

## Standard GTC Wrestling Guidelines

It is the goal of GTC to provide a safe, positive, and competitive athletic environment for youth wrestlers ages 4-15. The youth wrestling program allows wrestlers the opportunity to learn the skills needed for the sport of wrestling, while also learning the value of hard work, discipline, respect, and sportsmanship through healthy physical activity.

Below are guidelines that allow GTC to provide the best experience for all athletes and their families involved in the program. You are now part of the GTC Family!

- Please be **RESPECTFUL** of all wrestlers, coaches, and the facility *at all times*.
- **NO food or drinks** allowed in wrestling room. Containers with closed lids (to avoid spills) are allowed in open area of fieldhouse but please pick up after yourself - it is always best to follow the adage '*leave it better than you found it*'.
- **NO ONE is allowed on ANY equipment in the gym/fieldhouse**. This includes, but not limited to *rolled up mats, bumper guards on wall, batting cage nets, and any other athletic equipment left out by the school*. We are guest and greatly appreciate use of facility. If any part of it is left damaged, we will lose the privilege of use of facility for practice. We know that little ones can get restless waiting for practice to end and try to keep themselves entertained. Damage is rarely intentional, and in some cases, not even caused by the person blamed. *Staying off/away* from the equipment *eliminates the possibility of accidental damage* or accepting responsibility for damage that may have already existed and gone unnoticed (it's always the last one that gets caught).
- **NO street shoes on mats**, only wrestling shoes (or socks) are allowed on mats. *Wrestling shoes should NEVER be worn outside*. Wearing wrestling shoes outside (even just from car to gym, or from gym to car) can track germs and debris onto mats. This can cause damage to mats and physical harm to wrestlers. We highly recommend wiping down the bottom of wrestling shoes after attending a tournament – whatever they step in is tracked onto the mat.
- **Exercise best personal hygiene** during wrestling season. Keep finger nails trimmed (no white showing). Showering and cleaning clothes as soon as practice is over, is the best way to keep the possibility of skin ailments to a minimum. Wrestling is a very physical contact sport. To put it simply, *they will sweat a lot* and on each other. *Shower daily, use deodorant as needed, and always wear clean clothes to practice*. Ring worm and skin rash are all four-letter words in a wrestler's world and can spread quickly. Washing hair/skin and clothes *directly after practice* greatly cuts down on the chances of a wrestler getting either. Unfortunately, it can still happen. If your child does show signs of a rash or ring worm, the best plan of action is to see a doctor and have them treated as quickly as possible. *Please do not come to practice until the infected area has cleared and a doctor has released your child for practice*.
- **ILLNESS Policy** - *Do not come to practice sick!* No one knows the value of dedication like a wrestler, but if your child is ill, take the time to get well at home. With such close quarters and contact, *viruses can pass around very quickly* and will often come back to you! Keep the group healthy and come back when your wrestler is well. Remember, share your passion for the sport, not the flu.

- **The wrestling room is a closed practice.** This means that only wrestlers, coaches, or helpers that have been asked by the coaches will be allowed in the room. Having a closed practice is the best way for your wrestler to be able to focus and get the very most out of the hard work they are putting in.  
*Parents/guardians are allowed to observe practice during the first 2 weeks of the season only.*
- **Tournaments are optional!** Tournaments are a great way for wrestlers to use and test the skills they are working on in practice, however, it is your decision which tournaments your wrestler will attend. The GTC team tournament schedule will be posted shortly after the start of the season. If you choose to enter a tournament, *it is your responsibility to transport and care for your own wrestler during the tournament.* Coaches will be at the tournament to coach your child during their matches. To sign up for a tournament, you must visit the website [www.grovetakedownclub.com/tournamententry](http://www.grovetakedownclub.com/tournamententry) to fill out the sign-up form by Tuesday, the week of the tournament. This allows the club to meet the deadlines for entering wrestlers, set by the tournament host. Tournament fees are generally \$16 (\$15+\$1 processing fee) with the exception of a few larger tournaments that do cost more, and the sign-up fee is due when you sign up your wrestler for that tournament. The club is responsible for paying entry fees to the tournament host once the entries have been entered online. Refunds are not issued to the club for any reason, this includes a wrestler not showing up to a tournament or not making weight for the division and class they have entered. For this reason, the club will not issue a refund either.
- **All GTC is expected to show good sportsmanship always.** You are now part of the GTC family, please represent your club in the best possible light. **Be honest, courteous, and respectful** to everyone including opponents and their coaches. Be gracious in your losses and humble in your wins!
- **If you don't know, ask!** There is a lot to learn in wrestling. Many of the GTC families have been part of the club for many years, but no matter how long some have been with the sport, we were all new at some point. Please feel free to reach out to any board member at any time. You may also contact me, Erica Hunt at 918-801-2926.
- *Please keep in mind that we are all volunteers in this organization.* We are here because we have a wrestler of our own in the club and share a passion for the sport. We have full-time jobs and families, but we do our very best to keep the club moving forward and provide a positive experience for the entire GTC family. **WE WILL MAKE MISTAKES.** It takes a lot of hours and behind the scene work to execute a successful season. If you see a way you would like to volunteer to help, or have questions or concerns about the club, we are happy to visit with you.
- **All GTC coaches are required by OKWA** to pass a background check, as well as complete training to develop awareness of Abuse Prevention and Concussion in Sports. GTC is in support of and does implement these requirements. If you have any comments or concerns regarding your wrestler or coaches, please feel free to reach out to our Commissioner of Coaches.