



HONONEGAH WRESTLING SURVIVAL GUIDE

Welcome to the world of wrestling. This is the world's oldest and greatest sport! We are here to help you understand all of what goes on during practice and tournaments. Explained below are things that will go on during the next months of wrestling and how you can be a part of the whole process. Please call us with questions and concerns, there are a lot of new things that we can get you through!

Marty & Marianne Kaiser
815-624-6648

1. **Sign ups:** Forms need to be filled out for insurance purposes and registering with the IKWF (Illinois Kids Wrestling Federation). They need a copy of the birth certificate for proof of age.
2. **Practice:** Practice schedules are set up for the age of your son/daughter. See the calendar we made up.
Nov. 9th starts the season off with the 10-15 year olds practicing on Tuesdays and Thursday's from 6-7:30 p.m.
Nov. 10th starts practice for the 9 & under age group from 6-7:30 pm.
Dec. 3rd grades 6-8th will then practice 3 times a week, Tues-Thurs.

1. During practice what you need:
Shorts, t-shirt, socks, wrestling shoes, headgear and a mouth guard if you want. Always bring extra clothes to change into after practice, the wrestling room is very hot and the kids will sweat! Going home in dry clothes is better in the winter.
2. The wrestling shoes are never to be worn outside. These you will change into when you get to the wrestling room. Why this is important is that we do not want anything brought onto the mats from the outside. Dirt will damage the mats!
3. If you get hurt during practice, let a coach know.
4. If you are sick and can't make practice call the wrestling room and leave your name, and age. 815-624-5041.
5. Be on time. Practice begins at 6:00 p.m.
6. Fingernails must be kept trimmed. Weekly.



7. It is very important that you shower right away when you get home.

8. Anyone watching practice must also remove their street shoes just leave them outside the room with the 100 of other pairs too!!!
9. Only Water is allowed in the wrestling room. No other drinks or food. The outside of the wrestling room is called the back metal gym. That is where you can eat and let other siblings run around while you wait.
10. We have a lost and found area on the far door of the wrestling room. Usually you will see other sweatshirts and t-shirts hanging there.
11. Please check your son's body 2-3 times per week. Make sure he is not developing any rash's.

3. Wrestling Tournaments

1. Any forms you need to get to Marty Kaiser should be placed in the Wrestling mail box. It is in the corner of the wrestling room by the stationary bikes.
2. The wrestling tournaments are usually held on Sundays. There will be a separate entry form for each tournament along with a fee. The tournaments are ways for the club that is hosting it to raise funds for their club. \$15 per tournament is the usual fee.
3. If you are just starting out, try our tournaments at Hononegah in December and January. This will give you a chance to see what tournaments are like and all your work in the wrestling room is for.

Tournament Day:

They weigh the kids in when they check in and then you wait till they have them in their correct weights and brackets, the coaches will help get them to the bull pen when it is time for them to line up.

PARENTS: This is an all day event. Bring things with you to do or work on since there is down time during the day.

They have concession stands at most tournaments but you may want to pack a cooler to leave in the car. Remember these tournaments are fundraisers so every bit of money is needed to be raised.



4. Fundraising:

We have a few fundraisers that we have done throughout the years.

We are very fortunate to have all of you volunteer your time to the wrestling club. We could not support the kids club, middle school and high school programs without these fundraisers.

Can Days at the Rockton and Roscoe 4 way stop signs
December Kids club tournament
January Kids club tournament
Old Settlers Day wrestler's auction
Night Golf Event, Red Barn Golf Course

There are plenty of ways for you to get involved and help the program. We will be giving more information out before each event.

5. Hononegah Wrestling Fan Club:

All of the fundraising and planning is done through the fan club meetings. We would love for parents to help give ideas and support at these meetings. They are at the wrestling room, back metal gym from 6-7 pm.