



Crete Wrestling Club

Policy and Procedure handbook

Crete Wrestling Club is a club that serves any youth wrestlers ages 3 to 8th grade in Crete Nebraska and surrounding communities. We have sustained a partnership with the Crete Public School's Wrestling program that allows us to utilize their facilities for practices. We feel that it is important we recognize our gratitude for the Crete Public School wrestling program for their years of support. We would also like to bring to light that we remain an independent club that operates outside of the Crete Public School District and do not require any form of testing, reporting, or other obligations for child athletes to participate in club functions or events.

Registration/Enrollment

- Upon registering your wrestler, you will be asked to provide a deposit. This deposit will be kept by the club, and in return all club participants will be loaned matching Crete Wrestling Club singlets. At the end of each season, your deposit will be returned when the singlet is returned to us in good condition.
- If a singlet is returned under the following conditions, Crete Wrestling Club will use the deposit, paid at the time of registration, to replace the singlet that is in question.
 - Ripped
 - Torn
 - Distressed or
 - If it is NOT returned at all
- We understand that there will be normal amounts of wear and tear as these singlets are reused for multiple seasons. Whether the deposit is re-issued will remain at the discretion of the Club.
- All parents/ Guardians, of athletes wishing to participate in Crete Wrestling Club, will be required to fill out the proper registration forms and to provide correct and honest responses.

Medical and Emergency Policies and Procedures

Wrestling is a full contact sport in which accidents and injuries may occur. It is important that Crete Wrestling Club families and athletes are aware of medical information and emergency procedures when these types of events occur.

Insurance:

- All athletes enrolled in CWC are provided supplemental insurance through the ASAW.
- CWC requests that each parent or guardian provides current insurance coverage during registration. (This will not be a requirement for your child to participate, but so that we as a club are aware of and offer support to our community to the best of our ability.)
- CWC coaches will use their best judgement upon assessing an emergency. If an athlete's parent or guardian is not present during the time of an injury, the child will be

transported to Crete Area Medical Center to be treated, unless stated otherwise on documentation provided by the parent or guardian.

Parent/ Guardian Expectations

Crete Wrestling Club families play a vital role in the club's ability to be successful. We welcome parents and guardians to attend practices, tournaments, and other events that CWC may be a part of. We believe that parents and guardians set a primary example for our athletes. With that, CWC expects those in these positions to act with integrity and high moral standing. We expect that parents and guardians who have athletes enrolled in Crete Wrestling club will trust our coaches to guide your athlete to the best of their ability.

- Arguing or aggression toward a coach or an athlete will not be tolerated.
- Bullying or negative comments of any kind will not be tolerated.
- Parents and guardians are responsible for
 - Any fees pertaining to the Crete Wrestling Club program.
 - Checking out and returning club gear.
 - Athlete transportation to and from tournaments and events.

Recruiting enough volunteer coaches can be a trying task as the number of wrestlers grows. There may be times when parents may find the need to step in and be in their child's corner to coach them through a match. We will do our best to be present for our wrestlers, but if we are unable to be there, we would like to give you some tools on how to effectively communicate with your wrestler when the match is finished.

- First and foremost, allowing your wrestler some space to process emotions is very important. Wrestling is a mentally tough sport.
- The first thing you should address is something that your wrestler did well.
- Next, you can address something that they can work on to better their technique. Many wrestlers are already going over this in their head the moment the match ends, a good way to address this is to first ask them what they feel they can work on.
- And next, try to end the conversation with a compliment and encouragement.

We want all our wrestlers to end their day with their head held high and ready to dig in at the next practice with a positive mind set.

Athlete Expectations

Upon enrollment, wrestlers representing CWC are expected to also act with integrity and high moral standing, both on the mat and off. These expectations include, but are not limited to...

- Good sportsmanship, this looks like...
 - Demonstrating leadership.
 - Putting forth best efforts in practice and while competing.
 - Showing respect for teammates, opponents, coaches, and all club wrestling participants.

- Taking care of all club gear.
- Showing up to practice ready to learn.
- CWC athletes are expected to adhere to any and all rules and instructions given to them by our coaching staff. Any acts to directly disobey said rules and instruction will not be tolerated.

Attendance and Events

Crete Wrestling Club does not require attendance to participate. We do recommend that all CWC athletes do their best to attend the offered practices and tournaments. Our program relies heavily on volunteers that dedicate their free time to help improve the wrestlers that enroll in our program, and we request that all of our participating families do their best to utilize this time to grow in their athletic ability.

- CWC pays the entry fee for each athlete in our program for an allotted number of tournaments.
 - The entry fees for these tournaments are paid for by the parent or guardian during the time of registration.
 - These Tournaments will be announced as soon as we are able to provide the information. Information about these tournaments will be accessible on the BAND app.
 - Crete Wrestling Club may share information for tournaments and events on the BAND App, outside of the club paid events. We want our wrestlers to get as much experience as they see fit. This does not guarantee coaching staff will be present or that fees will be paid for. If unsure, please reach out to coaching staff to ensure clear communication.
- CWC wrestlers are not restricted from participating in tournaments outside of the club paid events. **Parents and guardians will be responsible for all fees pertaining to tournaments or events outside of the designated club paid events.
- CWC coaches will attend the club paid tournaments and will do their best to provide coaching for each CWC athlete during this time.
 - Occasionally, the demand for coaches during active matches outnumbers our ability to cover each wrestler. Parents are permitted to coach mat-side, unless specified otherwise.
 - We strive to offer quality coaching for each of the wrestlers in our program and if demand is over-riding our ability to do so, please communicate this to the coaching staff so that we can attempt to make better efforts.

Practice Room Etiquette

Crete Wrestling Club has been graciously allowed to utilize the Crete Public Schools wrestling facilities and equipment. Therefore, it is of the utmost importance to us that these facilities remain litter free and left in the exact condition that they were in prior to CWC using them. Club athletes must follow rules and instruction given to them by CWC coaches. Any rules and

instructions given by Crete Wrestling Club coaches is to protect our athletes and families and to ensure that the equipment and facilities loaned to our club remain in the quality that they were lent to us in. Any act to intentionally vandalize, destroy, or diminish the quality of these items or places will be subject to review and may result in dismissal from the Crete Wrestling Club program.

- Wrestlers are expected to.
 - Actively participate in warm-ups, stretching, drills, or games that are implemented during practice.
 - Respect ALL teammates, coaches, and spectators that are present during practice.
 - Follow instruction given by their coaches.
 - Refrain from dangerous or distracting behavior.
- Parents/guardians/ and other spectators are asked to,
 - Refrain from activities or commotion that distracts or disrupts practice.
 - Encourage their athletes to participate and or/redirect young wrestlers as they tend to lose focus more easily. Practices are divided up into older and younger age groups, however, we do still find that our younger ones of the groups need more redirecting than others. We are grateful for any help with this, as long as it is not disrupting or distracting to the group.
 - Please allow the coaches to do what they are there to do. There are plenty of opportunities during the season for parental athletic guidance. The practice room is reserved for the coaches to share their experience, talent, and knowledge with their athletes and to implement drills, games, and exercises that will enhance their ability and drive within the sport.
 - Crete Wrestling Club welcomes volunteer coach applications to be submitted year-round. Contact any of the coaching staff with any inquiries. The more volunteers the better we can serve our local wrestling community!

BAND and Other Social Media Etiquette

Crete Wrestling Club currently has a Facebook page (Crete Wrestling Club), and a group within the BAND app (Crete Wrestling Club). BAND will be the main form of communication between CWC and families who are enrolled. You are not REQUIRED to be enrolled in Crete Wrestling Club to be a part of our BAND community. We welcome supporters from the community as well as potential and future members to follow our BAND for the most current and updated information. Some of the subjects that can be found on our BAND...

- Upcoming tournaments and event information.
- Information regarding club fees.
- Crete Wrestling Club volunteers.
- Forms
- Motivational quotes and images.
- Practice and tournament updates.

- And other beneficial content for CWC community members.

Coaching staff

Crete Wrestling Coaching staff is constructed of volunteers from local and surrounding communities. We will do our best to familiarize the faces of volunteer coaches and admin during practices as well as through our social media so that our families know who they can address with comments, questions, or concerns. We believe community involvement and effort is what has kept CWC going through out previous seasons and welcome anyone who believes they can benefit the program to help.

- Our Board is comprised of adults excited about Club Wrestling. Under the direction of the Club president, the board has informal input and votes on certain club business such as, tournaments, scholarships, fundraising, community involvement, and more.

Communication and etiquette expectations

- We use the BAND app as our current form of communication with Crete Wrestling Club families and athletes.
- We also have a Facebook page that is used to help support ongoing communication with the community and our families.
- Crete Wrestling Club asks that all communication within those social media forums adhere to the following guidelines,
 - Personal interests, opinions, and conversations must be kept outside of these forums.
 - Absolutely no form of profanity, bullying, hate speech, or the like will be tolerated. Anyone found in violation of this guideline will be immediately removed from the club.
 - Member posts will need to be approved by admin.