

RIVERTON USA WRESTLING



2016
SEASON GUIDE

RIVERTON USA WRESTLING CLUB

Welcome to the Riverton USA Wrestling Club. If at any time during the season you have questions, please feel free to contact one of the club volunteer officers listed below. Our goals are to teach sportsmanship, advance wrestling skills, and most importantly to provide fun opportunities.

Jake Briggs--President – 349-7969	Frank Hernandez-Vice President-970-692-4357
Andrea Frost--Treasurer – 850-4036	Linde Weber-- Secretary – 851-4825
Alison Weber-Registration Clerk – 851-4422	Randy Watson- Board Member
Kris Loomis, Board Member	DeAnna McLaughlin, Board Member
Jake Olheiser, Board Member	Eric Kuegler, Board Member

Registration

To register please complete the registration form and return to the Riverton Recreation Center (at the CWC Protech Building 2660 Peck Ave, Riverton) with a check for \$55.00 for first child and \$45.00 for any thereafter (must be immediate family) made payable to the Riverton USA Wrestling Club. After the February 1st deadline, ALL wrestlers will be \$65.00. **ALL FIRST TIME WRESTLERS MUST ALSO RETURN A COPY OF THEIR BIRTH CERTIFICATE AT THIS TIME.** All registrations must be returned by February 1st, 2016. Late registrations may be accepted, but will delay the wrestlers USA card (which will delay tournament participation) and T-Shirt.

Practice Schedule and Locations

The first practice will be on February 8th, 2016 for everyone who is not participating in school sports. Practices will be held at the Tonkin Activities Center in Riverton and time will be determined. For more information, log onto Facebook and like the Riverton USA Wrestling page.

Wrestlers involved in high school or middle school will not start practice until after their season ends.

ANY CHILD THAT IS UNDER THE AGE OF 8 AND WILL BE WRESTLING NEEDS TO HAVE PARENTAL SUPERVISION AT ALL TIMES DURING PRACTICE.

PLEASE ARRANGE TO PICK YOUR WRESTLER UP PROMPTLY FOLLOWING PRACTICE. THE BUILDING WILL BE LOCKED AND EVERYONE NEEDS TO BE OUT.

***PARENTS please do not leave your NON-wrestlers at the practices unsupervised. Being able to use the school facilities is a privilege. Non wrestlers or wrestlers are not allowed to run around in the school and will be asked to leave if the janitors have problems. Please help us to encourage our wrestlers to come to practice and not run around the gyms or locker rooms.

Fund Raiser

All athletes are required to participate in a fund raiser to help purchase club supplies such as singlet's, sweatshirts and other training gear. More information to be given at the beginning of practices.

Miscellaneous

Parental support and involvement is necessary for the success of Riverton Wrestling Club's 2016 success. Help is needed coaching at practices and at tournaments throughout the season. Please talk to any board member in regards to the capacity in which you would like to help. Parents will also be asked to help with the Riverton Tournament which will be held April 9th, 2016 and will be a Folkstyle/Freestyle Tournament. We ask for every parent help with concessions, pairing, staging, scoring, time keeping, and of course clean-up.

The club will provide singlet's for the wrestlers to wear to tournaments. End of the season singlet return is **mandatory** so that singlets can be used in future seasons. Each parent will be asked to sign a checkout form, stating that the singlet will be returned in good condition to the club at the end of the season. If the singlets are not returned, the parent will be charged \$50.00 at the end of the season and will forfeit their \$50.00 deposit. If any of you have shoes or headgear to donate, the club will accept them to recycle. **Headgear is required at all tournaments/practices, no exceptions.** **Wrestlers are responsible for providing their own shoes and headgear.** If this is a problem please contact one of the board members and we will be able to help.

We hope you and your wrestler enjoy the season and do not hesitate to ask questions; there are a lot of seasoned parents who will be glad to make this a fun and rewarding experience.

Coaches Cards

Coaches are **required** to have a current year USA card and attend a coaches meeting with the head coach. The process has changed, as a background check is required. To get your card you must log on to www.themat.com, Membership and renew my membership.

(Coaches cards can only be bought online). You will be directed to fill in all information and, a background check screen will be added. You will pay for the card online.

This not only applies to those wanting to coach at tournaments but also to those wanting to help a practice. To keep the kids safe, we are **required** to have anyone helping have a background check.

**RIVERTON USA WRESTLING CLUB
REGISTRATION FORM 2016**

WRESTLERS NAME _____ BIRTHDATE _____
GRADE _____ APPROXIMATE WEIGHT _____
ADDRESS _____ PHONE # _____
E-MAIL ADDRESS _____ CELL PHONE # _____

MALE _____ FEMALE _____ WRESTLERS T-SHIRT SIZE _____

FATHER (GUARDIAN) MOTHER (GUARDIAN)

NAME _____	NAME _____
ADDRESS _____	_____
EMPLOYER _____	_____
HOME PHONE _____	_____
WORK PHONE _____	_____
INSURANCE CO _____	POLICY # _____
FAMILY DOCTOR _____	PHONE # _____

Is your child presently on medication? YES ___ NO ___ If yes, please list medication(s)

DRUG SENSITIVITIES _____
OTHER ALLERGIES _____

Please indicate another person to call if an accident occurs and we are unable to reach you:
NAME _____ PHONE # _____

Please read the alternative statements below and sign under the one you choose. SIGN ONLY ONE!

1 .If my child needs medical attention, it is my wish that I be contacted before any medical procedures are taken on my child, unless immediate treatment is necessary to save my child's life or to prevent permanent injury. I accept responsibility for all costs related to such treatment.

PARENT/GUARDIAN _____ DATE _____

2. If my child needs medical treatment while participating, it is my wish that the treatment be started while efforts are being made to contact me. So that treatment is not delayed, I consent to any medical procedures that the physician believes are needed, on the understanding that efforts to contact me will continue to be made. I accept responsibility for all costs related to such treatment.

PARENT/GUARDIAN _____ DATE _____

WOULD YOU BE WILLING TO COACH OR OFFICIATE? YES _____ NO _____
WOULD YOU BE WILLING TO LEARN TO PAIR? YES _____ NO _____

IF YOUR CHILD HAS NOT WRESTLED FOR USA WRESTLING IN THE LAST YEAR A BIRTH CERTIFICATE MUST BE PROVIDED AT REGISTRATION.

-----Please do not write below this line-----
Date Paid _____ Cash _____ Check # _____



Medical Release Form

Wrestlers Full Legal Name: _____

First

Middle

Last

Insurance Information: _____

Insurance Provider Name

Policy Number

Parent / Guardian Name: _____

First

Middle

Last

() -

Home Phone

() -

Work Phone

() -

Cell Phone

Parent / Guardian Name: _____

First

Middle

Last

() -

Home Phone

() -

Work Phone

() -

Cell Phone

Is your child allergic to any medications? Yes No

If yes, please list: _____

Does your child have any medical conditions that might limit his/her abilities? Yes No

If yes, please describe: _____

Is your child currently on any medications? Yes No

If yes, please list: _____

If my child needs medical treatment while participating, be it at practice, at a tournament, or any other time my child is in the care of Riverton USA Wrestling or any of the team's representatives, it is my wish that treatment be started while efforts are being made to contact me. So that treatment is not delayed, I consent to any medical procedures that the physicians or other medical personnel believe is needed, on the understanding that efforts will continue to be made to contact me. I accept responsibility for all costs related to such treatment.

Parent / Guardian Signature

Date

Parent / Guardian Name (Printed)



Riverton USA Wrestling Club
Wrestler Code

Riverton USA Wrestling Club places great importance upon helping young student-athletes by involving them in an athletic program which builds character, self-esteem and emphasizes team work. Discipline, hard work, and cooperation act as the foundation of this effort. In that vein we have developed these standards by which we expect each wrestler to abide by.

How you conduct yourself on and off the mat is the way that everyone will perceive you and also how the community will look upon you, Riverton USA Wrestling Club, our associated league(s) and the sport of wrestling.

1. I understand that disruptive behavior and failure to follow instructions are grounds to be dismissed from practices, dual meets, tournaments and any other club functions.
2. I agree to encourage my teammate's efforts and **NOT** criticize their mistakes.
3. I agree to conduct myself in a sportsman like manner at all times while attending all wrestling events, including practice. Violations of sportsmanship are considered physical or non-physical acts and can occur before, during, or after a match. They include, but are not limited to failing to comply with the directions of the referee, pushing/shoving, biting, striking, kicking, swearing, taunting, throwing headgear, spitting, and indicating displeasure with a referee's judgment call.
4. I understand that the above listed standards are not negotiable and must be adhered to.

Consequences can include but are not limited to the following;

1. Warning from coach and/or Board member. An apology to involved parties and/or Riverton USA Wrestling.
2. Second warning, probation and meeting with wrestler, parents, coach and board member(s).
3. Meeting with board members and 2 week suspension.
4. Dismissal from the club for the remainder of the season, including post season tournaments. Must petition the Riverton USA Wrestling Club board of directors for reinstatement.

Actions are at the Boards discretion and are determined by the severity of infraction.

I have read and accept this Code of Conduct. I recognize that this Code of Conduct does not establish a complete set of rules which prescribes every aspect of appropriate behavior and/or penalties.

Wrestler Signature

Date

Parent Signature