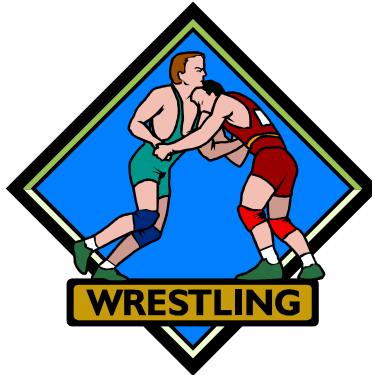




**PARENT  
HANDBOOK  
2011 - 2012**

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## **WELCOME TO RIPON TRIBE WRESTLING TEAM**

Welcome to the 2011 - 2012 wrestling season! Your Board of Directors would like to welcome you as members of the Ripon Tribe Wrestling Team. We hope to have another great season.

The Ripon Tribe Wrestling Team is a member of the San Joaquin Wrestling Association (SJWA), which also includes teams from Atwater, Dos Palos, Escalon, Hilmar, Livingston, Los Banos, Manteca, Merced, Modesto, Oakdale, and Turlock.

We have put together the following handbook to better inform you, as parents and wrestlers, of the events that will become part of your most treasured memories. We hope that this information is useful to you and answers any questions that you might have. If you do not find the answer in this booklet, please do not hesitate to ask a board member, another parent or a coach. But don't get frustrated. We all need to work together to make the team successful!

### **BOARD MEMBERS**

President:	Pedro Beltran.....	president@ripontribe.com
Vice President:	Audrey VanLewen .....	vicepresident@ripontribe.com
Secretary:	Jennifer West.....	secretary@ripontribe.com
Treasurer:	Loraine Bamba .....	treasurer@ripontribe.com
Equipment Manager:	Jason Barnett.....	equipment@ripontribe.com

Message Phone#: 209-214-8184

General E-mail address: [admin@ripontribe.com](mailto:admin@ripontribe.com)

Team Website Address: <http://www.ripontribe.com>

## **MISSION STATEMENT**

Our mission is to provide the opportunities and means for each athlete to progress to his or her full potential, to instill a dream of excellence, and to promote sportsmanship, responsibility, self-confidence and team unity. We believe that every wrestler is an important part of the team, and that every family's participation and support is essential to your success.

## **ELIGIBILITY**

**Age:** Anyone, ages 4 and up is eligible to join.

**Season:** Folkstyle season: Nov. – March  
Freestyle season: Feb. - June

## **PRACTICES – *This is always subject to change!***

***Wrestlers need to arrive at practice on time. Parents must pick up their child(ren) promptly at the end of each practice.*** Practices will begin on November 2nd at the Ripon High School Wrestling Room. Wrestlers are assigned to practice groups by the coaches, based on the wrestler's experience and needs. Coaches have the authority to determine which practice group a wrestler belongs. ***Wrestlers are not to practice at a different time or change times unless the coach gives permission.*** Practice times may change. Practices times are as follow:

- ❖ All Wrestlers Tuesday, Wednesday & Thursday 6:30 – 8:00 PM

## **COMMUNICATION**

Most communication will be via e-mail. Please make sure you are checking your e-mail regularly for any changes. Board members are also available by phone or email to answer any questions. You can reach a board member at [admin@ripontribe.com](mailto:admin@ripontribe.com)



## **RULES**

1. As a wrestler, it is important that to listen to my coaches.
2. As a wrestler, I will follow the rules of the club.
3. As a wrestler, I will not **horseplay** before, during or after practice at the practice facility.
4. As a wrestler, I will arrive on time for practice and be prepared when practice is called to order by the coaches.
5. As a wrestler, I will immediately stop what I am doing if told so by a coach.
6. As a wrestler, I will not jeopardize the safety and health of other wrestlers.
7. As a wrestler, I will not destroy or deface the facilities.
8. As a wrestler, I understand that my coaches are there to help me and I am not to talk back or argue with a coach.
9. As a wrestler, I will make every practice humanly possible.

Wrestlers are expected, at all times, to follow the oral direction of any coach, and **AT NO TIME** will disrespectful attitudes be tolerated from any child! It is important that the coaching staff's relationship with the wrestlers be that of positive, direct control. When a coach is working with as many wrestlers as one does, it is important that the coach have the wrestlers undivided attention at all times. When a coach signals for quiet, their instructions are to be followed immediately.

## **FUND-RAISING**

*Each wrestler and their family are expected to participate in all fund-raising activities.* More information will be given as the season progresses.

Fundraising activities will include a home tournament and the fourth of July Fireworks booth.

## **WRESTLING TEAM APPAREL**

The team provides a singlet, headgear and a bag. Wrestlers are responsible for wrestling shoes and USA wrestling card.

Stitch-by-Design will be the supplier for the team. Orders will be taken at sign-ups and by contacting them directly. Please see our website for more information.

## **GUIDELINES FOR PARENTS AND WRESTLERS**

To help us all receive maximum benefit from the program, we have listed a few guidelines for parents and wrestlers. Without help and cooperation from parents and wrestlers, a successful program is not possible.

## **PARENTS' RESPONSIBILITIES**

Parents are needed in many ways to help the team function properly and efficiently. Wrestlers wrestle and coaches coach, *the rest is up to the parents.*

- Parents should aid the wrestler's efforts to improve by bringing and picking up him/her to practice regularly and on time. Irregular attendance at workouts is disturbing to the coaches who spend time and effort in planning.

- During practice, parents must remain outside the wrestling room and are not allowed in the wrestling room unless personally requested by the coach.
- During our home tournaments, parent participation is **mandatory**. There are numerous time slots covering various jobs that must be filled. This is an ALL day commitment.
- Please keep comments to ALL children at meets positive and encouraging, even if your wrestler has a poor performance. His/her coach will be aware of their performance and make necessary corrections with the wrestler.
- Any improper conduct demonstrated by parents will result in disciplinary action from the board. Examples of improper conduct are verbally or physically assaulting anyone related to the team (including children, parents, and wrestlers). Discipline can be levied up to (but not limited to) temporary suspension from wrestling tournaments, practices, and or removal from the team.

### **WRESTLERS' RESPONSIBILITIES**

The initial responsibility of the wrestler (once he/she decides to join the team) is to participate wholeheartedly in both workouts and competition. Consistent participation will produce good health, a feeling of tremendous personal accomplishment and a lot of good friends. Some guidelines for the wrestlers are listed below.

- Go to practice ready to work hard. You are attending practice to train and improve your skills and times.
- During tournament, talk to your coach before and after each match. Your coach will have last minute points for you to remember before the match. Your coach may also want to discuss the match itself while it's still fresh in your mind.
- Schedule other activities at times that will not conflict with practice whenever possible.
- Team spirit is very important in any sport. When we are at a tournament, please act like a team.
- If you must miss successive practices for any reason, please inform your coach as soon as possible.

### **\*\* NEW STARTED LAST YEAR \*\***

First Year Wrestlers Division – All first year wrestlers (from any age group) will be pooled by weight. Round Robin bracket like the Rookies. Medal 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place.