**NEW WRESTLING PARENTS INFORMATION**

**Welcome to the Mat Cats**!

This information page is intended to help the new parents to the program. Each year we are asked many of the same questions so we wrote down some information to share with you.

Who are we? The Mat Cats are part of a wrestling program called "Western Montana Little Guy Wrestling". Our program was created so kids could wrestle without prohibitive costs to the family. We wrestle Folk style, which is the same as the High School team.

We believe sportsmanship between the wrestlers, coaches, parents, and fans are a top priority. We provide an opportunity for everyone to compete with someone their own age (+/- one year), weight, and in most cases ability. Wrestling helps teach kids to be responsible for their own actions and that recognition can be achieved through hard work. \*Note that winning is only a by­product and not the main goal. Please be supportive of your child's effort every time they come off the mat - win or lose! We may have discussions with your child about inappropriate behavior, please help us to be the best sports we can be. We understand sometimes the competition gets high and exciting, but all of us need to keep things in perspective. It is our job to make this fun.

Weight loss will be discouraged! Kids will wrestle their natural weight. A maximum weight number specifies the weight class. So, if your child weights 61 pounds they will be wrestling in the 65-pound class, not the 60-pound class. If someone puts pressure on your child to cut weight, please talk to one of the board members or main coaches.

The age classes are set according to the kid's age on December 31, 2011*.*

**Middle** - 11 or 12 years old on Dec. 31*.*

**Junior High**- 13 or older on Dec. 31 but not eligible for H.S. wrestling.

These groupings are non-negotiable; we cannot change a 9 year old wrestler to beginner because they have never wrestled before. They must be Novice as required by age.

We will notify your child what group they are to be in. In some groups we will mark their hands for competition.

Each wrestler will be issued a singlet, **to be worn at competition only**. There are shoes available to rent from the club, or many people buy their own. Tennis shoes are acceptable as long as they are clean. Workout clothes should be a clean T-shirt and shorts or their own singlet if they own one.

I am sure there are more questions, so please ask any question that comes to mind. We as

Coaches and parents are all on the same team and the better we work together the better the experience will be for the wrestlers.

Columbia Falls Little Guy Wrestling

Dear Parents,

Little guy Wrestling will begin this year on February 14, 2011.

**Equipment Needed**

Appropriate workout clothes, including clean tennis or wrestling shoes. No street shoes will be allowed on the mats. Please do not wear watches or jewelry, also no clothing with zippers will be allowed due to the new finish on the mats. Parents please do not walk on the mats with street shoes.

**Assumption of Risk**

Due to the intensity of the physical contact, (all coaches and referees will do their best to protect your child), but accidents can happen, and you should be aware of this fact. Injuries are usually minor, but occasionally there are serious injuries.

# Sportsmanship

The success of our Little Guy Wrestling program is totally dependent upon the adults that work in the program to teach sportsmanship and keep the program in perspective. Let us all remember that we are trying to spark an interest in wrestling in these children and teach them to compete in a healthy manner. We cannot allow our egos and coaches, parents, and fans to get in the way of that goal. Most of us coaches understand how hard this is as parents and we hope you will understand if we ask you to sit in the stands and stay off the mat during competition.

***We will use the student handbook for disciplinary and eligibility***