

# Perry Wrestling Academy 2025-2026

## PRACTICE/TOURNAMENT GENERAL GUIDELINES:

**Singlet Rentals** are also available for \$30 with money refunded at the end of the season if returned in good condition.

**NOT ALLOWED:** -Jewelry-Gum-Sports Drinks, Soda, Etc. in the wrestling practice room.

**When wrestling at tournaments, your wrestler(s) must be wearing:** -Singlet -Wrestling Shoes(Laces should be taped using athletic tape) – Headgear if desired.

\*These items will need to be provided by parents/guardians.

**ADULTS:** ONLY USA CARD CARRYING COACHES WHO HAVE BEEN APPROVED BY THE HEAD COACH & THE BOARD WILL BE ALLOWED IN THE PRACTICE ROOM OR TO COACH AT TOURNAMENTS \*You must have a valid/current USA Coach's Card to be eligible to complete the coach's application

**FUNDRAISER:** We will also host a tournament in Perry and each parent is expected to contribute/volunteer, as it is a big undertaking. Sign-ups and requirements will be available closer to the tournament date and information will be available at the desk during practice.

**TOURNAMENT SIGN UPS:** This year's tournament schedule will be provided as soon as it is made available. Upcoming tournament information is available at the information table during practice. Wrestling is an individual sport. If you wish to compete in any tournaments, you will need to sign up and pay in full before the tournament signups close. For all tournaments, signup at the board desk and have your child's age division and weight class ready. ALL TOURNAMENT SIGNUPS WILL HAPPEN WEEKLY. Please look ahead and determine if you are going to wrestle the next week. Tournament fees are due at the time of sign-up.

**Most announcements** made about tournaments, time changes, etc. will be posted on the Perry Wrestling Academy Facebook page or on Remind App. Please make sure you download the Remind App and follow our Facebook page to be sure you are up to date on all information.

**PRACTICE FACILITIES:** Wrestlers are expected to respect the wrestling facility by cleaning up after themselves and following all rules as to what is and is not allowed in the facility. Additionally, wrestlers will not use the gym equipment unsupervised. Please remind your kids to make sure they pick up after themselves once practice is over. \*\*ALL PRACTICES WILL BE CLOSED TO PARENTS AFTER THE I-35 THROWDOWN TOURNAMENT but we encourage parents to not stay from the start, if possible\*\*

**THERE WILL BE NO FOOD OR DRINKS IN THE ROOM. ONLY WATER IS ALLOWED!** No street shoes are allowed on the mats.

If you have any questions about the wrestling rooms, coaches, etc, please speak with Jeff Klinglesmith or a board member.

Team Code of Conduct & Rules Upon joining the program, wrestlers, parents, and coaches agree to adhere to the following rules and conduct standards, in addition to the Youth Folkstyle Rules and Regulations:

### **RULES FOR WRESTLERS:**

1. All wrestlers must be on the mat and ready to practice at the scheduled time. We also expect our parents to be prompt as well. Please pick up the child(ren) on time. Our coaches have families and obligations as well that they need to attend to at the conclusion of practice. We also have a specific time we must close the gym each night.
2. All wrestlers must be respectful to their coaches, volunteers, and teammates. They need to represent themselves, their families, their club, their community, their coaches, and their teammates in a positive manner at all times.
3. Rowdiness, bigotry, or destructive behavior will not be accepted and will have consequences.
4. Practice attire: Wrestling shoes are required on the mats. Do not wear wrestling shoes outside; bring them to practice and change into them before entering the wrestling room. Shorts and t-shirts are worn at practice. No baggy clothing or sweats. No jeans/jean shorts are allowed. No metal is allowed on your clothing and no makeup or jewelry of any kind should be worn. **NO STREET SHOES ON THE MATS AND NOTHING EXCEPT WATER TO DRINK IS ALLOWED IN THE WRESTLING ROOM.** Headgear is required at all OKUSA tournaments.
5. Fingernails must be clipped and short.
6. All wrestlers wearing orthodontic braces or permanent appliances must wear protective mouth gear at tournaments and practices.
7. Wrestlers may leave the practice area only with the coach's knowledge/permission.
8. Wrestlers must adhere to all USA Wrestling rules regarding health, hygiene, hair length, and fingernail length at all practices and tournaments.

### **CONSEQUENCES FOR WRESTLER MISCONDUCT**

1. Verbal Warning
2. Practice Suspension for 1 week (no tournament that week).
3. Removal from the PWA Wrestling Program (determined by the Board) \*\*Depending on the situation, the Board has the right to suspend or remove a wrestler at any time.

### **RULES FOR PARENTS:**

1. There will be no wrestlers allowed on the mat for practice or tournaments without the appropriate forms completed and on file. This includes your registration form, team fee, and liability insurance
2. Parents must ensure that all fees are paid in full before competing in any tournament.
3. Parents will always demonstrate good sportsmanship through their actions and words. Demonstrate positive support for all wrestlers, parents, coaches, and officials at every practice and tournament.
4. Parents need to remember that the matches are for the wrestlers and not for the parents to win or lose. Appreciate the efforts of all the wrestlers and coaching staff.
5. Parents will inform the coaches of any physical or medical ailment that may affect the safety of their wrestler as well as any other wrestlers.
6. The coaches should be the only adults on the mat with the children during matches. Yelling at your child, or slapping the mats creates confusion among the wrestlers.

7. Parents are not allowed to physically, emotionally, or psychologically abuse any parent, wrestler, coach, or official.
8. Parents agree to abide by the grievance procedure listed below for any items of concern.
9. All families are required to volunteer to work any PWA hosted wrestling tournament.
10. You are responsible for signing up your child for tournaments and extra activities. No reminder phone calls will be made for signing children up for tournaments and other activities.
11. Parents need to be on Remind or PWA Facebook page. Messages and last-minute changes/announcements will be made there and at practice.
12. Remember, you are representing PWA and Perry when at tournaments and in motels during tournaments. Please act accordingly and represent Perry well.

### **GRIEVANCE PROCEDURE**

It is possible that conditions arise where a member feels they have been treated unjustly. This situation may be with a particular coach, teammate, or the wrestling program in general. You should attempt to resolve this issue informally by speaking with the current president of the club after practice (and away from children). It is recommended that you do this after you have considered the situation for 24 hours. You can do this by phone, face-to-face, by mail, or via email. However, if the need arises to discuss things in a more formal manner, you can request an emergency meeting with the PWA Wrestling Board. If required, an emergency meeting can be called. Any complaint will be handled directly by the Board. PLEASE REFRAIN FROM COMPLAINING TO OTHER PARENTS before, during or after practices without giving the board a chance to review and resolve your problem.

### **CONSEQUENCES FOR PARENTS:**

1. Verbal Warning
2. Tournament Suspensions
3. Removal from all PWA Wrestling Activities \*\*Depending on the situation, the Board has the right to suspend or remove a parent at any time.

### **RULES FOR COACHES**

1. Coaches should always show good sportsmanship.
2. Coaches will attend all tournaments and practice or arrange for a proper substitute.
3. Coaches are not allowed to physically, emotionally, or psychologically abuse any wrestler, parent, or official. All coaches will treat each other, parents, opposing coaches and officials with respect and dignity regarding language, attitude, behavior, and mannerisms. Violations of this rule are disciplined according to the PWA Wrestling Code of Conduct.
4. The Board will approve all coaches along with the recommendation of the Head Coach. ONLY APPROVED COACHES WITH A USA WRESTLING COACH'S MEMBERSHIP ARE ALLOWED TO WORK WITH PWA WRESTLERS AT PRACTICE OR TOURNAMENTS.
5. Remember you represent PWA at all the tournaments we attend and should be a great example for our wrestlers and parents on the mat as well as in hotels.

### **CONSEQUENCES FOR COACHES**

1. Verbal Warning
2. Tournament Suspension
3. Removal from PWA Wrestling \*\*Depending on the situation, the Board may vote to suspend coaching privileges at any time.