



Welcome to the Washington Jr. Jays Wrestling Club!

CLUB INFORMATION

- Purpose Statement: *For youth to learn and grow in their knowledge of wrestling, while learning to become a positive influence to others.*
- The tournament that we hold January 30th is our big fundraiser. This money is split with the high school wrestlers for their help in hosting the tournament. All parents are required to assist with set-up, running, and clean-up of our tournament.

EQUIPMENT

- A singlet will be provided to you for your use in tournaments. The singlet is property of the club and your child is expected to treat it with respect he would his own property. *The cost to replace a singlet is \$50.*
- Headgear is available through the club and is available for use upon request; or you can purchase your own. **Note:** *Headgear is required for those wrestling in the USA division.*

It is the responsibility of the wrestler's legal guardian to return any equipment borrowed from the club at the end of the season. Failure to return equipment will result in the financial replacement of the equipment. If you are unable to return the equipment at the designated times, please contact us to set up a time to return it.

PRACTICES

Practices will be in the Wrestling Room # 305 on Mondays, Tuesdays, and Thursdays in November through April 1. We will announce any practices that may fall during the holidays. If Washington School District is closed due to inclement weather, practice that night will be cancelled.

The kids can practice in shorts and t-shirts, and will need wrestling shoes and a water bottle. Wrestling shoes can be found at Johnny Mac's or Sports Authority – both are located on Manchester Road in Ballwin. If your child will not be at practice, please call one of us and let us know.

Hygiene: Funguses and bacteria can be transmitted from one individual to another. This happens all of the time in everyday life. Due to the close contact of wrestling, we highly recommend that the boys take a shower immediately after practice upon returning home. We mop the mats daily and encourage good hygiene. If a wrestler notices a rash, immediately notify a coach. No wrestler may compete or practice with an unidentified rash. Most rashes can be treated in a few days and are more of a nuisance than anything. You can purchase Kenshield skin foam which protects a kid from skin infections.

TOURNAMENTS

Tournaments are available almost every weekend through March 1st for AAU, and through April 1st for USA. It is up to you on how many you wish to participate in. There is an entry fee due for each tournament that you sign-up for. Sign-ups are done through the club and then a team roster is sent to the hosting team. The entry fee is due at the time of sign-up payable to: Washington Jr. Jays. If you are unable to make a tournament that you signed up for the fee is non-refundable. A parent needs to be the one that signs up, unless payment is sent with their child. A schedule of tournaments will be sent out as soon as it is available.

Weight: In accordance to the policy of AAU wrestling, we do NOT support the practice of “dropping weight” in youth wrestling; whatever a wrestler weighs becomes his weight class.

AAU website: www.aausports.org

USA website: www.themat.com

T-SHIRT ORDERS (*other than the club shirt for the wrestlers*)

T-shirt orders are optional. If you are interested in purchasing any of the listed shirts, please fill out the form and return it with the money due by Monday, November 22, 2010.

WASHINGTON HIGH SCHOOL WRESTLING

- Black and Blue Night is Friday, Nov. 19, 2010 Admission: Can Goods
We would like for everyone to attend to show our support for our high school wrestlers on Friday to watch them wrestle-off for the varsity positions.
- The high school sponsors a little league night where the kids get in for free to watch.
Date: **TBA**

BLUE JAY WRESTLING ONLINE

We are very excited to announce that the club can now be found online in the following two ways:

- Facebook – Search for **Blue Jay Wrestling** and become a fan of our page. You can add comments, pictures, and videos. We will periodically post information pertinent to the little league club for all to see.
- Website – www.bluejaywrestling.com You can now find everything for the club in one convenient spot! Check the site frequently for announcements, tournament information, and forms. You can also keep track of how the high school team is doing, and find information on other special events. *In order to access the website you will need to use either Mozilla Firefox or Safari for your browser (both are free downloads).*

Please share this information with anyone you know that might be interested in wrestling.

Please feel free to contact us with any questions or concerns.

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