

Washingtonville Wrestling FAQs

At what age should my child start wrestling? We encourage kids of any school age or experience level to participate in wrestling. As long as they are excited about participating and able to stay engaged and listen to instruction for a ninety minute practice, we would love to have your child be a part of our program!

When does wrestling begin? Wrestling season for all grade levels will begin in November of each year. Additional wrestling opportunities are available during the Spring and Summer. See the calendar and announcements on our website for up-to-date scheduling information.

Where and when are practices held? Youth practices are generally held every Monday, Tuesday, and Thursday from 5:30-7:30 in the High School Gymnasium or Cafeteria. High school and Middle School practices are daily and usually are between 2:30-6:00, times may vary based on gym availability, wrestler training level and our weight room schedule. All practices are held in the High School Gymnasium. See the "Schedule and Calendar" link on our website for more information.

I'm new to the sport of wrestling. What are the basic rules of wrestling? Here is a [video](#) that covers the basic rules of wrestling. Here is another quick [video](#) on how high school wrestling matches are scored .

What does my child need to wrestle? First and foremost a USA wrestling card for youth and middle school wrestlers (go to <https://www.usawmembership.com/>). Wrestlers are encouraged to buy their own headgear and wrestling shoes. Several sets of workout gear (shorts or sweats and shirts) will be needed for practices.

What are the benefits of wrestling? The benefits are endless :), but here are a few: self-confidence, work ethic, self respect, respect for others, self-discipline, goal setting, working within a team environment, perseverance and how to have a healthy level of competition. Physically your child can gain: improved balance, increased speed, increased coordination, increased endurance, improved agility, strength in all muscle groups. Wrestling is a great sport to help build character and overall athleticism. See the "Why Wrestling" link for more information.

What about injuries?- Wrestling is a contact sport. Jammed fingers, bloody noses, and sore muscles are common in this sport. Major injuries in all contact sports can occur, but are not common. We make an effort to monitor practices carefully so illegal holds or potentially dangerous predicaments are halted at once. Wrestling is a safe sport that actually averages fewer major injuries than many other sports.

Do wrestlers have to lose weight? No! In fact, we often encourage kids to put on weight. Bottom line, all wrestlers need to participate at a healthy weight. If an athlete chooses to lose some weight it needs to be done in a healthy manner. No wrestler will ever be forced to cut weight, and it is something that we monitor.

What should I do to keep my child safe from skin infections? Our mats are disinfected and cleaned before every practice session starts. However, to keep your child safe from any kind of skin infection, it is important to have your child shower immediately after practice with warm water and soap (preferably an antibacterial athlete's soap). It is important to scrub well. If your child has an open wound, it needs to be covered before practice and competitions. Be sure that your child washes their workout gear after each practice. Bags, shoes, kneepads, and anything else used during wrestling need to be washed consistently as well.

If at any time your child breaks out with a skin condition or rash, report it to the coach and see your family doctor. On rare occasions we will have a case of a rash break out on a wrestler. These conditions can often be healed quickly with proper treatment. The most common types of skin conditions are ringworm, impetigo, boils and cold sores. Although these conditions are often blamed on the wrestling mat, the likely case of transmission is because of improper hygiene. See the skin protection article under resources for more information.

Why do I need a USA card? This is required for all youth and middle school wrestlers. It provides secondary injury insurance if your child is injured at a tournament or practice and is required by the school district to practice and hold tournaments at the high school to limit their liability. All wrestling tournaments require that you purchase a USA Wrestling Card. Proof of date of birth is required for these cards. This protects you as well as our coaches and club. It is mandatory. Go to <https://www.usawmembership.com/> to purchase or renew your USA card.

Some Facts About Wrestling

Although more than 200,000 US High School students wrestle every year, the sport remains misunderstood and underrated. Here are some facts about wrestling:

- Wrestling is based on self-discipline, hard work, skill and determination.
- Wrestling is a non-violent sport. Wrestling is about control rather than violence. The objective in a wrestling match is to outscore one's opponent - not to injure or harm them in any way. Regulations do not tolerate actions intended to cause injury.
- Wrestling promotes sportsmanship. High school wrestling is perhaps the only sport to actually deduct team points for even minor sportsmanship infractions such as a derogatory comment to an official, or throwing one's headgear in frustration. Wrestlers have been required to shake hands before and after the match but are expected to shake the hand of their opponent's coach, win or lose before leaving the mat.
- A wrestling match has the strategy of a game of chess with an unlimited number of constantly changing possibilities. Technique, balance, speed, power, and confidence are all just as important as strength in a wrestling match.

If you still have more questions, please
contact Coach Lee. GO WIZARDS!