



2022/2023
PARENT/ATHLETE
HANDBOOK

www.veyburnwrestlingclub.com



WELCOME TO THE WEYBURN WRESTLING CLUB!

Thank-you for supporting the Weyburn Wrestling Club. We have been committed to delivering a quality youth wrestling program in Weyburn since 1996 and could not do it without your family being involved.

If you are new to the club, welcome! If you are returning to the club, welcome back!

This handbook has been designed to answer the majority of questions that come up throughout the season. If you require further information, talk to Coach Mike or e-mail the club at weyburnwrestlingclub@gmail.com.

COACHES & EXECUTIVE

HEAD COACH Mike Johnston
Phone: (306) 897-7499
Email: mikejohnstonrmt@gmail.com

ASSISTANT COACHES Rebecca Aspinall
Jason Cascagnette
Braydon Johnston
Greg Kiraly
Shane Lanz
Murray MacKay
Daric Pirlot

PRESIDENT Greg Kiraly

VICE PRESIDENT Meagan Cascagnette

SECRETARY Stephanie

TREASURER Shantel Seitz

COACH REP Mike Johnston

WCS EAGLES REP Jody Kerr

PARENT REP Vacant

PARENT REP Vacant



***"ONCE YOU HAVE WRESTLED,
EVERYTHING ELSE IS EASY."***

DAN GABLE

1. Be ready to start practice on time, dressed in your team shorts and t-shirt.
2. All wrestlers are required to wear wrestling shoes at practice & tournaments.
3. Respect the coaches and follow instructions at all times.
4. Do not come to practice if you are sick, have a skin rash, or feel under the weather.
5. Swearing and vulgar/obscene language is not allowed.
6. Cell phones and all personal electronics are not allowed in the wrestling room.
7. Jewelry, wrist bands, necklaces, watches, etc are not permitted.
8. Long hair must be securely tied in a bun or braid.
9. Only coaches and athletes are permitted on the mats during practice.
10. Parents/visitors can observe practice from the designated viewing area only.
11. No wrestling at school or outside the club.
12. Have fun and work hard!

The Weyburn Wrestling Club organizes several fundraisers each year to help offset annual operation costs, equipment maintenance, and other program expenses. These fundraisers are essential to the long-term sustainability of the club and help keep registration fees accessible for everyone.

BARBER MOTORS YOUTH WRESTLING TOURNAMENT

Sunday, December 11, 2022

CORPORATE SPONSORSHIP PROGRAM

Community partnership continues to play a significant role in sustaining the club's ability to offer affordable programming for boys and girls who want to wrestle in Weyburn. Our corporate sponsorship program provides local businesses with visibility and recognition through our local events and digital platforms.

Would your business like to become a corporate sponsor?

Email weyburnwrestlingclub@gmail.com for more information.

WESTERN PRIME MEAT PACK ONLINE RAFFLE

Ticket books will be provided at the beginning of the season with the draw being held at our home tournament on December 11, 2022.

FUNDRAISING FOR NATIONALS

Wrestlers who are interested in attending Nationals are responsible for coordinating their own fundraising activities each year. A parent/athlete meeting will be scheduled once the season starts to discuss and coordinate plans.

OTHER FUNDRAISERS

Additional fundraisers may be organized throughout the year, depending on the financial need of the club at that time.



L S



Huskies

Club communication will be sent to parents/athletes to the email address provided on your registration form. If you would like an alternate email address to be used, please contact weyburnwrestlingclub@gmail.com

Reminder: Save the wrestling club email address to your contacts to ensure you receive our messages in your inbox.

MAILING ADDRESS

PO Box 1182
Weyburn, SK
S4H 2L5

STREET ADDRESS

309 1st Avenue, NW (West Entrance)
Weyburn, SK
S4H 2L5

EMAIL

weyburnwrestlingclub@gmail.com

WEBSITE

www.weyburnwrestlingclub.com

SOCIAL MEDIA



***FOLLOW US
ON SOCIAL MEDIA***



Wrestlers are expected to wear the Weyburn Wrestling Club t-shirts and shorts at all practices and tournaments. These are provided free with your membership and will be distributed within the first few weeks of the season.

Wrestling shoes are required for all athletes, at every practice and tournament. Some athletes may not have wrestling shoes to start the season, and that's ok. Athletes can wear clean indoor shoes until they get a pair.

Wrestling shoe suppliers we recommend include:

Royal Sporting Goods

1815 7th Avenue

Regina, SK

(306) 522-5973

www.royalsportinggoods.ca

Takedown Distribution

Toronto, ON

(226) 344-6662

www.takedown-distribution.myshopify.com

Wrestling shoes, singlet and other equipment are often available for sale from past/present club members. We have a facebook post setup on the Weyburn Wrestling Club page to help connect sellers and buyers. Check it out!

PRACTICE SCHEDULE



FRESHIE, NOVICE & PEEWEE

TUESDAY & THURSDAY

6:00-7:15 PM

BANTAM, CADET & JUVENILE

TUESDAY & THURSDAY

6:00-8:00 PM

PRACTICE FACILITY ADDRESS

309 1st Avenue, NW (West Entrance)

Weyburn, SK

Tournaments offer wrestlers a tremendous opportunity to test their skills and gain valuable experience in competition.

Participation is not mandatory and does not affect status or ranking within SAWA, however it is highly recommended that athletes participate in as many tournaments as possible throughout the season.

Several cities host tournaments throughout the season including:

- Weyburn
- Swift Current
- Moose Jaw
- Saskatoon

HOW TO REGISTER FOR TOURNAMENTS

In order to compete at a tournament, athletes first will weigh-in at the final practice before the upcoming tournament registration deadline. Following weigh-ins, wrestlers will be registered in their weight class by the club for the tournament. The club will collect fees at the final practice prior to the tournament.

CADET & JUVENILE NATIONALS

Nationals has not been confirmed by Wrestling Canada. Updates will be provided by e-mail when they are available.

SASKATCHEWAN WINTER GAMES

Planning for the 2023 winter games have not been released by SAWA yet. Once we get that info, it will be shared with parents and wrestlers.

WEIGHT MANAGEMENT

The Weyburn Wrestling Club does not endorse the practice of artificial weight loss (cutting weight) as a means to make weight prior to a competition. Failure to comply with this policy will result in immediate elimination from the upcoming tournament.

Athletes are expected to maintain their body weight and body fat percentage through proper nutrition and a healthy lifestyle that includes regular physical activity and exercise.

Talk to Coach Mike if you require a more detailed nutrition plan to help reach your goals for the upcoming season.

Parents and coaches can follow these guidelines to ensure there is minimal risk of skin infections having a negative impact on our season.

- Skin checks before every practice and competition.
- Wipe off after practice or competition with anti-bacterial wipes.
- Shower immediately after practice or competition. The best way to prevent wrestling skin diseases is by taking a shower immediately after wrestling practice.
- Do not share soap or towels with your teammates.
- Keep finger nails trimmed. Having your fingernails untrimmed is a quick way to spread skin infections. You can pass skin infections by scratching other people with long nails. Long nails allow you to harbour skin infections under your nails and break the skin of your workout partner or an opponent. An open wound is a quick way to get MRSA, ringworm, or any skin-related infection.
- Do not wear your wrestling shoes on the street. Wearing your shoes on the dirt or the street can transmit diseases from your shoes to the mat. The best wrestling shoes can be expensive, wearing them off the mat can cause them to wear out quicker.
- Wash wrestling workout clothes after each practice and tournament.
- Disinfect wrestling equipment. Disinfect wrestling shoes, headgear, and wrestling bags frequently.
- Sick? Stay home.
- Know when to see a doctor: Be extra vigilant when looking for signs of a skin infection. If a wrestler is showing any symptoms of a skin disease, have him/her go to a doctor and get cleared by the doctor before returning to the wrestling room.

COMMON SKIN INFECTIONS INCLUDE:

Staph Infection

Impetigo

Ringworm