



STATELINE WILDCATS WRESTLING CLUB ALWAYS ON THE ATTACK



WEEK 2, NOV. 18, 2009

MEMBERS AND FAMILY - PLEASE remove your street shoes prior to entering the practice gym. Mats have been set out to maximize space and it's difficult to walk around. Please help us keep them nice by removing your shoes. THANKS!

UPCOMING EVENTS:

December

- 5 Golden Eagles Kick Off Classic Tourn
- 13 Hononegah Kids Classic Tourn
- 20 Cary Matman IKWF Open Tourn

PRACTICE DATES:

November

- 18 Wednesday
- 19 Thursday
- 23 Monday
- 25 Wednesday

Happy Thanksgiving!

December

- 1 Tuesday
- 2 Wednesday
- 3 Thursday
- 7 Monday
- 8 Tuesday
- 9 Wednesday
- 14 Monday
- 16 Wednesday
- **PICTURE DAY
- 21 Monday
- 22 Tuesday
- 23 Wednesday
- 28 Monday
- 29 Tuesday
- 30 Wednesday

FIVE WAYS TO MODEL GOOD SPORTSMENSHIP FOR YOUR CHILD

One piece of advice that is handed out regularly to parents is to “set a good example” for our children. Most parents try to be positive and encourage our children as they climb the competitive sports ladder. But in order to have a positive influence on those around us, including children and other parents, we need to do more than just clap and cheer for our kids. Here are five things you can do that will really show your children (and other parents) what being a “good sport” is really all about:

- 1) Cheer for all the children, even those on the other team – those who shout and cheer for all the children set a great example for the kids, by sending the message that youth sports are about giving one’s best effort and enjoying the game, learning from it, and getting back up. Not all about winning and losing.
- 2) Thank the officials. They are most likely volunteers and positive feedback goes a long way.
- 3) Talk to parents of the other team: they’re not the enemy. Showing our children that we can interact with parents from the other team in a friendly manner sets a good example for them to congratulate or commiserate with the other team after every match.
- 4) Be a parent, not a coach: resist the urge to critique. The urge to critique a child’s performance is very natural for parents, but sometimes just being there shows your children what being a good parent is all about – support, love and hug your child no matter what. Don’t recount the situation for them. Make your child feel important and accepted, no matter whether he wins or loses, plays well or poorly.
- 5) Stay physically active. What better way for children to learn to have fun and enjoy sports than by sharing activities with their parents, siblings and friends!?

FOLKSTYLE TOURNAMENT SCORING

The scoring system is rather simple.

- **Takedowns** (when from a neutral or standing 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.

Team Picture Day
Wednesday, Dec 16th

Wrestlers should wear their singles and bring practice clothes.

More information will be coming.