

# **JUNIOR BOMBERS WRESTLING PROGRAM**

[www.juniorbomberswrestling.com](http://www.juniorbomberswrestling.com)



## **WHAT IS THE WRESTLING PROGRAM ABOUT**

Instruction in basic and advanced fundamentals of scholastic wrestling, physical conditioning and Sportsmanship. All wrestlers will participate in the Northern New Jersey Youth Wrestling League and/or the Morristown King of the Mat.

## **WHO IS ELIGIBLE**

Boonton and Lincoln Park children in Grades 2<sup>nd</sup> – 8<sup>th</sup>

## **EQUIPMENT**

T-Shirts, shorts or sweat pants. A mouthpiece is required if you have braces.  
Headgear and Wrestling shoes required during all practices and matches.

## **WHEN DOES IT START**

Grades 2<sup>nd</sup> – 8<sup>th</sup> Wednesday, November 9<sup>th</sup> 6:15- 8:00

\*Football/Soccer players may start after completing season.

## **WHERE**

Boonton High School Auxiliary Gym (use Main Parking Lot Entrance).

## **REGISTRATION**

**Registration opens September 1, 2016**

Fee is 85.00 per wrestler

\$25.00 Late Fee is due after November 15, 2016

Registration closes on November 18, 2016

## **PRACTICE TIME/DATES**

Monday, Wednesday & Friday 6:15 – 8:00 (subject to gym availability)

## **CONTACT FOR MORE INFORMATION**

Rich Anderson at (973) 402-8680

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# Junior Bombers Code of Conduct



*Welcome to the Junior Bombers Wrestling Program*

*[www.juniorbomberswrestling.com](http://www.juniorbomberswrestling.com)*

The Junior Bombers Wrestling program is for all Boonton & Lincoln Park children in grades 1-8. Our program is designed to teach your child the fundamentals of wrestling, while instilling self-discipline, confidence and good sportsmanship. We want this to be a fun and rewarding experience for both the wrestlers and their families. To make this happen we have rules that the wrestlers, their parents, siblings, and friends must follow. Please review these guidelines and discuss them with your wrestler and family.

1. Please check our website and your email daily – the coaches will communicate with the team through the website.
2. Practices will be held in the Boonton High School auxiliary gym unless otherwise notified.
3. **DO NOT** call Boonton High School or any of the elementary schools for information about the Junior Bomber Wrestling Program. They do not have information. Please check our website.
4. Wrestlers should attend all practices.
5. **NO ONE -- EXCEPT WRESTLERS AND COACHES WILL BE ALLOWED IN THE GYM DURING PRACTICES.**
6. All wrestlers must wear Junior Bomber apparel when participating in meets, tournaments and jamborees.
7. There will be No Foul Language. Parents, siblings, friends, wrestlers and coaches will not use foul language in the practice room or at matches.
8. **ALL WRESTLERS ARE EXPECTED TO MAKE GOOD GRADES** . Wrestlers who make D's and F's could be removed from the team until they are able to bring their grades up. GET YOUR HOMEWORK DONE BEFORE YOU COME TO PRACTICE. If you have to be late or leave practice early, you are required to tell the coaches.
9. Wrestlers will be expected to behave at practice and be respectful of their coaches and teammates. If a wrestler misbehaves, the coach will give a verbal warning. If the behavior continues, the wrestler will be required to sit out practice and the parent will be notified. Continuous misbehavior may result in the wrestler being dismissed from practices or from the team altogether. Fighting, punching, biting, etc. will not be tolerated.
10. Wrestlers, parents, siblings, fans, and coaches will be expected to represent our team, school and families in a respectable manner at all times, especially at matches. Our singlets and other apparel; have "Junior Bombers" written on them. Conduct yourself properly because you are representing more than just yourself.

11. Wrestlers are expected to conduct themselves properly in school and to not use wrestling moves on the playground, etc.

12. Wrestling is not MMA, Judo or any other martial arts discipline. You are not allowed to practice these moves during our practices. Failure to comply can result in serious injury.

13. Coaches will not tolerate horseplay. Wrestlers could be injured and it may distract coaches from conducting practice. Coaches will give a verbal warning, then some sort of exercise (push-ups, leg-lifts, squat thrusts, lunges, etc.) to correct the behavior.

14. If a parent has a problem with something that happens at a practice or a match, please bring it to the coaches attention and we will address the complaint.

15. Wrestlers, siblings, friends and parents must stay off of all equipment in the wrestling room. It is the parents financial responsibility to replace anything that your child or their guest may break in the wrestling room or any other facility.

16. **ABSOLUTELY NO STREET SHOES ON THE MATS** – **wrestling shoes or socks only.** Wrestlers should wear t-shirts and shorts to practice in – **no jeans or cutoffs.** Headgear and personal water bottles are required at all practices and matches. Full mouth pieces are required if you have braces.

17. Wrestlers must keep hair cut to above the shirt collar and finger nails trimmed short.

18. **NO PULLING WEIGHT** – Coaches will not ask your child to lose weight. It is very dangerous for a child to miss meals and reduce the intake of fluids. Plastic sweat suits are not allowed. A child must be within two (2) pounds of their wrestling weight. If your wrestler is more than two (2) pounds over his intended weight class, then he must wrestle at the higher weight class. Please make sure your wrestler eats three well-balanced meals each day and nutritious foods such as fruits as snacks between meals. We recommend wrestlers cut down (or better yet, eliminate) junk foods high in fats such as fast food, candy bars, chips, etc., and to eliminate on soda beverages with carbonation.

19. Wrestlers and parents will not speak on behalf of the Junior Bombers in social networking sites, forums, chat sites or similar without the written consent of the Junior Bombers.

20. Wrestlers are to support their team and stay on our bench. Acceptable items to eat during matches are fruits, vegetables, health/protein bars, sport drinks and water. Unacceptable items are but not limited to; fast food, pizza, hot dogs, popcorn, chips, soda, etc. (This will not be tolerated) Eating before or after everyone has their match is recommended, you have to remember you are part of a team and there is no (i) in the word team. Pay attention to the match, you will learn by watching other wrestlers and give respect to your team.

## **Standards of Hygiene and Nutrition**

1. Show proper personal grooming before, during and after practices and matches.
2. Wash your practice cloths daily. Let shoes, head gear and knee pads air-dry daily (do not leave in your gym bag).
3. Do not share any gear.
4. Shower immediately after practice. It is highly recommended to use “defense soap”.
5. No Street shoes on mats at any time.
6. No food or sport drinks in the wrestling room during practices. Water only.
7. Inspect your skin daily for any cuts or abrasions, boils or rashes and notify coaches immediately of any skin changes.
8. Cover any cuts or abrasions.
9. If you have a fever or stomach virus you may not practice with the team.
10. Do not attempt to lose weight by dehydration or supplement use. If interested in changing weight status, coaches can assist you with proper nutrition and exercise.
11. Personal water bottles must be cleaned daily and brought to practice, labeled with your name. Do not share bottles.
12. Long sleeve shirts and sweat pants are recommended during practice to eliminate skin contact.
13. You may not practice with the team if you have a skin rash: until you provide proper release documentation. Please see head coach for proper forms.

## **Expectation**

- Every wrestler will attend all practices
- Wrestlers will work hard to improve their skills and exhibit a positive attitude at all times.
- Wrestlers will maintain good grades and behavior
- Wrestlers will exhibit good time management skills
- Coaches will support and instruct each wrestler to their skill level
- Coaches will provide a positive and safe environment
- Coaches will continuously improve the wrestling program
- Parents will support coaches and wrestlers
- Parents will be positive and respectful spectators
- Parents will be actively involved in the wrestling program(Coaching, fundraising, boosters, concession, etc)
- Parents will bring concerns and suggestions to head coach in private and in a constructive manner.

## **Wrestling weights and Wrestle Off's**

Junior Bombers have drastically changed their policy for weighing in and wrestle off's. Being in three different leagues this year will make it difficult if we do not have definitive JV and Varsity lineup.

1. Wrestlers can select their desired weight class (approved by coaches) at the beginning of the season. The weight they select is the weight class they have to make each and every match. If you are overweight you do not wrestle.
2. There will be no bumping up or down to the next weight class as the season progresses (unless coaches see fit)
3. All wrestlers may be subject to wrestle off. Wrestle off's will be every Monday before the match. The last date for wrestle off's will be January 10. By that time we will have our definitive JV and Varsity line ups.
4. All wrestle off matches will be scored similar to dual meets. JV and Varsity spots will be awarded to the wrestlers who have the most match points by January 10.
5. The coaches will keep a spread sheet of each wrestle off with scores.

## **Scoring System**

There will be no ties

3 match points are awarded to wrestlers who: win by decision

4 match points are awarded to wrestlers who: win by major decision winning by 8-14 points more than you opponent.

5 match points are awarded to wrestlers who: win by technical fall by getting ahead of your opponent by 15 points. At that point the match stops.

6 match points are awarded to wrestlers who: win by pin, for-fit, injury or disqualification.

**Return this page to coach Birdy with your registration fee**

Make checks payable to: **Junior Bombers Wrestling** \* Mail to: % **R. Anderson 214 Taft St. Boonton NJ, 07005**

**JUNIOR BOMBERS WRESTLING REGISTRATION FORM**

*Please Print Legibly*

NAME: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_ AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ MAIN PHONE #: \_\_\_\_\_

TOWN: \_\_\_\_\_ SCHOOL: \_\_\_\_\_ GRADE: \_\_\_\_\_

SHIRT SIZE: YS YM YL AS AM AL SHORT SIZE: YS YM YL AS AM AL

Mother's Name: \_\_\_\_\_ Cell #: \_\_\_\_\_ Email Address: \_\_\_\_\_

Father's Name: \_\_\_\_\_ Cell #: \_\_\_\_\_ Email Address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Cell #: \_\_\_\_\_

I desire to enroll my child in the Junior Bombers Wrestling Program. I understand that the Boonton Recreation Commission, Lincoln Park PAL, the Boonton Board of Education and the Junior Bombers Wrestling Staff are not responsible for any accidents or medical expenses that may incur as a result of participation in the Wrestling Program. In addition, I have read and understand the Junior Bombers Wrestling Code of Conduct. I understand that any violation of this code may result in disciplinary action being taken against me up to and including suspended/removed from the team/club/event. Concerns in any of these areas should be brought to the Head Coach. The coaches reserve the right to deal with any situations on an individual basis and handle accordingly.

I give permission to release my child's photo and/or video for media purposes *check one* \_\_\_\_\_ YES or \_\_\_\_\_ NO

Both Parent/Guardian & Wrestler are required to sign & date. Your registration will not be processed otherwise.

**PARENT/GUARDIAN:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**WRESTLER/CHILD:** \_\_\_\_\_ **DATE:** \_\_\_\_\_