Youth Wrestling

2026 – 2027 Parent Information Packet

Includes:

1. Concussion Information
2. Season Timeline
3. Parent Information Sheet
4. Parent Code of Conduct
5. Athlete Code of Conduct
6. Parent's Guide to Youth Wrestling
7. Complex Address

Please read over the enclosed materials. If you have questions, please contact the Recreation Department at 764-5637. Thank you for your cooperation.

www.bullochrec.com

Concussion
INFORMATION SHEET

CDC HEADS UP
SAFE BRAIN. STRONGER FUTURE.

This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
  - Work with their coach to teach ways to lower the chances of getting a concussion.
  - Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
  - Ensure that they follow their coach's rules for safety and the rules of the sport.
  - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.

Plan ahead. What do you want your child or teen to know about concussion?

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents or Coaches

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events *prior to* or *after* a hit or fall

Symptoms Reported by Children and Teens

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that *it's better to miss one game than the whole season.*

CDC

cdc.gov/HEADSUP

CONCUSSIONS AFFECT EACH CHILD AND TEEN DIFFERENTLY.

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away, or if they get worse after they return to their regular activities.

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

Children and teens who continue to play while having concussion symptoms, or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a child or teen for a lifetime. It can even be fatal.

What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's healthcare provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

To learn more, go to cdc.gov/HEADSUP

CDC HEADS UP

Discuss the risks of concussion and other serious brain injuries with your child or teen, and have each person sign below.

Detach the section below, and keep this information sheet to use at your children's or teens' games and practices to help protect them from concussion or other serious brain injuries.

○ I learned about concussion and talked with my parent or coach about what to do if I have a concussion or other serious brain injury.

Athlete's Name Printed:_____ Date:_____

Athlete's Signature:_____

○ I have read this fact sheet for parents on concussion with my child or teen, and talked about what to do if they have a concussion or other serious brain injury.

Parent or Legal Guardian's Name Printed:_____ Date:_____

Parent or Legal Guardian's Signature:_____

Revised January 2019

2026 – 2027 Youth Wrestling Timeline and Important Dates to Remember

- **Tiny Mite and Minor Evaluations: November 17th**
    - **Mill Creek Elementary School Gym at 6:00 pm**
- **Midget and Major Evaluations: November 17th**
    - **Mill Creek Elementary School Gym at 7:00pm**
- **Teams Post: Friday, November 20th after 5:00pm**
- **BOE Thanksgiving Break: November 23rd – 27th**
- **First Youth Wrestling Practices: Tuesday, December 1st**
- **BOE Semester Break: December 21st - January 1st**
- **Last Meeting Day: February 4th**

Ashton Faircloth
Wrestling Athletic Supervisor
Email: afaircloth@bullochrec.com
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Bulloch County Recreation & Parks Youth Wrestling

Player Evaluation Schedule

****Teams will be posted on Friday, November 20th after 5:00PM****

Teams and preliminary practice schedules will be on the posting.

Evaluation Information

Tiny Mite (7 – 8 years old)
Evaluations: Tuesday, November 17th @ 6:00pm
Mill Creek Elementary School Gym

Minor (9 – 10 years old)
Evaluations: Tuesday, November 17th @ 6:00pm
Mill Creek Elementary School Gym

Midget (11 – 12 years old)
Evaluations: Tuesday, November 17th @ 7:00pm
Mill Creek Elementary School Gym

Major (13 – 14 years old)
Evaluations: Tuesday, November 17th @ 7:00pm
Mill Creek Elementary School Gym

Meeting Days: Tuesdays, Thursdays, and Select Weekends
Meetings Times: 5:45pm or 6:45pm / Saturdays - TBD
Uniforms: BCRP Provides Singlets and Headgear

*** The participant may practice in athletic wear; however, shorts/pants must have NO pockets***
*** Teams and practice schedules will be posted on Friday, November 20th after 5:00pm on our website at www.bullochrec.com***

SPORT PARENT CODE OF CONDUCT

I therefore agree:

1. I will not force my child to participate in sports
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice, or other sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials, and spectators with respect regardless of race, creed, color, sex, or ability.
10. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participant for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also deemphasize games and competition in the lower age groups.
14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players during games and practices unless I am one of the official coaches of the team.

5 Ways to be a Successful Sideline Parent

1. **Resist Shouting out instructions**. That is the coach's job. When both coach and parents' yell. Kids get confused. Urgent advice hollered from the sidelines almost never improved performance. All you are doing is venting your own anxieties.

2. **Show appreciation for the play of the other team.** Every decent coach tries to instill this positive attitude, and it needs to be vigorously reinforced on and off the field. The last thing young athletes need is to cultivate hostility toward their opponents, who are often friends or acquaintances.

3. **Don't undermine the coach.** If you know more about the sport then they do, so what. The coach's mission is to create an optimal environment for the whole team.

4. **Leave the ref out of it.** Referees do not care what team wins. Their mistakes are honest ones, and your child needs to know that you believe this. Any criticism or questioning of the referees shows an exaggerated focus on winning and lack of respect for authority.

5. **Help kids cope with other parent's outbursts.** Point out that screaming Mr. Smith must have forgotten that sports are supposed to be fun. Tell them that you intend to speak with Mr. Smith about his attitude as soon as he's in a better mood.

Young Athlete Code of Conduct

National Alliance for Youth Sports

- ✓ To have sports be a safe experience, free from abuse and violence
- ✓ To have fun learning, trying new things and being able to practice and play
- ✓ To follow rules
- ✓ To tell parents (or other trusted adult) about any abuse
- ✓ To try our hardest and best
- ✓ To learn the values of teamwork – helping and supporting one another
- ✓ To learn ways to deal with pressure and frustrations
- ✓ To care about what happens to other
- ✓ To settle conflicts without saying or doing things that hurt others
- ✓ To treat coaches and officials with respect
- ✓ To treat others as you want to be treated
- ✓ To be a good sport (how you talk to others and how you behave)
- ✓ To let your parents and coaches know what you need

Parent's Guide to Youth Wrestling

By Bill Campbell

Introduction

Of the many sports your child can participate in, Wrestling is perhaps the most misrepresented, misunderstood, and underrated. The ratio of participation to public awareness is remarkably lopsided. Each year hundreds of thousands of kids participate in this sport, yet the average person knows as much about wrestling as they might know about rugby or polo -- which combined, involve far fewer athletes. The purpose of this guide is to generate new interest and awareness among parents whose children want to participate in this exciting and rewarding sport.

Hopefully, this guide will help expose the myths and uncover the benefits wrestling has to offer, and most importantly, help parents understand how this unique sport best compliments other sports choices their child makes.

Does Wrestling Teach Or Promote Aggressive Or Violent Behavior?

Aggressiveness, Yes. Violence, No. Wrestling is often referred to as the toughest sport, and in many ways it is, but it is certainly not violent, nor does it lead to unruly or destructive behavior.

One of the factors that makes wrestling so different from most other sports is that wrestling involves head-to-head competition. Each wrestler's efforts work in direct opposite from each other as in a tug-of-war contest. Success in wrestling requires the ability to attack, as well as the ability to stop your opponent's attack. The same factors apply with boxing and martial arts, but an attack in wrestling is nonviolent. Wrestling does not permit opponents to strike one another, and imposes strict penalties or disqualification for violent behavior. In essence, wrestling is unique in the fact that it can be very aggressive without being violent. The objective is not to destroy or harm one's opponent, but to out-maneuver them and to gain control.

The intensity with which wrestlers compete increases with age and experience. Kids wrestling, especially the younger age groups, in not nearly as intense as high school or college wrestling. It's common for new wrestlers to feel somewhat intimidated at first, not knowing how they compare with other wrestlers, but that is soon overcome. Wrestling, perhaps more than any other sport, is a great for building confidence while retaining a healthy dose of humility. The long-term result is that it develops the champion from within, and leads to greater success both on and off the mat, and does not turn kids into bullies or thugs.

At What Age Should Kids Get Involved?

Some parents feel that wrestling is too intense for young kids, and that it is better suited for post-pubescent teenage years. Denying a child the opportunity to participate in wrestling until high school greatly reduces their chance of success. Wrestling is a sport involving very complex technique that can take many years to master. A great high school athlete with little or no wrestling experience has little or no chance against an 8 or 10 year veteran. Some kids can close this gap by their last year of high school, but like most sports these days, starting younger seems to be the norm.

There are two entry points prior to high school - kid's clubs and middle school wrestling. Both are very accommodating for new wrestlers. Age and maturity level is not a factor by the time kids are in middle school, but at the club level, kids can enter wrestling as young as 4 or 5 years of age.

There is no easy way to know when a child is mature enough to be participating in a new sport. Some might be ready at three, while others might not develop an interest for wrestling until their early teens. The best approach is to introduce kids to the sport at a time and pace that is consistent with their interest level, backing off when necessary, and allowing more participation as their interest grows. In any case, it is important NOT to involve very young kids in a highly competitive program. Parents with young wrestlers should check that their club can properly accommodate young wrestlers with a separate, less competitive regimen involving more fun, "tumbling" types of activities, with virtually no emphasis on any of the serious, more competitive aspects of the sport.

Is Wrestling A "Dangerous" Sport?

There is a common misperception among the non-wrestling public that wrestling is a very dangerous sport. Perhaps it's the aggressive nature of the sport, association with "Pro Wrestling", or perhaps fear of the unknown. Several studies have been conducted in recent years that show wrestling to be safer than many more common sports including football, ice hockey and gymnastics. Most notable in these reports, is wrestling's low percentage of serious, permanent and life-threatening injury in relation to other sports. A quote from USA Wrestling Club Organizing Guide has the following to say about Risk of Injury:

"Wrestling is a contact sport and injuries will occur. As would be expected, wrestling has more injuries than tennis and swimming, but most wrestling injuries are minor, consisting of sprains and strains. Wrestling has fewer serious injuries than football, basketball or ice hockey. There is a lesser chance of getting seriously hurt when wrestling than when riding in a car, skateboarding or riding a dirt bike."

Safety factors in some ways unique to wrestling include:

- Rules, regulations, and state certified officials.
- The high ratio of officials to athletes (one for every two).
- Greater strength and flexibility as a result of more emphasis on practice and preparation.
- Competitors are matched by age and weight.

Perhaps the most notable difference with respect to the risk of injury, is the lack of high-impact collision that occurs in most other common sports. Wrestlers do collide, but never at great momentum or speeds as can happen with sports that involve running such as football, baseball, soccer, hockey and basketball. Also, overuse injuries from highly repetitive motions such as pitching are virtually non-existent in youth wrestling because of the variety of movement, and there is no risk of injury from hard objects such as bats, sticks, balls or pucks. On the other hand, wrestlers are more susceptible to some communicable skin infections such as ringworm, but these incidents are quite rare, and can be prevented with the proper precautions, such as washing the mat and showering after practice.

Can Wrestling Have An Effect On Character Development?

Success factors in sports, or anything for that matter, are part God-given (i.e. height and size) and part acquired (i.e. endurance). Success in wrestling depends most on acquired factors, and unlike most other sports, wrestling does not favor athletes of any particular height, size, weight, muscle type*, race or social class, and does not rely on superior vision or hearing.

Wrestlers learn, by the nature of the sport, that long-term success has much more to do with the investment made than the "natural" gifts one is given. Wrestlers learn the value of preparation and hard work, and the role it plays in achieving one's goals. Wrestling provides real-life experiences that build and strengthen the following character traits:

- Self Reliance
- Mental Toughness
- Work Ethic
- Competitive Spirit
- Responsibility
- Self Discipline
- Goal Orientation
- Confidence

In order to keep this in perspective, one must realize that character development is a slow process, driven by a variety of positive and negative influences with varying degrees of impact. Sports can play a significant role in character development, but other influences may have an even greater impact. Wrestling, in itself, is not a character development solution, but years of participation can provide positive influences. A person's overall character includes many other dimensions, such as integrity and compassion, that may have little if anything to do with sports.

Would My Child Be Required Or Expected To Lose Weight?

NO! There's no weight cutting in youth wrestling programs. It's true that weight cutting does exist at the high school and collegiate levels, but there are quite a few public misconceptions.

Some parents automatically associate wrestling with excessive, out-of-control weight loss, akin to anorexia and bulimia. In reality, the opposite is true - wrestlers gain control of their body weight and body composition, and are able to set and achieve reasonable goals with respect to muscle mass, fat percentage and body weight.

This form of weight control is more of a factor in later years, when competing at high school or collegiate levels, but coaches and wrestlers at that level are well aware of health and safety factors, and not likely to engage in unhealthy or risky forms of weight loss. Furthermore, state and national governing bodies, such as USA Wrestling, now prohibit any form of rapid or unsafe weight loss.

To some, the practice of any sort of weight control for the purpose of competing in a sport may still seem extreme and unnecessary, however, at the appropriate age, with proper education, planning and discipline, weight control can be a good thing that caries into other sports and can be an asset in maintaining one's health later in life. Proper weight

control results in optimum body composition, allowing athletes to compete in peak physical condition, with the greatest ratio of strength, energy and power to body weight. These are factors in virtually every sport at the Olympic level.

With young wrestlers, it is only appropriate to discuss concepts. It can be a good time to explain how healthy eating can have an impact on performance, or to discuss the difference between healthy foods and "junk foods". Virtually all kids can learn and benefit from this information, even at a young age.

Is Wrestling Only For Boys?

In the 1970's and early 1980's, with the exception of a few isolated incidents, wrestling was a male-only sport. Over the last ten years female participation has increased to the point that it is not uncommon to find girls participating in youth and high school programs. Women's divisions have been created in U.S. and international freestyle competition, and some tournaments are exclusively for women. Unlike Japan, where female participation sometimes exceeds male participation, in the United States, there are still far fewer girls than boys, however, female involvement is growing rapidly at all levels.

Girls can benefit from wrestling just as boys can; however, the social, mental and physical challenges can be much greater. In addition to the normal challenges of the sport, a female wrestler may feel singled out if she is the only girl on the team. Girls also face greater physical challenges. Differences in strength can be minimal at young ages, but as children reach puberty, boys typically gain a significant strength, advantage. Overcoming these challenges requires great determination and mental toughness; however, some girls have proven they can be successful competing against boys despite these obstacles.

Parents with daughters willing to accept these challenges should take the time to interview coaches and be sure they are satisfied with the coaching staff's acceptance and effectiveness in integrating girls into the program. If possible, it's best to select a team with other girls, or to join with a girlfriend.

GENERAL INFO

Folkstyle Basics

Objective

The primary objective in folkstyle wrestling is to gain control of your opponent and to ultimately pin your opponent by holding your opponent with their back (both shoulder blades simultaneously) on the mat for a period of at least two seconds.

Match Basics

Wrestling matches consist of three periods. Periods can vary in length from one minute in duration for younger age groups, to as long as three minutes for college wrestling. Either wrestler can win the match at any time if they are able to pin their opponent or develop a lead of more than 14 points. Otherwise, the wrestler that can accumulate the most points by the end of the third period (or after overtime in the case of a tie) wins the match.

There are only two positions from which referees start, or continue a match. The first is neutral position, with both wrestlers standing and facing each other. The other is the referee's position, where one wrestler starts on his hands and knees down on the mat, and

the other starts on top, behind and in control. The first period always begins in the neutral position. Each wrestler has their choice in one of the remaining periods, to choose to start from top or bottom referee's position, or in the neutral position. If the action must be stopped before the end of a period, the referee restarts the wrestlers in the starting position that best reflects the position the wrestlers were in when the action was stopped.

Scoring
The scoring system is rather simple. **Takedowns** (when from a neutral position one wrestler is able to bring the other to the mat and gain control) are worth two points. **Escapes** (when the bottom wrestler is able to break free from the top wrestler and revert back to a neutral position) are worth one point. **Reversals**, (when a wrestler on the bottom is able to reverse the control so that the opponent is on the bottom) are worth two points.

Back points (also called near fall) are awarded when one wrestler comes close to pinning the other (i.e. exposing the other wrestler's back) and are worth two or three points depending on the length of time that the opponent's back is exposed. In addition, **penalty points** can be awarded when the opposing wrestler performs illegal moves or is penalized for excessive stalling.

Sportsmanship
Competition is conducted in a manner as to promote and require good sportsmanship. Competitors are expected to show respect to opponents, officials and coaches regardless of the outcome of their match. Both wrestlers are required to shake hands before and after the match. It is also common practice for each wrestler to shake the hand of their opponent's coach after the match.

Officials
Officiating is more objective than subjective in that it does not require judging, as with sports such as gymnastics or figure skating. However, situations can and do occur that are subject to interpretation. Those situations most often involve out of bounds calls, determination of when/if control is sufficient to award points, and determination of when/if stalling or penalties apply.

Equipment
Basic wrestling equipment includes a headgear, wrestling shoes, and a singlet. Wrestling shoes offer more ankle support than the traditional shoe and are designed lightweight and tight to the foot to promote freedom of movement. Headgear can prevent outer ear injuries and bruises during practice and competition. The standard wrestling uniform, known as a singlet, is designed to fit snug to the body so that it does not restrict the movement of either wrestler. Kneepads are sometimes worn by choice.

THE PARENT'S ROLE

Wrestling can be relatively demanding, not only for the wrestler, but also for the parent. Wrestling clubs typically hold practice sessions two, and sometimes three times per week, in the evening, after the high school practice is over. Many open tournaments during the school wrestling season are held on Sundays, which may conflict with other family plans, but at a minimum require a good deal of preparation, driving and patience.

Most importantly, kids need support and encouragement. They need to be able to stake claim to something positive about themselves that they can build from in developing

self-confidence. Parents can facilitate this process by identifying and reinforcing strengths while helping their child to see past their weaknesses. Your positive reinforcement as a perceptive and caring parent can be the single most significant influence in your child's athletic development and personal growth.

Here's some additional do's and don'ts:

Don't impose your ambitions or expectations on your child. Remember that wrestling is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they should be doing.

Be supportive no matter what. There is only one question to ask your child, "Did you have fun?" If meets and practices are not fun you should not force them to participate.

Do not coach your child. Your job is to support, love and hug your child no matter what. Conflicting advice and criticism work against the coach's efforts and only serve to confuse and demotivate your child. If you feel you have the experience and ability to contribute to the team as a coach, volunteer your services through the proper channels.

Get involved. Your club needs your help and support. Attend parent and club meetings to find out how you can help. And most importantly, show your child that you care by attending as many meets and tournaments as possible.

Acknowledge your child's fears. Their opponents appear to be much more intimidating through their eyes than through the eyes of a grown-up. Consider their perspective and don't expect them to compete with the confidence and mental toughness of a seasoned expert.

Do not criticize the officials. Unless you have been there, you have no idea how challenging officiating can be. Expect that in some matches your child could lose as a result of an error on the part of an official or score keeper. That's life. Help your child to understand that the official does their best to score the match fairly, and that it is important that we respect the ruling of the officials regardless of how we feel about the situation.

Complex Address

MILL CREEK ELEMENTARY SCHOOL
239 Beasley Road, Statesboro, Georgia 30461