



2019
Parent Handbook

WELCOME

Grindhouse Wrestling School was established to bring together like-minded individuals with the goal of achieving excellence in the sport of wrestling. The continual quest of this universal goal is what strengthens our member's commitment of working together to become champions. Grindhouse is a place for wrestlers of all ages to develop and expand their skill set as competitors.

MISSION

Grindhouse Wrestling School is committed to the teaching and mentoring of our student's mind, body, and spirit in order to achieve excellence in the sport of wrestling. Being in an environment that fosters these principles will allow our students to develop the self-discipline, integrity, confidence, character, courage, dedication, and strong work ethic needed for future success, both on and off the mat. The structure of our program is to promote individual excellence from an unwavering commitment to being the best we can possibly be.

"Never Compromise Integrity...Outwork the World"

PHILOSOPHY

We promote an environment that makes a positive difference in the lives of our students. We will be relentless in the pursuit of excellence through the sport of wrestling; learning to dominate our opponents by developing an entertaining style of wrestling.

VALUES & EXPECTATIONS

As an athlete, coach, or parent at Grindhouse Wrestling School:

- I will respect all other individuals and their property regardless of gender; origin, ability, achievement or conviction and I will expect to be treated accordingly.
- Respect our facility and other facilities where we compete.
- Positively influence character development by emphasizing good habits and attitudes.
- I will be cooperative.
- I will choose to be a positive influence and set a good example.
- I will conduct myself in a professional and ethical manner.
- I will strive to be technically competent.
- I will live with high standards in all areas of my life.
- I will be kind and courteous to others.
- I will remember that participating at Grindhouse Wrestling School is an honor and privilege (not a right) as well as an opportunity to learn and have FUN.

Coach

Serve as positive role models to our wrestlers and hold themselves to the same high standards of conduct as we do of ourselves.

- 1. Be an example to my athletes.** As a coach, I have a position of influence and young athletes can be very impressionable. I will be a positive role model and demonstrate the character and work ethic that I desire to see in my athletes.
- 2. Use a positive coaching style.** My approach will be to encourage and build-up athletes instead of discouraging and tearing them down. I will focus on their strengths and what they do well as we work together to improve their overall athletic ability and wrestling skills.
- 3. Demonstrate patience in the practice room and at competitions.** Some athletes will understand concepts sooner than others and I will treat all of them as individuals.
- 4. Teach, coach, push and encourage** all of our wrestlers to seek their potential and bring out the champion in each wrestler.
- 5. Put winning in its proper perspective,** as we teach to be humble in victory and respectful in defeat.
- 6. Treat all people with respect,** including officials, coaches, opponents, spectators, and others at all times.
- 7. Promote a Caring Environment** by consistently demonstrating concern for our wrestlers as individuals.

Communication

Website

www.grindhousewrestling.com

This will be our main source for general club information. Here you'll find everything you need to know about us. We'll update our calendar regularly for club events, competition, camps, and practices. For all specific questions, set-up private lessons, concerns, or suggestions please through email, text, and phone @

- Matt Pitts - 706-307-2717
- Spencer Jones – 770-608 -7606
- Steve Hamilton – 515-339-2100

Social Media

- **Facebook Page:** www.facebook.com/GDHWrestling
- **Instagram:** @grindhousewrestling

Be sure to "Like" our Facebook Fan Page or "Follow" our Insta account to stay up to date with Grindhouse. Both these will be used to communicate club happenings in a more personal and direct manner. Updated news, schedule changes, pictures, and videos will be used here to connect all fans and members of Grindhouse.

Health & Hygiene

Good sanitary practices such as showering immediately after practice, laundering practice clothes, cleaning wrestling shoes, maintaining good body hygiene, and ensuring mats are disinfected before and after practice go a long way to heading off any potential skin or infectious conditions. We take skin hygiene and mat safety very seriously. We take every precaution at our club to minimize the risk of skin infections for our athletes. We clean our mats before and after every practice with a disinfectant/sanitizer that is formulated to kill organisms that cause skin infections. Keeping our children healthy by avoiding skin infections is a shared responsibility of every coach, parent, and athlete. The following practices are keys to minimizing the risk of skin infections.

1. **Wear Clean Shoes on the Mat:** We REQUIRE wrestling shoes while on the mats to ensure the safety of our wrestlers. Prior to the wrestlers entering the wrestling room for practice, their shoe soles need to be clean.
2. **Wash your hands!!!** Clean hands often with soap and water. We encourage wrestlers to wash their hands before and after practice.
3. **Keep cuts and scrapes, no matter how small, clean and covered:** If your child has cuts/scrapes, please be sure they are clean and covered prior to coming to practice.
4. **Keep fingernails clipped short to prevent scratching other wrestlers.**
5. **Showers should be taken immediately following all practices and competitions!!!** Taking a shower must be the first thing an athlete does when they get home.
6. **Wear clean clothes and equipment and keep them clean.**

GENERAL RULE: Once an outbreak is noticed the wrestler will not be allowed back on the mats to practice until it has been treated for at least 3 days, depending on the severity. This is common curtsy to the other wrestlers in the room.

Useful Website Links & Resources

www.teamgeorgiawrestling.com

www.flowrestling.org

www.themat.com

www.intermatwrestle.com

www.theopenmat.com

In-Season Practice Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BEGINNER YOUTH		6:00 - 7:00 PM			6:00 - 7:00 PM
ADVANCED YOUTH		7:00 - 8:30 PM		7:00 - 8:30 PM	7:30 - 8:30 PM
HIGH SCHOOL		7:00 - 8:30 PM		7:00 - 8:30 PM	7:30 - 8:30 PM

Grindhouse Wrestling School

Training Model

Emphasis on winning at a young age creates an avenue to take shortcuts to success. Winning at the youth level has many different facets than winning at elite levels. Grindhouse Wrestling School chooses to sacrifice winning at the youth level for the sake of development in order to see more success at older ages. We have organized our program the following way:

- 1. Fundamentals** - this is the beginning stage of development and the emphasis is on FUN. Fun is important at every level, but is primarily focused on athletes in grades K-3. We want to make sure every athlete loves practice.
- 2. Basic movements** – this stage is about understanding and exercising basic movements of athletics, not technique. This would include, but is not limited to, agility, tumbling, falling and running.
- 3. Skill development** – when athletes begin to understand how their body works and have the mental capacity to learn skills and strategies, technique can be introduced.
- 4. Train to train** – as athletes mature physically and mentally, the maturation of each athlete begins even. This is when we can teach the principles of training. Everyone needs to learn how to train properly. There's a lot involved in training and we continue focusing on fundamentals and skill development.
- 5. Train to compete** – An athlete needs to understand how to drill well and train properly before they train to compete. Training to compete is not training to win. It's about understanding a new level of training.
- 6. Train to win** – obviously, this is the highest level of competition. This attitude can be fostered in the first five stages and allows the athletes that to train to win and not to place their significance in winning. Peaking, tactics and game plans for specific athletes are practiced here.

Wrestling Defined

Wrestling is perhaps the purest form of athletic competition to exist in the realm of organized sports. There are no bats or balls, or pucks or sticks. No pads or helmets or jerseys. There's no time to rethink strategy, regroup, or even to catch your breath. There's only you, and your opponent of equal weight and size. Experience, preparation and the will to succeed will determine the victor. There's no doubt about it, wrestling tops the list of intense, highly competitive sports.

Wrestling involves a unique balance of practically every aspect of physical and psychological conditioning. Strength is as important as stamina. Speed as technique, strategy as intensity, and power as is coordination. However, it's not always the natural athlete that ultimately succeeds in the sport - it's the natural competitor.

Kids that are strong for their weight, well coordinated and naturally aggressive are usually more successful early on in the sport. However, it's the highly competitive kids that really enjoy the sport, that eventually achieve the highest levels of success. True competitors come in all shapes and sizes, and in varying degrees of natural talent. Many of the best wrestlers the world has ever seen, such as John Smith, Dan Gable and Dave Schultz were not star athletes. They are and were ordinary people with an extraordinary competitive drive.

Gifted athletes, especially those that are strong and well coordinated, typically do well and take an early liking to the sport. Some kids that thrive on competition, with only average or below average natural ability, often surprise parents and coaches by eventually surpassing more gifted kids through hard work and preparation.

Victory can be extremely gratifying because of the strong sense of personal accomplishment. The effort put forth in practice and preparation is apparent in competition, and not lost in a team effort. This aspect of wrestling can be a great motivator and teacher, and can develop a person's work ethic, self-confidence, and ability to achieve in all areas of life. Wrestling is great for exposing the "champion" within most any kid, but especially with those that love to compete. The individual nature of the sport provides an outstanding opportunity for young athletes to develop a sense of responsibility and self esteem while learning the relationship between effort and achievement.

Ways to win:

1. Fall or Pin – when the competitor in control has both the opponent's shoulders touching the mat for 1 seconds, bout is automatically ended.
2. Tech-fall – when a competitor is ahead by at least 15 points, bout is automatically ended.
3. Major Decision – when a competitor wins by between 8 and 15 points.
4. Decision – when a competitor wins by 1 to 7 points, or wins in overtime.
5. Injury Default – when a match is ended because one of the competitors is unable to finish.

Wrestling Points and Terminology:

1. Takedown – 2 – (2T) occurs when a man takes his opponent to the mat from a neutral position.
2. Reversal – 2 – (2R) when the man underneath completely reverses his position and comes to the top position in control.
3. Escape – 1 – (1E) when an athlete works to come out from the bottom position and the top man loses control
4. Near Fall – 2 – (2NF) when the competitor in control has the opponent in a near-pin position for 3 seconds
5. Near Fall - 3 – (3NF) when the competitor in control has the opponent in a near-pin position for 5 or more seconds.
6. Stalling – 1 – (1S) after one stalling warning, 1 point is awarded to the opponent of the competitor who is stalling. Stalling is inactivity during the bout, or avoidance of opponent during bout.
7. Illegal holds – 1 - (1 name of hold) when illegal hold is used, opponent receives points.

OUR ROLE AS PARENTS

Parents Are a Big Part of Our Success!

You play a vital role in our wrestling program and we appreciate greatly all that you do.

We want to give you opportunities to get involved in our club:

- Photograph our wrestlers at practice and events for posting on our website and social media. ******(please don't post video from practice to social media, you never know if the other wrestlers parents have an issue with it. We've run into problems with this before)******
- Represent the club at community events and help spread the word of the benefits of our club to those outside the wrestling community.
- Assist in serving as organizers for club events such as our end-of-year picnic, fundraisers, camps, community outreach events, and club get-togethers
- Offer your time, talents and suggestions

Thank you parents, in advance, for your time, talents and energy! This is your club, and we are fortunate to have you as our partners in creating a great experience for our wrestling family.

Parents Can Help Their Kids

By. Steve Fraser

Olympic Gold Medalist / USA National Team Coach

Wrestling is one of the greatest sports there is for helping young kids build their character, develop self confidence, improve discipline, and strengthen their will to succeed. The life skills and success principles that young wrestlers develop while learning to wrestle are very valuable in progressing in life.

Whether they won national wrestling/world titles or not, the mental, physical and emotional attributes honed by the wonderful sport called "wrestling" are what make up the real benefit to all who participate. To bottom line it...wrestling makes champions in life!

Now, as a parent who wants to see their youngster be happy and successful in life, how can you help? Parents, as we all know, play an extremely important role in the development of our children. Parents are the main influence to their loved ones.

In wrestling, it is very important to foster the right wrestling atmosphere. Having a supportive and positive attitude about your son or daughter participating - is crucial in helping them learn to love this tough and grueling sport. How you react to their progress, their wins, and their losses is very critical.

How are you able to keep your child's winning and losing in perspective? What about if your child is being treated a bit roughly by their opponent, or if the referee makes a bad call against him/her. How will you react? Parents are sometimes unprepared for the strong emotional reaction they have to watching their child compete. Obviously one reason for this strong emotional feeling is that parents want their young wrestler to do well. They want their child to win. They may think it is a reflection of them. Parents may think that their son or daughter's failure is their own failure.

What parents need to realize is that their personal dream for their child's glory, although not entirely unselfish, is natural. However, parents that can be aware of their own pride and are capable of being amused by their imperfections will help to keep themselves under control.

Flying off the handle or straining relationships with coaches or other parents is not good for your son. Just like you don't want your son to embarrass you, you don't want to embarrass him.

Kids in wrestling are very intuitive to what their parents are thinking. In addition, kids imitate their parents and absorb the attitudes that are displayed by their parent's actions.

If parents are too into trying to control the coaches, referees, and other parents and are upset or angry a lot, it is hard for the young wrestler to enjoy the sport.

Kids wrestling is suppose to be fun where they are focusing on the fundamentals of the sport. If kids first learn to like the act of grappling they will continue to learn the very difficult skills. Wrestling requires learning many skill sets. Technique, balance, tactics, strategies, mental toughness are all intertwined skills that must be learned before one can have great success in the sport. This takes time! Wrestling is not learned overnight. This is why, especially at a young age, it is imperative that kids stay focused on having fun and learning the basics. The winning will come later.

The Parents Guide To Kids Wrestling, published by Human Kinetics Publishers, Inc., lists seven items that all parents should consider when determining where they stand as far as how they are helping their young wrestler. If you can honestly answer yes to all of the following questions then you are well on your way to helping your child in wrestling... and in life.

1. **Can you give him up?** That means trusting the coach in guiding your son's wrestling experience. It means accepting the coach's authority and the fact that he may be gaining some of the boy's admiration that once was directed toward you.
2. **Can you admit your short comings?** Sometimes we err as parents and our emotions speak before we think. We judge to quickly, only to learn we made a mistake. It takes character for parents to admit they made a mistake and to discuss it with their child.
3. **Can you accept his triumphs?** It sounds silly, but some parents, fathers in particular are competitive with their sons. If their boy does well in a match, the father may dwell on the minor mistakes, describe how the

boy's older brother did even better, or recount how Dad did it "way back when."

4. **Can you accept his disappointments?** Sometimes as parents we are targets for our Childs anger and frustration. This goes along with the job. Accepting his disappointment also means watching him lose a match when his buddies are winning, or not being embarrassed into anger when he breaks out into tears after losing.
5. **Can you show him self-control?** The coach has a tough enough job teaching good sportsmanship to youngsters especially if the parents are losing control and showing poor sportsmanship themselves.
6. **Can you give some time?** Some parents are very busy and have trouble being there frequently. Probably the best solution is never promise more than you can deliver. Ask about his wrestling experiences and make every effort to watch at least some of his matches.
7. **Can you let him make his own decisions?** This is an essential part of a child growing up, and can sometimes be a real challenge for parents. It means offering suggestions and guidance, but finally, within limits, letting the boy go his own way. All parents have ambitions for their children, but parents must realize that they cannot mold the boy's entire life. The great thing about wrestling is that it helps your child to start making his own decisions and living with the consequences.

The fact that your son or daughter is wrestling is wonderful. They are learning to work very hard, make tons of sacrifices, and dedicate themselves to the extreme demands that this tremendously difficult sport has to offer. Truly there is no tougher sport in the world. With your support and encouragement, your child will reap the many benefits gained by participating and will not only succeed in the game of wrestling, but also in the game of life.

Expect To Win

