

PITTSBURG WRESTLING CLUB

IMPORTANT INFORMATION

PWC Board:

- LC Davis
- Carrie Lance
- Josh Lattimer
- Will Peden
- Jordan Michael Brown
- Chanc Gomez
- Mindi Jones

Coaches:

- LC Davis
- Josh Lattimer
- Chanc Gomez
- Jordan Michael Brown
- Seth Gann
- Dixee Lacen
- James Ryan

Important Dates

- **10/6th** – Parent Meeting at SEK Elite at 7pm
 - SEK Elite practice at 6pm – (*Open Kids only, USA Card required*)
 - PWC Open Wrestlers join SEK Elite for Free during the season
- **10/18th & 19th** – Purler Wrestling Preseason Nationals Prep Camp
- **10/24th to 26th** – USA Wrestling Preseason Nationals in Des Moines, Iowa
- **11/7th** – Go Earn Gear orders due
- **Cost**
 - PWC Season Fee
 - Open - \$130 per wrestler
 - Novice - \$105 per wrestler
 - (Multiple Kids Discount, Payment Plans)
 - *Final Registration due before attending first practice*
 - SEK Elite Fee is included for PWC Registered wrestlers
 - October 13th 2025 to March 13th 2026

- **12/1** – PWC/SEK Elite Christmas Float
- **12/2** – Purple & White Dual at PHS
- **12/3** – First Novice Practice and will continue Mondays & Wednesdays (Subject to Change) in the PHS wrestling room until 2/1/26
- **12/4** – First Open Practice and will continue Tuesdays & Thursdays (Subject to Change) in the PHS wrestling room until 3/12/26
 - PWC Open practices from 6 to 7:30pm
 - SEK Elite Practices
 - Monday/Wednesday from 6 to 7:30pm
 - Fridays from 5 to 6pm
- NO ONE may practice until paperwork is completed, a copy of your child's physical is on file, we have a USA card (insurance) on order and dues (down payment) are paid to the club.
- **2/1/26** – Pittsburg Dragon Youth Tournament

IMPORTANT INFORMATION

\$\$\$ Registration costs includes practice room costs, paying coaches, and end of year banquet. *It does not include USA Wrestling card*

Late Registration/Payments – We will work with you but a down payment of at least \$50 must be made prior to practicing (as well as have USA Wrestling Card)

- If you need assistance please fill out the form on PWCDragons.org and we will be in contact.

Competition Singlets - We have three options for a singlet this season!

1. Black/Grey/Purple Singlet – Buy for \$20
2. 2020 Singlet – Buy for \$50 or Rent for \$75
3. 2022 Singlet – Buy for \$60 or Rent for \$75
 - a. Get \$50 back when returned in good condition
4. 2023 Singlet – Buy for \$60 or Rent for \$75
 - a. Get \$50 back when returned in good condition

Go Earn it Package –

Gear Package – Long sleeve warmup shirt, warmup shorts & singlet for \$99

Your wrestler only needs a competition singlet if they plan on competing at tournaments on the weekends. You are **REQUIRED** to wear a PWC Singlet for your first match and last match at all events!

Open - In order to practice with the Open Team your wrestler must have at a minimum of (2) years of previous experience with wrestling and be able to follow the rules of the room. All Middle School kids will be on the Open Team no matter how many years of experience. Wrestlers with more than (2) years of experience must be able to perform the following techniques.

1. Stance - Understand the basic wrestling stance.
2. Stance/Motion - Understand how to move in their stance.
3. Sprawl, Down Block and Scissor Step(Fake Shot)
4. Drop Step - Knee over toe penetration step.
5. Double Leg Takedown
6. Referee's Position - Top and Bottom
7. Breaking an opponent down from Top position
8. Standing Up from Bottom Position. If your experienced wrestler does not have these skills down they need to stay in Novice Practice until they have these skills down.

Novice - If your wrestler has less than 2 years of wrestling experience or does not have the above listed techniques down they will be in the Novice practices. If a wrestler shows the Novice coaches they are capable of performing these techniques and can follow the rules of the room they can be moved UP to the Open Team practices. This will be completely up to the Novice Coaches, not the parents.

If the USD250 School District cancels school due to inclement weather practice will be canceled. Otherwise we will practice!

PWC ROOM RULES

Our practice room rules are VERY IMPORTANT and will be emphasized every practice. Our club is here to provide the best atmosphere for every wrestler to LEARN HOW TO WRESTLE. The practices are not intended to be a recess or play time, it is time to get better at wrestling. Parents are encouraged to stay at practice but we ask each parent to be conscious of talking while practice is going on. If you want to chat and talk please go out in the hallway outside the room.

We have 5 RULES that everyone will follow. Just like at home or at school these rules will be enforced during practice.

1. **PAY ATTENTION** - It is super important that all wrestlers pay attention to what is going on at practice. Paying attention means that wrestler's eyes are on Coach while Coach is talking and/or instructing.
2. **GIVE 100% EFFORT ALL PRACTICE** - You may not have the techniques mastered or memorized but you can always give 100% effort. When we run, when we do cart wheels, when we wrestle live or are drilling techniques we give 100%. There is no excuse for not giving 100% effort.
3. **TRY NOT TO CRY** - We emphasize TRY in this rule. It is not DO NOT CRY, we TRY NOT TO CRY. Wrestling is a tough sport. You will get banged up physically and mentally as well! We want our wrestlers to keep their emotions in check while on the mat. It helps tremendously to make huge gains. There will be practices you want to cry and there will be results at tournaments that will make you want to cry. Please TRY NOT TO CRY! If you are going to CRY we CRY with 100% effort.....CRY IT OUT if need be!
4. **NO TALKING WHILE COACH IS TALKING** - This includes the PARENTS! If someone is talking while Coach is talking they are breaking rule number 1 and rule number 4 at the same time. Honestly it is difficult to teach if someone is talking while Coach is trying to teach.
5. **RESPECT** - We all know how to respect our elders. I also require each wrestler to respect their teammates and their opponents at all times. This is a very important rule. Example, if coach is helping you correct a technique you respect what he is saying and say THANK YOU COACH!

We want to build leaders in our room. Leaders and successful Wrestlers. With these 5 Rules in place we will accomplish just that.

If you have any questions regarding our rules please contact LC Davis and he will clarify.

TOURNAMENT INFORMATION

The Club will post a list of Tournaments on the wall in the practice room and Facebook. We will have Open tournaments listed. There will also be a cutoff date as to when you must register and pay for your wrestler if you want to wrestle at each tournament. The cost of each tournament will be listed on this list as well. Typically tournaments are \$20-\$25 each and will be paid for as the season goes.

If your wrestler has not registered by the cutoff date, your wrestler WILL NOT be registered for the tournament.

Tournaments are held on Saturdays and Sundays throughout the season.

Each tournament requires each participant to weigh in to qualify for their weight division. We will typically weigh in on Fridays

Wrestlers are split up into Age and Weight divisions. Age is based on how old the wrestler is on August 31, 2018. So if your wrestler was 8 on August 31st they will wrestle in the 8U division. If they turn 9 on Sept. 1st they still wrestle in the 8U division. So just think how old your wrestler was on Aug 31, 2018 and this will determine which division they wrestle in. Wrestlers can wrestle in higher divisions but never lower.

Age divisions are split up every 2 years and are listed below.

6U, 8U, 10U, 12U, 14U and HS divisions

Weight Classes are listed below (some= tournaments modify these weights):

6U:	37, 40, 43, 46, 49, 52, 55, 58, 61, 64, 67, 70, Heavy Weight
8U:	40, 43, 46, 49, 52, 55, 58, 61, 64, 67, 70, 73, 76, 80, 88, 95, 110, 125, 140
10U:	52, 55, 58, 61, 64, 67, 70, 73, 76, 79, 82, 85, 90, 95, 100, 110, 120, 130, 150, 170, 190
12U:	64, 68, 72, 76, 80, 84, 88, 92, 96, 100, 105, 110, 115, 120, 130, 140, 150, 165, 190, 215, 240, 265
14U:	75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 150, 155, 160, 165, 175, 205, 235, 265
HS:	100, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 250, 285

SPLIT SESSION TOURNAMENTS - A split session tournament is a tournament where certain age groups participate in the AM session and certain age groups participate in the PM session. Typically larger tournaments do a split session. The tournament flyer will define the sessions and the parents are responsible for determining which session their wrestler needs to attend. Typically the AM session will begin at 8:00 AM and go

until around 12:00 PM. Typically the PM session will begin approximately 12:00 PM and go until 5:00 PM.

ALL DAY TOURNAMENTS - The single session or all day tournaments are just as they sound. All age groups will be at the tournament at the same time. Typically these tournaments begin at 8:00 AM and will go until 5:00 PM.

TOURNAMENT BRACKET TYPES - There are 2 types of tournament brackets tournament directors implement. Double Elimination brackets and Round Robin Brackets.

Double Elimination brackets are pretty straight forward. Your wrestler will be placed in a bracket and will get to wrestle until they lose 2 matches. So if the wrestler loses the first and second match the day is over and the wrestler can go home. If the wrestler does not lose 2 matches they stay until they either lose 2 or the bracket ends. Most double elimination brackets will place the TOP 4 wrestlers. Typically the Top 4 wrestlers will receive a medal for their place. 1st place - Gold, 2nd place - Silver, 3rd and 4th place Bronze.

Round Robin brackets are a bit different than double elimination brackets. In a Round Robin bracket the wrestlers will get a chance to wrestle every participant in their bracket one time. Most round robin brackets are 4-5 kids so in this format each wrestler is guaranteed 3-4 matches during the tournament. Once all wrestlers have wrestled each wrestler's record will be posted. The wrestler with the most wins will take 1st place and so on and so forth. Typically Top 4 wrestlers will receive medals.

PRACTICE GEAR AND TOURNAMENT GEAR

Most wrestlers will wear t-shirt and shorts to practice. Wrestling shoes are required at practice. No tennis shoes on the wrestling mats! Wrestling shoes should not be worn outside. They are made to be worn in the gym and in the wrestling room only.

Blue Chip Athletic and other online shops offer shoe covers to cover the bottom of the shoes.

Head gear is optional for tournaments and practice but highly recommended and encouraged if you don't want your wrestler to get cauliflower ear.

Tournaments require a competition singlet for matches. Most wrestlers will arrive with singlet on under shirt and shorts or pants. Arrive with tennis shoes or flip flops on and bring wrestling shoes with you. Once in the gymnasium wrestlers should wear their wrestling shoes throughout the tournament.

Female wrestlers typically wear either a sports bra or a compression shirt under their singlet.

Wrestlers with long hair must wear a hair cover that can be purchased from local sporting goods stores or online.

Wrestlers with braces are required to wear a mouthpiece to protect their mouth. Mouthpieces are optional for all other wrestlers.

WRESTLERS HYGIENE

Hygiene is very important in our sport. Clean practice gear and competition gear is critical to keeping everyone free of skin issues.

Best practice for clothes is to not wear the same clothes to back to back practices unless it has been through the washing machine. Clothes are the number one reason why skin issues spread in the wrestling room.

Headgear and shoes should be disinfected after each practice with bacterial wipes directly after practice.

Wrestlers should take showers directly after practice within the hour to help prevent skin issues.

If you notice skin issues on your wrestlers face, scalp, arms or legs please use antifungal over the counter medicine immediately. Selsun Blue shampoo is a good body wash for skin issues.

Please notify coaches of any issues prior to bringing your wrestler back to practice.

Many times a doctor must be seen and a skin document must be signed in order to participate in tournaments. Coach can email the skin document that you can take to your doctor for participation.

Our wrestling room mats are disinfected prior to every practice. The mats will not be the source of skin issues. Please keep your wrestlers gear and clothes clean!