

STATELINE WILDCATS WRESTLING



ALWAYS ON THE ATTACK

WEEK OF NOVEMBER 8, 2011

NEVER GIVE UP! ENCOURAGE OTHERS! DO YOUR BEST!

REMINDERS:

Spirit Wear is still available to order. Please see Amy Byfield, Spirit Wear Director to place your order.

Please let Coach Che or any of our Board Members know if you have any questions or concerns. We are here to help and want to provide your wrestler with a great experience!

Several families joined late or were not able to make it to registration night. If you have not been sized for a singlet, received headgear or weighed in yet, please notify Coach Che or Coach Ed so that we can suit-up your wrestler

SCHEDULE:

11/8 Tues Beg/Adv 6-7:30pm
 11/9 Wed Beg/Adv 6-7:30pm
 11/10 Thur Advanced 6-7:30pm
 11/12 Sat Advanced 10a-12p

KEEP LOOKING AHEAD

We've made it thru one week already and things are looking great! Your wrestler now has an idea of what youth wrestling is all about, and, by the looks of it, is as psyched to be here as we are! Some parents have asked for details about tournaments, scoring, and other wrestling information. Here is a great resource: A Parents' Guide to Youth Wrestling: <http://homepage.mac.com/gdemarco1/WA/2005YouthWrestlingGuide.pdf>. Don't forget, we're all here for each other, so if you have any questions, just ask!

UPCOMING TOURNAMENTS

Listed below are tournaments our Club will be attending this year. The Tournament Folder will be on the bleachers during practices. Those listed as "Club Signup", please fill out the forms and submit your check prior to deadlines to enter your wrestler in the tournaments. **Reminder – Payments must be via check to "Staseline Wildcats"**. For those listed as Trackwrestling.com tournaments, you will need to register your wrestler online before they reach their max. Additional tournaments will be considered for Advanced wrestlers and will be by invitation only.

WRESTLING HYGIENE

Wrestling is a contact sport and sometimes that closeness can cause problems. To stay healthy, follow these tips:

- ❖ Always report any rashes or skin infections to the head coach.
- ❖ Shower with an antibacterial soap after each practice or competition.
- ❖ Keep your hair short and free of greasy products during wrestling season.
- ❖ Keep fingernails short and trimmed.
- ❖ Keep wrestling clothes clean - only wear clean clothing and gear to practice and competition. Shoes, kneepads and headgear should be washed weekly.
- ❖ Air out your gym bag daily.
- ❖ Don't share wrestling gear, clothing, food and drinks with others.

Date	Day	Tourney	Adv/Beg	Deadline	Club Signup/ Track?
11/20	Sunday	Grayslake North	ADVANCED ONLY	11/10 Thursday	Club Signup
12/3	Saturday	Golden Eagle's, Algonquin, IL	ADVANCED ONLY	11/16 Wednesday	Club Signup
12/4	Sunday	Mundelein Beginner's Brawl	1 st /2 nd yr Beginners Only	11/16 Wednesday	Club Signup
12/11	Sunday	Elkhorn	ADVANCED ONLY	ASAP-limited to 200	Trackwrestling.com
12/18	Sunday	Cary Matman Open	BOTH	11/30 Wednesday	Club Signup
12/31	Saturday	Annual Mark Walters Memorial Tournament Buffalo Grove, IL	BOTH	12/14 Wednesday	Club Signup
1/7	Saturday	Waterford Youth Tournament	BOTH	12/21 Wednesday	Club Signup
1/21	Saturday	Kenosha Kids Tournament	BOTH	1/5 Thursday	Club Signup
2/12	Sunday	Mukwonago Grizzly Open	BOTH	Self Register online at Trackwrestling.com; once the tournament is full, it will be closed for registration – so register early!	Trackwrestling.com
2/19	Sunday	Stateline Border Bash, Wilmet	BOTH		Trackwrestling.com
3/3	Saturday	Badger Folkstyle, Lake Geneva, WI	BOTH		Trackwrestling.com
3/10	Saturday	Regionals, Indian Trails, Kenosha	Ages 7+		Trackwrestling.com