

BLACKMAN WRESTLING CLUB



1. Registration Fee:

Pre K – 5th grade is **\$50**

6th -8th grade is **\$100**

Please make checks payable to *Blackman Wrestling Club*.

2. AAU Card

Each participant must purchase an AAU card prior to participating in practice. The card is purchased on-line from the national organization using the following link (register as a “youth athlete”):

<http://www.aauwrestling.net/Membership/SignUp.aspx>

IMPORTANT: Where prompted, use the following Club Code during registration:

WYW64A

Once registration is complete, print at least two AAU cards (or more for backup if desired), one for the individual to be shown at tournaments and one for the Club’s records.

3. Practice Schedule (The Barn @ Lane Agri-Park, 351 John Rice Blvd)

Middle School:

Monday-Thursday 6:00pm – 7:30pm

First Practice: Monday, October 9, 2017

Youth:

Monday, Tuesday, and Thursday 6:00pm – 7:30pm

First Practice: Monday, November 6, 2017

4. Club Website and Facebook Page

Club website: www.blackmanwrestling.com/club

Facebook Page: Please “like” Blackman Wrestling Club

Email: blackmanwrestlingclub@yahoo.com

Text Messages: Text @bwres to 81010

5. Schedule

Middle School Schedule: More information will be coming as dates are finalized.

AAU tournament schedule: You can find the AAU tournament schedule on our webpage or on the TNAAU site www.tnyouthwrestling.com

6. Age Groups/Weight Classes

Tot:	Born 2012 or after (35, 40, 45, 50, 55, HWT)
Bantam:	Born 2010, 2011 (40, 45, 50, 55, 60, 65, 70, 75, 80, 90, HWT)
Midget:	Born 2008, 2009 (50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 103, 112, 120, 130, HWT)
Junior:	Born 2006, 2007 (60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140, HWT)
MS:	Born 2003, 2004, 2005 (No High School Wrestlers Allowed) (70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 152, 160, 171, 189, 220, 250)

Middle School Conference Weights: 72, 78, 86, 94, 100, 108, 115, 123, 130, 140, 150, 165, 185, 215, 265

7. Wrestling Attire

Practice: NO ZIPPERS, BUTTONS OR OTHER METAL OBJECTS TO INCLUDE JEWELRY

Tee shirt or sweat shirt

Shorts or sweat pants

Wrestling shoes

Mouthpiece if orthodontic devices are worn

Headgear (optional for practice)

Tournament:

Wrestling singlet or acceptable alternative

Wrestling shoes

Headgear

Mouthpiece if orthodontic devices are worn

Purchasing shoes and headgear:

The following are a few of the many on-line sources (search for youth wrestling gear or narrow to wrestling shoes and wrestling headgear):

Scoreboard Wrestling.net

Wrestling Gear.com

Eastbay.com

Blue Chip Wrestling

WW Sport.com

My Wrestling Room

8. Hygiene

Since wrestling involves skin-on-skin and skin-on-mat contact, hygiene is of great importance to the health of all wrestlers. Below are guidelines that every wrestling family should follow to minimize the risk to themselves and the entire club.

Wrestling shoes should only be worn on wrestling mats. They should never be worn at home or outside. Wrestlers should carry their wrestling shoes to practice and put them on inside the practice gym.

Street shoes should never be worn on the practice mats. Spectators at practice must remove their shoes if they enter the practice mat.

Wrestlers should **shower immediately after EVERY practice** and competition, without exception. Please emphasize to your child the importance of thoroughly cleaning every square inch of their body to get the "mat cooties" off. For wrestlers, liquid soap is better than bar soap since many types of skin infections can live on a wet bar of soap. This can cause recurrence of the skin infection and possibly spread it to other family members. There are several anti-bacterial products commercially available that were specifically designed for wrestlers; Defense Soap and Wipes is one example.

Practice clothes should be washed after every practice. Other wrestling equipment (shoes, headgear, kneepads, duffel bags, etc.) should be cleaned and disinfected periodically, especially after tournaments. All new equipment (especially shoes) should be cleaned and disinfected before the first practice.

Wrestlers should keep their **fingernails trimmed short** to prevent scratching themselves or their opponents. Any rough edges should be filed or trimmed. Fingernails will be checked periodically at practice and during weigh-ins at each tournament.

Wrestlers with a fever or any potentially contagious illness should not participate in practice or competition to prevent the spread to the other participants.

Skin checks are performed at tournament weigh-ins and as needed during practice to prevent the spread of infections among competitors. **Don't let abrasions or open sores go without evaluation by your coach.** If a wrestler has any type of rash, lesion or other indication of an infectious disease they will sit out of practice may be scratched from the tournament to prevent spreading the disease to hundreds of other children at the tournament. Covering the affected area with a shirt or bandage is not an acceptable remedy. A note from a doctor stating that the skin problem is not contagious may be taken into consideration, but the head referee has the final say on whether a wrestler is allowed to participate.