



Fostering the Sport of Wrestling for Lakeville Youth Since 1996

LYWA / Wrestling 101 – Parent Meeting
November 17, 2016

MISSION:

For all youth (grades PK-6), beginners or advanced alike, we strive to provide a fun and competitive environment designed to introduce and foster the great sport of wrestling.



WHAT LYWA PROVIDES:

LYWA provides practices from November – March each year that focus on teaching and honing core wrestling technique to help each wrestler learn, improve and strive in a competitive wrestling situation.

Competition is optional, but as the best way to learn, highly encouraged.



BENEFITS OF WRESTLING:

Wrestling instills discipline and helps kids build

confidence

self-esteem

character

and **sportsmanship**

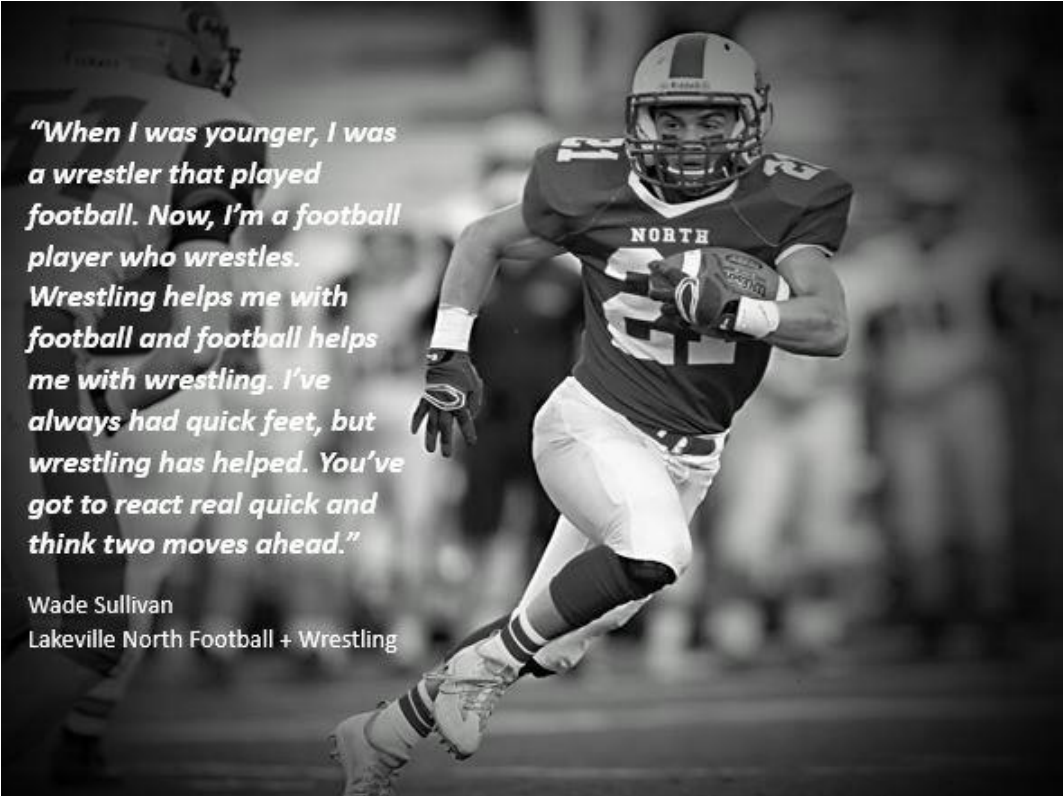
while developing

physical strength

endurance

balance

and **coordination**



"When I was younger, I was a wrestler that played football. Now, I'm a football player who wrestles. Wrestling helps me with football and football helps me with wrestling. I've always had quick feet, but wrestling has helped. You've got to react real quick and think two moves ahead."

Wade Sullivan
Lakeville North Football + Wrestling

WRESTLING IS...

- An ancient sport – with origins back to cave drawings
- A game involving a series of techniques – takedowns, holds, pins, throws – between two individuals sparring to maintain a superior position, garnering specific points.



LYWA BOARD

- We are a team of parent volunteers dedicated to
 - Creating positive experiences for participants & parents
 - Building the sport
 - Creating future Lakeville high school wrestlers
- We engage in and welcome honest and frequent communication
 - Email
 - Social media (Facebook, Twitter)
 - Parent Meetings
 - lywainfo@gmail.com
- We rely on volunteer help from YOU, the parent community, to run the program and sustain activities that benefit youth wrestlers and wrestling in the Lakeville community

COACHING STAFF:

Jordan Kingsley

- 4-time wrestling letter winner, University of MN
- 3-time Academic All-Big 10
- Former MN High school state champion from Apple Valley



Devlin Roy

- Wrestling varsity letter winner, Apple Valley HS
- Graduate of Mankato State University, '96
- Youth wrestling and football coach since 2006
- Dad to 2 wrestlers -Gavin (9th) and Hayden (1)



YOUTH WRESTLING SEASON OVERVIEW:

- Season runs November 10 – March 31
 - LYWA offers technical practices each Tuesday and Thursday

6:00 – 7:00	Little Beginners	PK-K	LNHS
6:00 – 7:00	Beginner/Younger Wrestlers	1-2	LSHS
7:00 – 8:00	Beginner or Advanced Wrestlers	3-6	LSHS

- “Games” = youth individual tournaments (optional, but encouraged)
 - Tournaments 101 – TBA during practice sessions
 - Recommendation: attend as spectator
 - Coaching support – local tournament attendance will be communicated
 - Most Saturdays and Sundays November through February, opt-in
 - Round robin 4-man brackets, by age and weight
 - www.theguillotine.com – YOUTH calendar
 - State tourneys in March, April
- LYWA traveling team: wrestle offs; 2-4 tournaments/season; matchups by weight only



YOUTH WRESTLING SEASON OVERVIEW:

- Season schedule on website
 - Note practice location changes or cancellations
 - Youth invited to all home dual meets – lists provided to admissions; free admission with one paying adult
- Middle school program – 6th graders



SKIN EQUIPMENT AND CARE:

- Equipment
 - Shorts/T-Shirts
 - Wrestling Shoes (never to be worn outside)
 - Headgear (for competition)
 - Singlet (for competition)
- Equipment Resources
 - eastbay.com, amazon.com, dickssportinggoods.com, jrwrestling.com
 - LYWA Singlets - \$30
- Skin Care
 - Hot, soapy showers after each practice, competition
 - Wash clothes
 - Mats cleaned daily



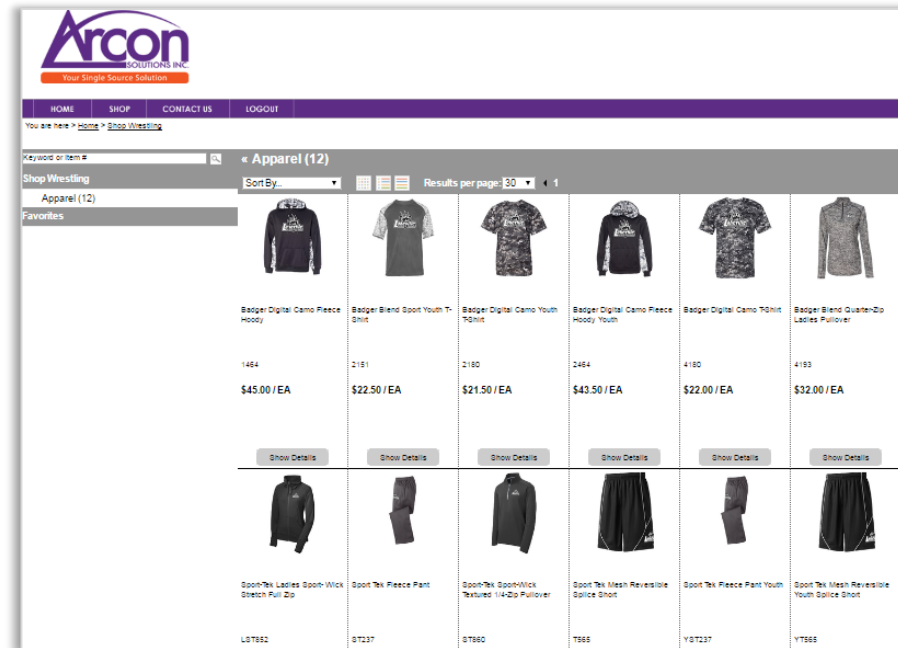
WRESTLING ROOM RULES:

- Spectators in the room can lead to distractions. We also understand the desire for parents to watch and learn alongside their children. If it is necessary for you to be in the room during practice:
 - Keep talking to a minimum/whisper
 - Younger siblings or children should stay seated, refrain from running/playing on mats
- No street shoes on the mat, no food/drink in room (other than water)
- Keep off equipment that may be in the room
- Wrestler discipline



OFFERINGS & OPPORTUNITIES:

- Full-season participants receive:
 - LYWA t-shirt
 - 1-2 club-sponsored individual tournaments (dates/locations TBD)
 - Complimentary admission to LSHS/LNHS high school duals
- Team and Individual photos
- LYWA Branded team apparel for purchase – “STORE” link on homepage (or, wrestling.arconstores.com)
- Fundraising – Takedownathon (January)
- Freestyle/Greco Roman Season – April to May
- End of season banquet - April



VOLUNTEER HELP NEEDED – IT TAKES A VILLAGE!

- Mat Washers – before first practice (5:45 pm)
- Parent Coach Help
- Tournament volunteers (March 18)

SIGN UP TODAY, PLEASE!



QUESTIONS?

- Thanks for your time!

lywainfo@gmail.com

 LakevilleYouthWrestlingAssociation  @LkvlWrstlng

