

2022–2023 Wrestling Season

Parents Night

Agenda

- Wrestling 101
- Team Handbook
- Season Overview
- Parent Involvement
- Questions

Introductions

- Andrew Adams, Head Coach
- Benyam Getahun, Assistant Coach
- Amy Marlow, Assistant Coach
- Will Marlow, Assistant Coach

2022–2023 Team Captains

- Max Apsel, Class of 2023
- Srijon Bose, Class of 2023
- Liam Gil Swiger, Class of 2023

Our Values



RESPECT



DISCIPLINE



ACADEMICS



SPORTSMANSHIP

Wrestling 101

- Wrestling is a team sport but athletes compete individually.
- Wrestlers compete by weight class and will weigh in an hour before competitions.
- Only one person can wrestle varsity per weight class and this is determined through wrestle offs (more info later).

Wrestling 101

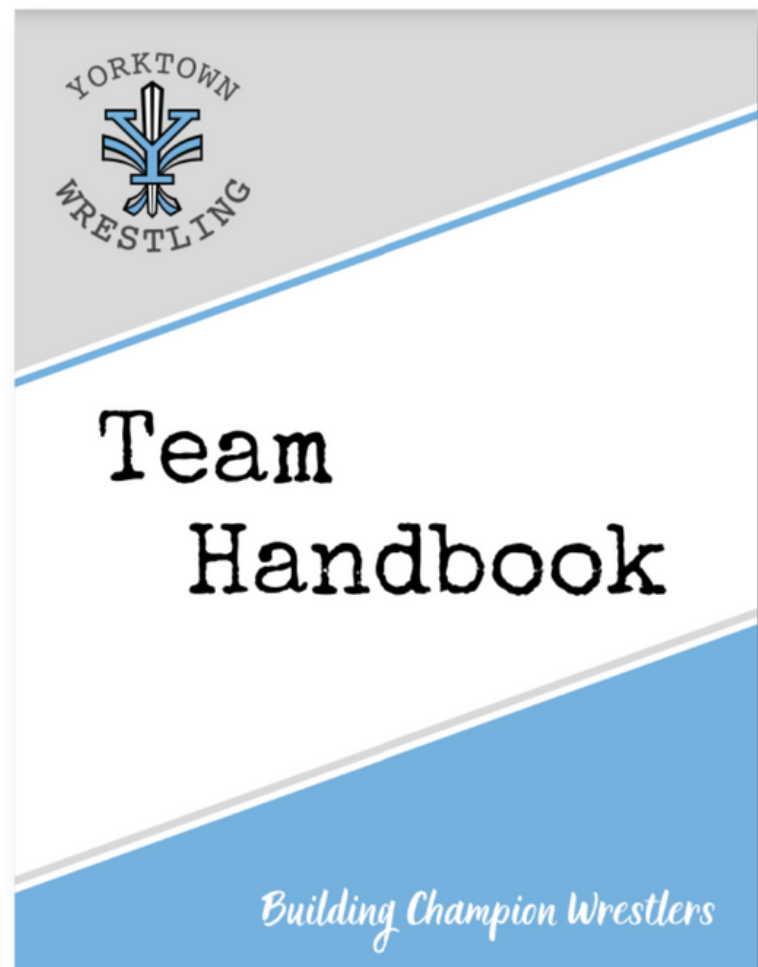
- Types of competitions include dual, tri and quad meets (against one, two, three etc. schools) as well as tournaments with more schools.
- Meets tend to be shorter and tournaments are longer.

Wrestling 101

- Varsity matches consist of three periods of two minutes.
- The ref scores the match and wrestlers win by scoring the most points or by pinning the opponent (both shoulder blades touching the mat).
- The team as a whole gets points based on an individual's score.

Wrestling 101

- To learn more about scoring we have included information on our website at wrestleyorktown.com/for-parents. Please ask the coaches if you have any questions.
- We encourage you to learn the basics in order to support your wrestler during competitions.



Team Handbook

- Our handbook was written by the coaching staff and is official policy of the Yorktown Athletic Department.
- It contains our team policies and guidance for both wrestlers and parents.

Season Overview

- ***Please see handout for specific dates/times***
- **November 7, 2022 - February 3, 2023**
 - JV District Tournament: January 28, 2023
 - Liberty District Tournament: February 3, 2023
 - Region 6A North Tournament: February 9, 2023
 - Virginia 6A State Tournament: February 17-18, 2023

State tournament is in Virginia Beach

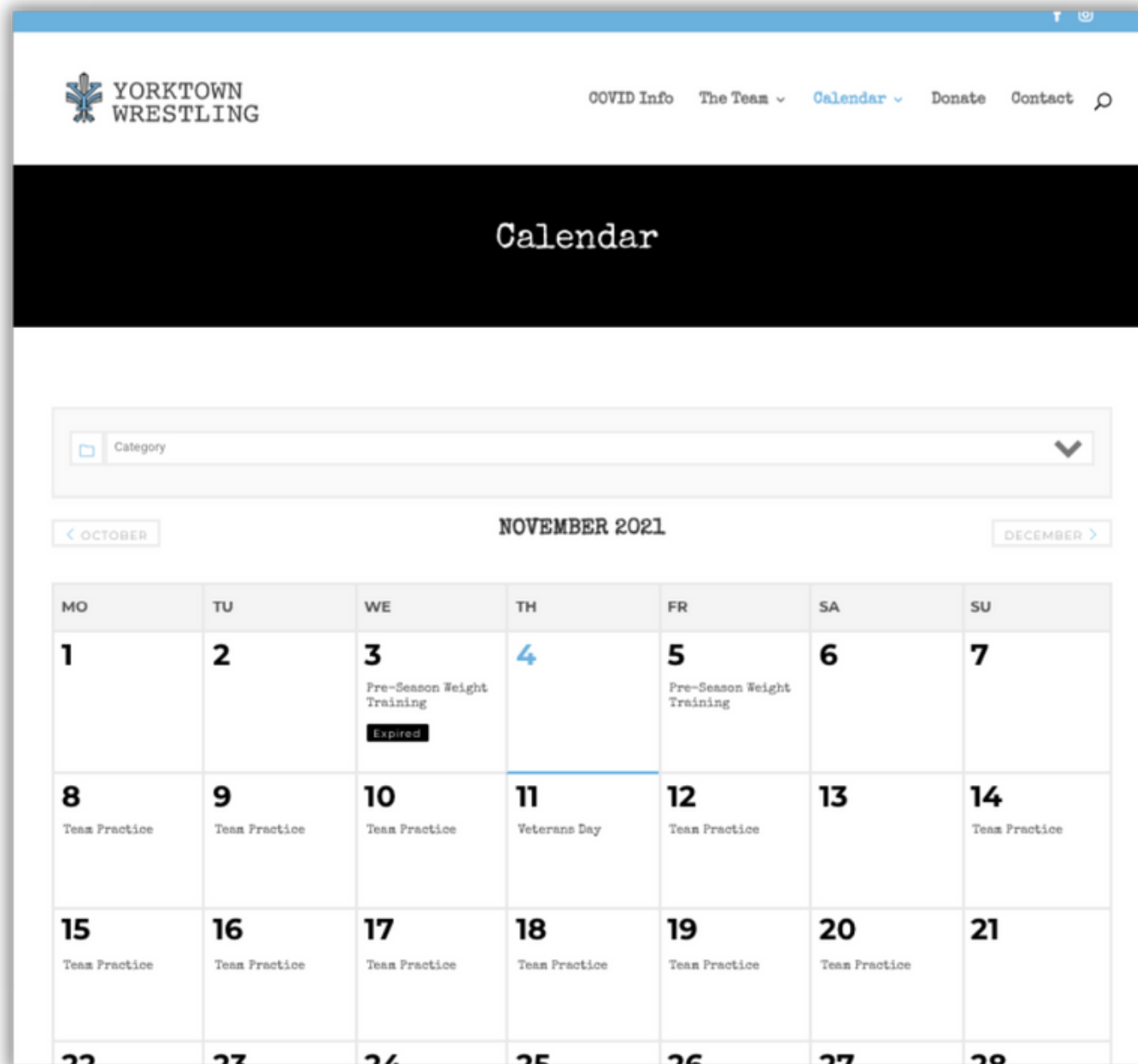
Practice Schedule

- Monday - Friday: 3:30pm - 6:00pm
- Saturday: 8:00am - 11:00am
- Holidays: See website or handout for dates/times

Please note that there is no cell phone service or internet in the wrestling room.

Competition Schedule

- Please see the handout with dates/times of the competitions.
- Visit our website and click "Calendar" to view them as well.
- Check our site throughout the season for additional or updated information.



The screenshot shows the Yorktown Wrestling website's calendar page for November 2021. The page features a navigation bar with links for COVID Info, The Team, Calendar, Donate, and Contact. Below the navigation bar is a black header with the word "Calendar" in white. A dropdown menu for "Category" is visible. The calendar itself is for November 2021, with days of the week (MO to SU) and dates (1 to 28) listed. Events are scheduled for various dates, including "Pre-Season Weight Training" on the 3rd and 5th, "Team Practice" on the 8th, 9th, 10th, 15th, 16th, 17th, 18th, 19th, and 20th, and "Veterans Day" on the 11th. The event on the 3rd is marked as "Expired".

MO	TU	WE	TH	FR	SA	SU
1	2	3 Pre-Season Weight Training Expired	4	5 Pre-Season Weight Training	6	7
8 Team Practice	9 Team Practice	10 Team Practice	11 Veterans Day	12 Team Practice	13	14 Team Practice
15 Team Practice	16 Team Practice	17 Team Practice	18 Team Practice	19 Team Practice	20 Team Practice	21
22	23	24	25	26	27	28

Attendance Policy

- Attendance is mandatory and absences must be excused by a coach.
- Wrestlers need to be on time and dressed out to practice by 3:30pm. Those who are late cannot practice.
- If a wrestler misses practice, it will be up to the coach's discretion whether the wrestler competes in the next match.
- More than three unexcused absences may result in being removed from the team.
- Wrestlers are required to attend competitions whether they are competing or not.

School Issued Equipment

- The school will provide each wrestler with a singlet. Varsity wrestlers will receive warm ups.
- Each wrestler is responsible for their wrestling shoes and headgear. Please speak to the coaching staff if you need assistance.
- Your wrestler will bring home a Yorktown Wrestling Uniform Agreement for you to sign and return..
- All school issued must be washed and returned at the end of the season.

Wrestle Offs

- The coaching staff will determine the starter at each weight class.
- Performance, practice, and wrestle-offs are the three main determinants.
- More detail is available in the "For Wrestlers" section of the handbook.
- Frequency of wrestle offs is at the coaches' discretion.

Health, Safety and Nutrition

Weight Management

- As a sport, wrestling has a reputation for allowing and encouraging unhealthy weight loss or “weight cutting” tactics.
- The Yorktown wrestling team does not condone these practices. This program is committed to helping each wrestler complete at their optimal weight.

Nutrition

- In 2020-2021 we held two sessions with a certified dietitian and nutritionist. She provided us with resources on nutrition for high school wrestlers.
- Visit wrestleyorktown.com/nutrition to view the materials.

Skin Disease Prevention

- Unfortunately, wrestling, like any other contact sport, carries a risk of transmitting skin diseases.
- It is extremely important for all wrestlers to follow these guidelines to protect the team's health (also listed in the handbook).

Skin Disease Prevention

- Wash hands often throughout the day with soap and water.
- Shower with soap and water directly after every practice.
- Always use clean towels, washed after every use.
- Always wash workout clothes after every workout.
- Wash knee pads, headgear, and shoes on a regular basis.
- Do not leave wet shoes or knee pads in the bag overnight.
- NEVER wear wrestling shoes outside.
- Check for rashes/skin abrasions daily and immediately report any to a coach.
- Apply Kennedy Shield Foam before participating in practice or matches. Wipe down immediately after practice/wrestling.

Academics

- The Yorktown Wrestling program is a tool to help motivate our wrestlers to do well in school.
- Wrestlers are student athletes and must keep their grades in good standing in order to participate.
- We expect academic accountability and responsibility from our athletes.

Study Hall

- We will hold a Study Hall one afternoon each week from 3:15pm - 4:15pm, specific day TBD.
- This is a mandatory session for all wrestlers and will be supervised by a teacher and/or a member of the coaching staff.

Parent Involvement

- Each of you is critical to the success of this program.
- We are here to support your kids and ensure that you have a positive experience with the wrestling team.
- The coaches are always available to answer questions and discuss issues that come up.

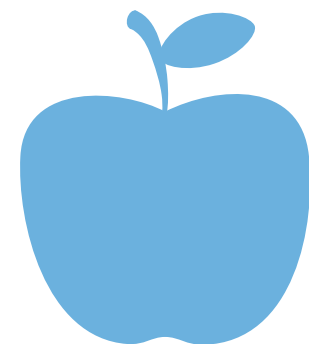
Parent Sportsmanship

- Please set a positive example and behave with good sportsmanship at all wrestling events.
- During matches please stay in the stands and refrain from acting as a coach.
- Maintain self control during difficult moments.

Opportunities for Parent Involvement



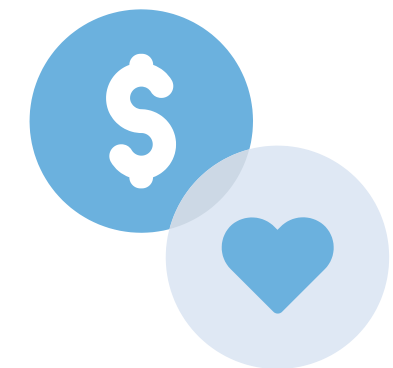
Be there and
be supportive



Bring snacks/drinks
to competitions



Give rides home
from practice



Help with fundraising
and events

Snacks and Drinks at Competitions

- Due to the length of competitions we provide snacks and drinks for the team. Wrestlers need to bring their own meals.
- We rely on parents to provide food and drinks. We would love for a parent to step up and help coordinate. We use a signup form so please stay turned for this in the next couple of weeks.

Team Breakfast This Saturday 11/12!

Wrestlers and parents are invited to join us at 9:00am at the home of Shawn and Karen Khani, 3200 N. George Mason Drive. After breakfast wrestlers will jog to Yorktown and practice until 2:30pm.

Please sign up to bring food if you haven't already done so. Talk to Coach Amy for the signup link.

Staying Connected



TEAM APP
YHS - Wrestling



TEAM WEBSITE
wrestleyorktown.com



INSTAGRAM
[@WrestleYorktown](https://www.instagram.com/WrestleYorktown)



FACEBOOK
[@WrestleYorktown](https://www.facebook.com/WrestleYorktown)



Team App

- Wrestlers and parents each need their own profiles
- Download Team App from app store
- Search for YHS Wrestling
- Request to join

Questions?

Reach out to Coach Andrew directly at
YorktownPatriotWrestling@gmail.com.