



Youth Wrestling Overview

Season/Cost

The wrestling season typically starts anywhere from mid-October to early November and runs through the youth state wrestling tournament in early March. There are also post season national tournaments in March and April that our more experienced wrestlers will attend. The Cabot Parks and Recreation registration fee includes your child's USA Wrestling Membership (required for insurance reasons), a team wrestling singlet (required for wrestling in tournaments), and a team t-shirt. Each wrestler will be responsible for providing their own wrestling shoes (\$30-\$50) and wrestling headgear (\$20-\$30).

Practices

Once the season starts we will practice on Monday, Tuesday and Thursday. Practice times will be determined by each wrestler's experience level; 5:30pm-7pm for beginners/2nd year wrestlers and 6:30pm-7:30pm for experienced wrestlers. Practice location is Middle School North to start off and then move to CFA or Junior High North. Your child can practice as much or as little as you like with the understanding that their practice time has a direct impact on their performance.

Tournaments

Here's the current list of Arkansas Wrestling Association youth tournaments that we plan on attending. This list will grow by the time the season starts. We try to wrestle 8-12 tournaments per season (all in state tournaments and possibly a few out of state tournaments in TN, MO, LA, OK). There are no "starters" in youth wrestling which means that everyone makes the team and everyone can compete. Though we encourage our wrestlers to participate in as many tournaments as possible, no tournament is mandatory. You, the parent, decide which tournaments you would like for your child to wrestle. Most youth wrestling tournaments are held on Saturdays and normally last from 8am-4pm. Yes, it's a long day. Tournament registration fees (typically \$15-\$20 per tournament), transportation, and accommodations will be the responsibility of the parent/guardian.

Age Divisions/Weight Classes

Wrestlers are divided by age into divisions and these divisions are divided into weight classes. All wrestlers (not the coaches) must select the weight class that they want to wrestle and will be required make that weight in order to compete in a tournament.

Tournament weigh-ins are normally the night before or the morning of the competition. If your wrestler does not make his/her registered weight, he/she will not be allowed to wrestle in most cases. For example, if your child is registered to wrestle in the 70.0 lb weight class and at the time of the weigh-in he/she weighs 70.1 lbs., they did not make the required weight and will be scratched from the tournament. During the season we will have scales at practice and recommend that parents/guardians closely monitor their child's weight.

Matches

Depending upon the number of wrestlers in your child's age division/weight class and how far they advance, they can expect to wrestle anywhere from 2-5 matches per tournament. Each match will consist of 3 periods (length of a period determined by age) and can last anywhere from 10 seconds (because one of the wrestlers was pinned quickly) up to 5+ minutes.

Expectation Management

All wrestlers will lose matches and all wrestlers will eventually get pinned. My son, who has been wrestling for 5+ years and is a 5 x Arkansas State Champion, is no exception. This is not an easy sport and unlike most other sports, takes years of practice and learning how to overcome adversity to become a technically proficient wrestler. Our goal is to make the journey as much fun as possible and hopefully win them a few medals along the way.

We're going to try to host a week long clinic/open house to give parents and kids the opportunity to see how the sport works. When we finalize the date and location we'll post that information here on the Panthers Youth Wrestling Facebook page.

Feel free to contact Coach Jason Eason (jason.eason@excelii.com) if you have any other questions.