

# BEATRICE WRESTLING CLUB

Dear Parents,

Welcome to Beatrice Wrestling Club. We are excited for another year of wrestling. Our coaches will teach the fundamentals of Folkstyle Wrestling. Emphasis will be placed on technique, strength, agility, sportsmanship, and self-discipline. They will also be given the opportunity to compete and win trophies, medals, and ribbons at area tournaments.

Our first practice will be Thursday, Jan. 3<sup>rd</sup>. Practices are held in the High School wrestling room, located upstairs west of the main gym. Enter the High School at the main entrance, as the west doors are locked. First and second year wrestlers will practice from 6:00-6:45 on Monday and Thursday nights. Third year and up will practice from 6:45-8:00 Monday and Thursday nights and also Tuesday 6:00-7:30. The Tuesday night practice is optional and will be more intense for the advanced wrestlers. Wes Garland will be in charge of coaching the early group, Todd Fentress and Shawn Vater will coach the late group. Due to the amount of wrestlers, parents are encouraged to help out in the practice room. For those parents that don't have any wrestling experience, this is a great way to learn about the sport along with your son or daughter. Gym clothes may be worn along with tennis shoes or wrestling shoes, headgear is mandatory at all practices and tournaments. Singlets are to be worn at tournaments only. At the conclusion of practice, wrestlers are required to weigh in as this is how we keep track of attendance. Wrestlers need to attend ½ the practices to qualify for the Years of Service Award at the end of the year. We will be giving away Guts Awards again this year too. This award is given to wrestlers who are attentive, practice hard, and show great effort in the practice room. The head coaches of each group choose two wrestlers every week to receive this award.

Throughout the season, tournaments will be available for your child to participate in. These tournaments are held in surrounding communities. Parents are responsible for getting their kids to and from the tournament. Most tournaments group kids by weight and age in a 4-man bracket. If you have never attended a tournament before, please feel free to visit with a coach to help you decide if your child is ready for this challenge. Sign up for these tournaments will be held during Monday nights practice from 6:00 -7:30 outside the wrestling room. Please make checks payable to BWC. Our club tries to sponsor two tournaments a weekend and will have coaches there to coach your child. It is the parents and wrestlers responsibility to report their wins/losses to Jerry Larmeu on Monday following the tournament. You may also email the results to Jerry at [jerryrnrni@alltel.net](mailto:jerryrnrni@alltel.net). These stats are important because our Champions Club Award is based on tournament participation. To qualify for this award, first and second years wrestlers need to have 15 tournament matches, third year and up wrestlers need to have 20 tournament matches or 15 wins. This award, along with our Service Awards, are given away at our end of the year banquet.

The Beatrice Wrestling Club will host our own tournament at the High School on **Saturday, March 1**. This tournament is our club's main fundraiser. We put a lot of time and effort into this tournament which has become one of the best in the state. This year we are assigning one person from each family a time slot to work during the tournament. We will make sure you are not working while you child is wrestling. If your time does not work, it is your responsibility to find someone to take your place. More details will be given at a later date.

For first and second year wrestlers we will be having an inter squad Novice tournament. This will give kids that have never experienced a tournament before, the chance to find out what a competitive match feels like in a friendly environment. We will not keep score and both wrestler's hands will be raised at the end of the match. Family and friends are encouraged to come and watch. This will be held prior to March 1, details at a later date.

Picture night will be held Thursday, January 10<sup>th</sup> during practice. Please make sure wrestlers wear their singlet to practice that night. **All** wrestlers will have their individual picture taken whether they purchase pictures or not. The group picture will be taken at 6:45.

If you haven't checked out our new website, it's been updated and is much more user friendly. Brian York is in charge of our site, and has done a fantastic job. Lots of information is on this site and is our main source of communication with parents. For those of you without access to a computer, we have important information written on a white board at practice and also a newsletter that is mailed out periodically. Please feel free to contact any board member if you have any questions or concerns.

If Beatrice Public Schools are closed or close early due to bad weather, wrestling practice will be cancelled. Listen to the radio station KWBE (AM1450) for announcements or check our website.

Thank You,  
Shawn Wiens, and BWC board members

#### 2008 BWC Board Members

Shawn & Jill Wiens	228-4395	Jeff Workman	806-0343
Dan & Tami Helmick	239-3156	Jerry Larme	228-9196
Chad & Sonja Morgan	223-2001	Stacia Kelle	228-0192
Jason & Nicki Nelson	228-9265	Brian York	223-0756
Dave & Janet Trout	662-3011	Jason Cullison	223-0095
Shawn Vater	525-9870	Todd Fentress	228-9343
Wes Garland	223-2555		