



**RICK LARSEN WRESTLING CLUB  
PARENT PACKET**

**BOARD OF DIRECTORS**

**PRESIDENT**

Joe Paun

[RLWCPresident@gmail.com](mailto:RLWCPresident@gmail.com)

708-935-2799

**VICE PRESIDENT**

Kyle Sobkowicz

[RLWCVicePresident@gmail.com](mailto:RLWCVicePresident@gmail.com)

219-308-9015

**SECRETARY**

Toni Moen

[RLWCSecretary@gmail.com](mailto:RLWCSecretary@gmail.com)

708-833-2402

**TREASURER**

Amy See

[RLWCTreasurer@gmail.com](mailto:RLWCTreasurer@gmail.com)

708-692-0044

**FUNDRAISING DIRECTOR**

Sara Bintz

[Ricklarsenfundraising@gmail.com](mailto:Ricklarsenfundraising@gmail.com)

708-768-3156

**MARKETING/COMMUNICATIONS DIRECTOR**

Jen Sobkowicz

[RLWCMarketingDirector@gmail.com](mailto:RLWCMarketingDirector@gmail.com)

219-789-7713

You can find us on:

Facebook: Rick Larsen Wildcats Wrestling

Instagram: @rlwrestlingclub

[www.RickLarsenWrestling.org](http://www.RickLarsenWrestling.org)

# **Welcome Families to the RLWC Wrestling Season!**

## **MISSION**

To teach the fundamental skills of wrestling in a fun and positive learning environment.  
To promote the values of hard work, self-discipline, and sportsmanship. Effort over results!

## **HISTORY**

The club was established by Rick Larsen, as a feeder program for Hanover Central Wrestling. Originally called Wildcat Wrestling Club, the club was re-named to honor the memory of Rick Larsen who passed away in 1989. The RLWC is a chartered member of the Indiana State Wrestling Association and USA Wrestling.

## **PARENTS**

Being a parent of a wrestler can be a rewarding and stressful experience if you don't understand the sport. It is important that you take a few moments to read the below information. Of the many sports your child participates in, wrestling is perhaps the most misrepresented, misunderstood, and underrated. The purpose of this guide is to generate new interest and awareness among parents whose children want to participate in this exciting and rewarding sport. Hopefully, this guide will help expose the myths and uncover the benefits wrestling has to offer, and most importantly, help parents understand how this unique sport best compliments other sport choices their child makes.

## **THE ACTUAL SPORT OF WRESTLING**

- Based on self-discipline, hard work, skill and determination
- Conducted on a mat with wrestling shoes, knee pads (optional), headgear and mouth guard.
- Physically demanding, but relatively safe and non-violent. Does not involve or even tolerate actions intended to cause injury.
- World class wrestlers utilize skills, strength and endurance developed over a lifetime of practice and hard work.

## **EQUIPMENT**

- Wrestling Shoes
- Head Gear
- Mouth Guard
- Form fitting athletic clothes
- Water bottle and towel
- Antibacterial soap for home (Hygiene is extremely important. See tips on pg 5&6)

## **PARENT RESPONSIBILITIES**

- Complete USAW Membership for your child. This is a requirement and must be completed before the first day of practice.

**USAW Membership:** <https://www.usawmembership.com/login>

- Create free account
- Go to profiles
- Claim your previous profile
- Input info to claim profile and then search
- Claim profile
- You may claim as many profiles as needed for your family

### **Purchasing Steps:**

- To renew any cards under your profile go to memberships once you are logged in
- Hit purchase membership
- Click every individual you want to purchase a new membership for
- Pick the type of membership (athlete)
- Associate the club (Rick Larsen Wrestling Club)
- Follow the prompts to pay (\$40)

There is no need to pay the additional \$10 to purchase a plastic card. A printed copy is all you need. We recommend printing 2 copies ( 1 for you and 1 for RLWC).

**EXTREMELY IMPORTANT - New members please note after creating an account for a new member you are required to verify their age by emailing the child's birth certificate to [iswa@sbcglobal.net](mailto:iswa@sbcglobal.net) or fax to 317-783-4336. Wrestlers have been turned away from tournaments because they haven't completed the "Age Verification" process.**

## **COMMUNICATIONS**

- GroupMe App- We will be utilizing GroupMe App for communication. This is a messaging app that lets users send direct messages and group messages from mobile devices without limits or fees. Those who do not wish to use the app can still send and receive GroupMe messages through SMS. This will help get information out to the parents quickly in the event of a practice cancellation or change.
- Facebook- Please be sure to like our page. We will use our page to send out notifications and post pictures.
- Instagram- Please be sure to follow us. We will use our page to send out notifications and post pictures.

## **PRACTICES**

- Practices will be held at the Hanover Central High School starting in November.
- The Folkstyle season begins November and runs through the end of March.
- Practices take place on Tuesday, Thursdays. There may be additional Friday practices added which will be geared toward preparing for tournaments and will only be open to wrestlers competing in tournaments.
  - PeeWee(ages 5 &6) and Beginner Bantam (ages 7&8) practice  
Tues./Thurs. 5:30-6:30pm.
  - Experienced Bantam (age 8) through Novice (age 12 &13) practice  
Tues./Thurs. 6:00-8:00pm.
- Coaches will assess the wrestlers and determine their level of experience. This will allow them to move up or down in practice.
- No street shoes are allowed on the mats. If your child needs to leave the mat he/she should remove their wrestling shoes.
- For insurance purposes, only wrestlers, coaches and Board Members are allowed on the mats. Parents, we understand you would like to watch your child practice; however, due to COVID-19, practices are closed to parents at this time.

## **TOURNAMENTS**

- Wrestlers are not required to participate in tournaments.
- We will be posting tournament information as it becomes available.
- Most tournaments are within an hour drive.
- When registering for a tournament we need to make sure you are registered under Rick Larsen Wrestling Club.
- Tournament competition is organized by weight and age.
- Weight classes are either predetermined, or blocked into groups of 4 or 8 after all wrestlers have weighed in.
- Most tournaments are held on Sundays.
- Wrestling tournaments can last 6 to 8 hours or longer and can involve as many as 200 to 600 wrestlers.
- Mandatory weigh-ins are most often held the morning of the tournament approximately 1 to 2 hours prior to the first round of competition. At weigh-ins, wrestlers' weights, ages and experience levels are recorded on slips of paper that are used to form brackets.
- A completed bracket sheet will show specific pairings for each match.
- Tournaments are normally organized in rounds, allowing wrestlers sufficient time to rest between matches.
- Tournament regulations usually limit the number of coaches allowed to coach from the edge of the mat. No parents or additional wrestlers can coach.
- When the match is over, wrestlers shake hands and return to their coaches.

- Trophies or medals are awarded to the top 3-4 wrestlers in a weight class in smaller tournaments and 6-8 for larger tournaments.
- Tournaments can be long days, so here are some ideas of things to bring:
  - Coolers with water and food (some tournaments have cooler fees)
  - Something soft to sit on
  - A book
  - Pillow/Blanket
  - Games or cards

## **FUNDRAISING**

We only have a few small fundraisers a year.

- One usually takes place at a local eatery TBD
- Spirit Wear- there will be a site where you can purchase RLWC shirts, sweatshirts hats etc.
- A canning day where participants ask for donations at a Cedar Lake location.

## **WRESTLING HYGIENE TIPS**

Preventing skin diseases is much easier than treating them. A constant effort must be made by athletes, coaches, parents and any other figures involved in the wrestling community. This is needed to ensure that athletes are kept safe and healthy. Not only can such infections create health complications, they can also hold athletes back from both practice and competition. This guide of 10 easy tips will help to protect wrestlers from infections that are extremely preventable.

- **Show immediately** The longer you wait to shower after practices and matches, the more harmful germs are allowed to stay and grow on your skin. When showering, always use liquid antibacterial soap and a mesh scrub to ensure that you're both killing the bacteria and limiting the amount of bacteria that can be left on your showering equipment. There are many antibacterial soaps designed specifically for wrestlers. These aren't necessary, but they do work. Remember to thoroughly dry yourself after you shower, focusing on your feet last.
- **Know your body** Check your body daily for anything out of the norm; if it looks like it shouldn't be there, well...it probably shouldn't be there. Keep an eye out for red/irritated skin, scratches, peeling, bumps, itching, etc. If you do find something of concern, tell your coach right away. He or she will know the proper course of action and treatment. Hot Tip: Some Extra Help- In addition to using antibacterial soap, there are several products that you can use to help keep your skin clean and infection-free. Foams and liquid skin "shields" form a germ-resistant layer on top of your skin, helping to prevent infections during practice

and competition. Antibacterial towelettes are great for cleaning your skin immediately after practice and just before the shower. Whatever you use, make sure you follow the product directions exactly.

- **Cut your nails** Certain types of bacteria and fungi may live underneath the fingernails, and can easily be transmitted to another wrestler's skin. Also, long nails can cause scratches on another wrestler's skin during close contact maneuvers.
- **Don't share equipment** Any item that is used during practice, especially shoes and headgear, should absolutely never be shared. This is a very easy way to spread infections.
- **Wear clean practice gear daily** It is necessary to have a clean set of gear for every practice session; this includes t-shirts, shorts and socks. You absolutely cannot wear the same gear for more than one practice, as that is an easy way to transmit skin infections to your teammates. In fact, having an extra, clean set of gear to change into during practices could also help prevent skin diseases, and make you feel a bit more comfortable in the process.
- **Clean all equipment daily** Any equipment that is used on a daily basis needs to be thoroughly cleaned to ensure harmful germs are not hiding in them. Towels, uniforms, and any other piece of equipment should be washed and dried after every use. Hot Tip: Use the dishwasher. An easy way to clean items such as headgear and kneepads is to wash them in a dishwasher. This may seem a bit odd, but the temperature of the water in the dishwasher can get to an extremely high level, and does a very thorough job of disinfecting your gear.
- **Cover your wounds** During practice and competition, it is important to cover any open wounds or cuts to prevent infections. Full-length rash guards limit skin to skin contact and can help prevent skin disease.
- **Keep shoes clean** The majority of bacteria and fungi that is brought into the wrestling room gets there from being on the bottoms of wrestler's shoes. Don't wear your wrestling shoes outside of the wrestling room, especially into the restroom. Also, don't step on the mat wearing gym or street shoes. There are cleaning mats and other devices that are designed to clean the soles of your shoes prior to entering the room. These items are great, but often expensive and not necessary if the proper precautions are taken.