit Wrestling Academy and click. Order anything you want. You can order as much or as little as you would like.
- c) We have many miscellaneous brand new Vandit Wrestling shirts and hats from over the years and we will sell all of them at \$5 each. Please Contact David Wilson if interested.
- d) Folkstyle Singlets will not be able to be used for Freestyle and Greco Wrestling. Both Red and Blue Singlets will need to be purchased for any Freestyle and Greco Wrestling tournaments that you plan on competing in.

12) Tournament sign ups

(WWKWL) NOVICE TOURNAMENTS

Vandit Wrestling Academy will register all beginning (Novice) wrestlers for these tournaments. When you arrive at the tournament you will already be registered.

KEY ITEM: WRESTLERS HAVE TO BRING THEIR USA WRESTLING CARD AND \$20.00 CASH TO REGISTER AT THE TOURNAMENT. YOU WILL NOT BE ALLOWED TO COMPETE AT THE TOURNAMENT WITHOUT YOUR USA CARD AND MAKING PAYMENT.

Tournaments usually have weigh-ins at 7:00 AM – 8:00 AM the day of the tournament. You then have time to have breakfast. Be back to the tournament by 9:15 for warm ups with your coach. The tournaments begin at 10:00 AM and will vary in length depending on how many kids arrive at the tournaments. They are usually completed by 2:00 PM – 4:00 PM

WWKWL Tournament are for kids with (2) years or less of experience. If a wrestler with over 2 years of experience is still struggling at open tournaments then we can waiver the wrestler into the WWKWL Tournaments.

We will have all WWKWL tournaments on our team calendar at www.vanditwrestling.com complete with locations.

Note: The oldest age division allowed at WWKWL tournaments is the Schoolboy or Schoolgirl division. If you are in an older division you will only be allowed to wrestle at open tournaments.

OPEN TOURNAMENTS

Vandit Wrestling Academy will **NOT** register any wrestlers for these tournaments. When you arrive at the tournament you will **NOT** already be registered.

To register for MOST tournaments you go to www.trackwrestling.com

Click on Events Tab

Click on Search Events

Click state held in and select Washington or other state you are competing in.

Click Search at the bottom of this tab

Click on the tournament you wish to attend

Click Enter Event

Click Pre-Register Now and follow the prompts until you are completely registered.

NOTE: Most Tournaments you do not have to pay when you register. You pay at the event. Most Tournaments cost \$20. You can still attend MOST tournaments if you do not pre-register but you have to wait through the non-registered line and pay \$25 instead of \$20. Some tournaments charge more than that for non-registered wrestlers.

KEY ITEM: WRESTLERS HAVE TO BRING THEIR USA WRESTLING CARD AND \$20.00 or \$25.00 CASH TO REGISTER AT THE TOURNAMENT. YOU WILL NOT BE ALLOWED TO COMPETE AT THE TOURNAMENT WITHOUT YOUR USA CARD AND MAKING PAYMENT.

Tournaments usually have weigh-ins at 7:00 AM – 8:00 AM the day of the tournament. You then have time to have breakfast. Be back to the tournament by 9:15 for warm ups with your coach. The tournaments begin at 10:00 AM and will vary in length depending on how many kids arrive at the tournaments. They are usually completed by 2:00 PM – 4:00 PM

We will have all Open tournaments in our greater area on our team calendar at www.vanditwrestling.com complete with locations.

AGE DIVISIONS:

See attached USA wrestling Age Division Chart.

13) Parents wanting to help out and become a coach for Vandit Wrestling Academy

- a) Parents discuss this with Head Coach Bodi Orton
- b) If the coaches would like to have you helping in the Vandit Wrestling Room the next steps would need to occur before you can help out.
 1. You need to go to www.themat.com and obtain a USA coaching card
 2. Click Membership Login

3. Click Purchase Membership
 4. Sign in with your E-mail/ Password or create a new account and then sign in
 5. Once logged in hit purchase/ renew membership
 6. Then under wrestling leader select purchase/ renew
 7. NOTE: This will require you to complete a background check through TC Logic and it will cost \$15.00.
 8. NOTE: There is also a safe sport exam that is required for you to pass. Plan a few hours to take the safe sport exam. There are (3) sections you need to be certified in by safe sport.
 9. Once the background check is complete and you are fully safe sport approved you can then follow the prompts to complete payment to USA wrestling. It will cost you \$51.75 for a one year coach/ official membership.
 10. Upon receiving your USA Coach/ Official Card print for your records and bring a copy to David Wilson with Vandit Wrestling Academy for our records.
- c) WE CANNOT ALLOW ANYONE TO HELP OUT ON THE WRESTLING MATS WITH OUR YOUTH WRESTLERS THAT DO NOT HAVE A CURRENT USA COACHING/ OFFICIAL CARD AND APPROVAL FROM THE RESPECTIVE COACHES TO BE ON THE MATS.

14) Parent Conduct

- a) I will work hard to always keep youth wrestling a positive and fun experience for our wrestlers.
- b) I will encourage good sportsmanship by demonstrating positive support of all wrestlers, coaches, and officials at every practice and all tournaments.
- c) I will place the emotional and physical well-being and safety of our wrestlers and our team above all other considerations.
- d) I will practice positive reinforcement at all times with our wrestler and our team, and will reward them for their accomplishments.
- e) I will always speak to wrestling officials with respect at all times, on and off the mat.
- f) I will be respectful in victory and defeat.
- g) Discussions with coaches, board members or spectators will be held before or after practice unless absolutely necessary.
- h) I will refrain from using profanity at any practices or any other youth wrestling events.
- i) I will refrain from using or being under the influence of drugs, tobacco, Marijuana or alcohol while attending practices or any other youth wrestling events.
- j) I will remember that the sport is for youth progression and that results will vary and can be very slow.

