



2018-2019 Season: Coaching & Athlete Development Handbook

Revised by the Coaching & Athlete Development Committee on August 20th, 2018

Our Mission: The Penn Manor Wrestling Club's mission is to provide an environment conducive to learning the art of wrestling and sportsmanship for any child that shows an interest in the sport.

Program Details: Athletes will be matched according to age, weight, and experience for training sessions and competition. Our program participates in the Lancaster-Lebanon Future Varsity League (FVL). The FVL holds several meets throughout the season, where multiple teams come together to allow athletes to compete in a round robin format. At the end of the season the FVL will hold qualifying tournaments, similar to the PIAA tournament system. Tournaments outside of the FVL (Future Varsity league) are optional and an additional cost to the athlete. Within our program there is an emphasis focused on wrestling fundamentals, self-confidence, training, work ethic, and sportsmanship. Attendance at all practices is expected. It will be important to attend as many practices as possible to achieve the most out of your time invested as a coach & mentor to our athletes.

Practice Schedule:

The majority of our practices will occur on Mondays and Thursdays between the hours of 5:45p-6:45pm (White Group) & 6:45pm-8:15pm (Blue & Gold Groups) in the wrestling room/auxiliary gym of the Penn Manor High School. These dates and time slots will vary depending on Club and School District requirements.

However, due to scheduling conflicts, when gym space is unavailable on those days, training sessions may be held on alternate days of the week between the hours of 5:45-6:45pm & 6:45-8:15pm, possibly at an alternative location. Please consistently check the [schedule page](#) on our club's website & our Facebook page for your group's practice schedule and location.

Website: <http://www.pmwrestling.com/>

If there is **NO SCHOOL** (Scheduled or canceled due to weather), or school is dismissed early for inclement weather, we **DO NOT** have practice on that day. We will not make up practice for weather cancellations. Practices will remain ON during scheduled early dismissals.

Keep Up to Date with Text Alerts: Text pmwrestling to 84483 for updates when Practice is canceled due to weather.

Practice Rules

Athletes & coaches should be on time and ready to wrestle promptly at 5:45pm or 6:45pm depending on their session. NO athlete may leave the wrestling room without permission from a coach first. Athletes that are permitted to leave the wrestling room are to be accompanied by at minimum one authorized adult/coach or another athlete as a “buddy system”. Examples of this would be water breaks and bathroom breaks. All athletes are expected to give complete attention & focus to the coaches at all time. Horseplay will not be tolerated. Athletes that are unable to comply with the above rules may be removed from the wrestling program.

Our wrestling practices are closed practices. Only athletes and coaches with approved background clearances & mandatory concussion training are permitted in the wrestling room during training sessions. Parents, non-wrestling siblings, or others are NOT permitted in the wrestling room during practice hours. This policy is designed to keep our room a safe and focused learning environment for our athletes.

Practice Attire

Athletes & Coaches should wear a t-shirt and athletic shorts/joggers (No Jeans). A two-piece uniform (compression shirt & fight shorts) are acceptable as well. Wrestling shoes are HIGHLY recommended for both athletes & coaches but are not mandatory. Hats, earrings, watches, and jewelry are to be removed prior to start of practice. It is important that our coaches and athletes are dressed for wrestling success.

Hygiene

Wrestling is a sport that involves a high amount of skin to skin contact, sweat, and occasionally blood. All athletes & coaches should have any skin wound, no matter how small, bandaged and taped. Fingernails should be trimmed short. After wrestling in a practice or tournament, athletes & coaches should bathe immediately when they get home. All wrestling attire should be washed after each use. Any Coach or wrestler with a skin condition such as ring worm or impetigo may not participate unless a **Doctor's clearance note** is presented to a Lead coach.

Contact Information

Jason Fellenbaum- (717-940-8795) JMFellenbaum@gmail.com // PMYWC President

Volunteers & Lead Coaches

Volunteer Coaches are always needed! Email all forms and clearances to JMFellenbaum@gmail.com. Please note that to be considered a volunteer coach you do not need experience. All experience levels are welcome. All you need is a passion & desire to serve our club & community.

In addition to the clearances and record checks required below, Volunteer Coaches are expected to:

- Coach & treat all athletes, coaches, volunteers, and parents fairly.
- If a volunteer coach has a son/daughter in the program, the volunteer coach is expected to make an effort to coach “all athletes”, not just their child during training sessions.
- Regularly attend practices and communicate when you are unable to attend or if you will be late
- Volunteer to help coach during tournaments & FVL meets
- Help with any duties associated with tournaments or dual meets we host
- Coach within the guidelines set forth by the PMWC handbook/By-Laws & the Future Varsity League By-Laws
- Uphold yourself and our athletes to the values and sportsmanship expected as a representative of the PMWC & our community.

All PMWC coaches are **required** to obtain up to date clearances, record checks, and training as follows:

- [Pennsylvania State Police Criminal Record Check \(Free\)](#)
- [Pennsylvania Child Abuse History Clearance \(Free\)](#)
- [FBI Criminal Background Check \(if you have lived in Pennsylvania for less than the past 10 years\)](#)
- [Exemption form from FBI Background Check \(if you have lived in Pennsylvania within the past 10 years\)](#)
- [Completed Arrest/Conviction Report and Certification Form \(PDE 6004\)](#)
- [CDC Heads Up Concussion Training](#)

Coaching Curriculum, Systems, & Development

All LEAD & VOLUNTEER COACHES shall adhere to the following coaching curriculum for instruction and utilize the Attack Style Wrestling System for training sessions during the 2018-2019 season. The following system & curriculum has been adopted from the *Attack Style Wrestling System (Daryl Weber)* and *USA Wrestling's Core Curriculum*, which can be found at <https://www.teamusa.org/USA-Wrestling/Coaches/Core-Curriculum/Folkstyle-Level-1>. Video instructions of the below techniques, skills, and fundamentals can be found on the USA Wrestling Core Curriculum page for your reference.

In an effort to create growth, consistency, and success within our program, all coaches should adhere to the following Attack Style Wrestling System & USA Wrestling Core Curriculum, based on assigned ability levels. This system focuses on teaching the fundamentals of wrestling in a repetitive manner to allow our athletes to master the required skills sets to be successful now, and in the future. The system is as follows:

Attack Style Wrestling System:

1. *Stance, Motion, Level Change & Penetration Steps*
 2. *Open Offense Series*
 3. *Down Blocking Skills*
 4. *Shot Finishing Series (High, mid, & low level)*
 5. *Shot Defense from feet*
 6. *Shot Defense from knees*
 7. *Front headlock offense & defense*
 8. *1-2 Tie-Up Series& Hand Fighting*
 9. *Bottom basics Series*
 10. *1-2 Solid turn Series & Mat Returns*
- **Daily Training Plans should include the following system aspects to provide a more inclusive learning environment for our athletes:**
 1. Warm Up:
 - including tumbling, gymnastics, and agility movements to strengthen body awareness
 2. Learned techniques/holds through instruction
 - Wrestlers are taught a hold or series of holds/techniques and learn to execute these perfectly.

3. Repetitions
 - Once a wrestler can execute a hold/technique properly, that wrestler must begin the process of being proficient by completing a large amount of repetitions of that hold/technique, over a long-extended period of time.
4. Sparring
 - Sparring is when a practice partner begins to give resistance back during these holds/techniques. This is where functional learning begins.
5. Situational Wrestling
 - Wrestlers are put into specific positions and instructed to wrestle through those situations. Extremely important for transition to live wrestling.
6. Forced Attempts During practice
 - Encouragement to have athletes execute trained holds/techniques during live wrestling. Varying practice partners will ensure this is possible.
7. Live Wrestling
 - Mixture of training partner & Multi group live wrestling is to be implemented.
8. Games & Fun Activities
 - To keep retention numbers high, as coaches, we must make our sport FUN
9. Strength Training
 - All three ability groups should have strength training implemented into their daily plans. Body weight movement such as:
 - Push Ups, Sit Ups, Planks, Pull ups, Air Squats, Lunges, etc....

The Penn Manor Wrestling Club's vision & system will have a heavy focused emphasis on our athletes being advanced in the neutral position & in the top position. We will create a wrestling culture of attacking and scoring points at all times. Our athletes will be proficient in takedowns and turning our opponents while in the top position. Wrestling from whistle to whistle and scoring points will be communicated daily. Daily plans should include a heavy focus on set ups & takedowns, along with repetitive turns from the top position (such as Tilts & cradles).

USA Wrestling Core Curriculum:

Level 1

Ability: Beginner (1st-2nd year Athletes)

Required Skill/Technique Instruction:

- *Stance & Motion*
- *Penetration Step*
- *Hand Fighting*
- *Double Leg***Mandatory****
- *Single leg (Straight On)*
- *Snap & Spin*
- *Sprawl & Spin*
- *Down Blocking*
- *Referees Position-Bottom: Basic Positioning*
- *Referees Position-Top: Basic Positioning*

Referees Position - Bottom (Choose 2 out of 5 Moves for Instruction):

- *Stand Up**Mandatory***
- *Sit Out*
- *Sit Out & Hip Heist*
- *Sit Out & Switch*
- *Sit Out & Head Post and Circle*

Referees Position - Top (Choose 3 out of 6 Moves for Instruction):

- *Pop & Chop (Arm Chop) ***Recommended****
- *Ankle Ride/Breakdown*
- *Spiral Ride*
- *Claw Ride*
- *Half Nelson with Wrist Control***Mandatory****
- *Mat Returns*
- *Cradle (Near Side)*

Level 2

Ability: 3rd – 4th Year Athletes

Required Skill/Technique Instruction:

- *Stance & Motion*
- *Penetration Step*
- *Double Leg*
- *Single leg (Straight On)*
- *Hand Fighting*
- *Snap & Spin*
- *Sprawl & Spin*

- *Down Blocking*
- *Referees Position-Bottom: Basic Positioning*
- *Referees Position-Top: Basic Positioning*
- *Referees Position-Bottom: Basic Riding with head in the box*

Neutral Position - Feet (Choose 3 out of 6 Moves for additional Instruction):

- *Sweep Single*
- *High Crotch*
- *Fireman's Carry*
- *Ankle Pick*
- *Front Head Lock*
- *Front headlock Defense (Elbow Control/clear the elbow)*

Referees Position - Bottom (Choose 4 out of 8 Moves for Instruction):

- *Hand Control*
- *Stand Up*
- *Sit Out*
- *Sit Out & Hip Heist*
- *Sit Out & Switch*
- *Sit Out & Head Post and Circle*
- *Peterson Roll*
- *Granby Roll*
- *Merkel (aka: Ball & Chain)*

Referees Position - Top (Choose 4 out of 8 Moves for Instruction):

- *Hand & Wrist Control*
- *Arm Bars*
- *Tilts (Near Wrist/Far Wrist)*
- *Cradles (Far Side, Standing, Leg, Cross-Face)*
- *Spiral Ride*
- *Claw Ride*
- *Mat Returns*
- *Pop & Chop (Arm Chop)*
- *Ankle Ride/Breakdown*

Level 3

Ability: 5th-6th Year Athletes

Special Note: ***Coaches at this level, at their own discretion, may introduce advanced skills & technique that are not listed below, along with required basic skill instruction. Basic Skill instruction is still required. The below skills & technique must be reviewed as a refresher prior to advanced technique is presented***

Required Skill/Technique Instruction:

- *Stance & Motion*
- *Penetration Step*
- *Hand Fighting*
- *Double Leg*
- *Single leg (Straight On)*
- *Snap & Spin*
- *Sprawl & Spin*
- *Down Blocking*
- *Referees Position-Bottom: Basic Positioning*
- *Referees Position-Top: Basic Positioning*
- *Referees Position-Bottom: Basic Riding with head in the box*

Neutral Position – Feet:

- *Stance & Motion*
- *Penetration Step*
- *Double Leg*
- *Single leg (Straight On)*
- *Hand Fighting*
- *Snap & Spin*
- *Sprawl & Spin*
- *Sweep Single*
- *High Crotch*
- *Fireman's Carry*
- *Ankle Pick*
- *Front Head Lock*
- *Front headlock Defense (Elbow Control/clear the elbow)*

Referees Position - Bottom:

- *Hand Control*
- *Stand Up*
- *Sit Out*
- *Sit Out & Hip Heist*
- *Sit Out & Switch*
- *Sit Out & Head Post and Circle*
- *Peterson Roll*
- *Gramby Roll*
- *Merkel (aka: Ball & Chain)*

Referees Position - Top:

- * *Hand & Wrist Control*
- * *Arm Bars*
- * *Half Nelson Combinations*
- * *Leg Riding*
- * *Tilts*
- * *Cradle Combinations*
- * *Spiral & Claw Rides*
- * *Mat Return Combinations*
- * *Ankle Rides/breakdown*
- * *Pop & Chop (Arm Chop)*

******Example of training session plan on next page******

EXAMPLE Training Session Plan is as Follows:

Monday- November 12th, 2018

Duration: 90 Minutes

Style: Folkstyle

Lead Coach: Coach Tommy

6:30-6:40pm: Warm Up- Emphasis on tumbling and body weight control movements

6:40-6:50pm: Stance, Motion, level change, & penetration step drilling

*6:50-7:00pm: **Down Blocking Instruction** followed by drilling with partner***last 5 minutes should include sparring****

*7:00-7:02pm: Water Break ***Athletes stay in room****

*7:02-7:10pm: **Double Leg Takedown & finish Instruction***

*7:10-7:20pm: **Double leg drilling** with partner 10-20 reps ***last 5 minutes should include sparring (aka resistance) ****

*7:20-7:25pm: **Situational Wrestling- Double Leg Positioning***

*7:25-7:30pm: **Live Wrestling**- Takedowns only – top wrestler has 10 seconds to turn opponent ***emphasis on forced attempts of Double Leg is communicated****

7:30-7:32pm: Water Break

7:32-7:40pm: Shot Defense from Feet Instruction (head to inside shot)

*7:40-7:45pm: Shot Defense from feet **Drilling** with partner (head to inside shot)*

*7:45-7:50pm: **Situational Wrestling**: Shot Defense from feet (head to inside shot)*

*7:50-8:00pm: **Games/Fun Activities***

****In this example, items highlighted in red indicate the Attack Style Wrestling System Main Focus Points. The training session ends with Shot Defense from the feet from this wrestling system. The Lead coach would then pick back up with this system at the next training session, starting with Shot Defense from the knees, and then moving onto the Front Headlock, & tie-up series. Once the Lead coach has reviewed all 10 Attack Style Wrestling Main focus points, he would then circle back to the top (Stance, motion, level change, penetration step). All 10 main focus points should be covered with in three consecutive training sessions before circling back to the top. In this example you will find learned technique, repetition (drilling), sparring, situational wrestling, forced attempts during live wrestling, and games. ****

Special note: *Lead coaches are to strategically alter training session plans from session to session. No training session plan should be replicate the previous plan in sequence or instruction. This is conducive to high level wrestling rooms & clubs and will create a higher-level learning environment for athletes.*

Athlete Ability Group Assignments

Athletes will be assigned into specific color groups prior to the season starting, to ensure that all wrestlers are given the proper education, instruction, and environment to develop at a healthy & successful rate. The following factors will be considered when assigning athletes to specific ability (color) groups:

1. Athlete's Age, Grade, and Maturity will be considered for placement.
2. Athlete has demonstrated that they have mastered the ability (color) group's skills sets & milestones.
3. Athlete has wrestled the following minimal number of matches:
 - White Group: **Up to 20** total matches in career
 - Blue Group: **20+** total matches in career
 - Gold Group: **50+** total matches in career
4. Athletes should complete the minimal number of competitions before moving up the next color group or have the coach's recommendation.
5. Prior to the start of the new season, coaches will collectively assign athletes into their color groups. During this process the coaches will determine if athletes should move up, maintain, or move down to another ability group. This will be decided based on the previous season's performance and assessment. No athletes are guaranteed to be in a specific color group based on the previous season's assignment, age, or grade level. The coaching staff has final say where athletes will be assigned during the season. Every decision will be carefully decided to ensure the athlete is placed in the proper learning environment for growth & success. No athlete will be "grandfathered" into an ability group.

Athletes will be assigned to the following Ability Groups (COLOR GROUPS):

- White Group-NOVICE (0-20 Competitive Matches)
- Blue Group- INTERMEDIATE (20-50 Competitive Matches)
- Gold Group- ADVANCED (50 + Competitive Matches)

At any point in the season, if the Lead Coach observes that an athlete is exceeding expectations and has "out grown" their assigned ability group, the Lead Coach is encouraged to advance the athlete to the next level ability group. Prior to this taking place, the Lead Coach must verbally approve this through the following individuals:

- Next level Ability Group's Lead Coach
- Parents of Athlete
- Athlete ***need to be notified and given the opportunity to approve or object***
- President of PMWC for final approval

Additionally, at any point in the season, if the Lead Coach observes that an athlete is struggling fundamentally within their ability group, the Lead Coach is encouraged to move the athlete back to the previous ability group. This should be sustained until the athlete demonstrates they are fundamentally & athletically ready to advance back in to the next level ability group. Prior to this taking place, the Lead Coach must verbally approve this through the following individuals:

- Previous Ability Group's Lead Coach
- Parents of Athlete
- Athlete ***needs to be notified and given the opportunity to approve or object***
- President of PMWC for final approval

Furthermore, volunteer and lead coaches will be periodically cycled through various ability groups. This cycling is to ensure that athletes within the entire club are familiar and comfortable with our entire coaching staff. This will allow greater flexibility for our coaching staff during meets and tournaments, allowing all coaches to instruct all athletes, regardless of ability group assignments.

*****Coaches will be assigned to 6 individual wrestlers at the beginning of the season and will remain as their training coach for the entire season. Every effort will be made to have one coach per every 6 wrestlers to allow for a successful learning environment for every athlete. The Coach to Athlete ratio may differ depending on volunteer numbers & ability group athlete numbers*****

Competition & Development Model

Per the USA Wrestling Athlete Development Model (ADM), the below age groups are recommended to participate in following quantity of matches, to ensure proper development & retention within our sport. The PMWC will closely follow these perimeters for competition:

- ***Ages 5-8: 10-25 matches per year***
- ***Ages 9-12: 20-40 matches per year***
- ***Ages 13-17: 30-60 matches per year***

White Group: Development & Performance Plan

In an effort to help encourage and expedite our younger athlete's skill sets, the following development & performance plan will be implemented for the White group athletes. This plan is to help encourage our younger athletes to repetitively train specific skills sets, and to execute these skill sets in the form of competitive matches. The plan will include a rewards system for the athlete as they reach each specific milestone. The rewards & milestones are as follows:

- Training Sessions
 - Athletes will receive headgear WHITE stickers (similar to Ohio States Football helmet stickers) once they complete 50 repetitions of a specific fundamental/skill during training sessions.
 - Athletes will receive headgear BLUE stickers (similar to Ohio States Football helmet stickers) once they complete 100 repetitions of a specific fundamental/skill during training sessions.
 - Athletes will receive headgear GOLD stickers (similar to Ohio States Football helmet stickers) once they complete 200 repetitions of a specific fundamental/skill during training sessions.

***** Fundamental/Skills are TBD prior to the start of season by the White Group Lead Coach*****

- Competition (matches)
 - Athletes will receive 1 PIN to attach to their mesh bags (bags provided by the PMWC for White Group Athletes) once they execute a specific fundamental/skill 5x during competitions (matches).
 - Athletes will receive an additional PIN to attach to their mesh bags (bags provided by the PMWC for White Group Athletes) once they execute a specific fundamental/skill 10x during competitions (matches).
 - Athletes will receive additional PINS to attach to their mesh bags (bags provided by the PMWC for White Group Athletes) once they execute a specific fundamental/skill to the opposite leg/side of the body 5x during competitions (matches).
 - Athletes will receive additional PINS to attach to their mesh bags (bags provided by the PMWC for White Group Athletes) once they execute a specific fundamental/skill to the opposite leg/side of the body 10x during competitions (matches).

******It will be up to the coaches to record training repetitions & competitive skills execution in matches for the athlete to achieve the stickers & pins. Spreadsheets will be provided to the coaches for tracking purposes***
(Stickers could be assigned for repetitions of a fundamental skill or technique performed outside of practice if the Lead Coach approves. It is always a goal to have athletes practice as much as they can.)***

Off-Season Training & Competitions (March-October):

Fall Season (September-November 12th, 2018):

- PMWC Fall training sessions will start on Friday October 5th, 2018.
- Training sessions will be held every Friday from October 5th to October 26th, 2018.
- Training sessions will be from 6:00p-7:30pm @ the PMHS Wrestling Room
- Sessions will be a duration of 90 Minutes consisting of:
 - Instruction, drilling, situational wrestling, sparring, live wrestling, & games.
- Folkstyle will be emphasized during all Fall Season training sessions.
- The PMWC will elect 3 Folkstyle competitions that we will encourage our athletes to compete in. The 3 competitions will have PMWC Coaches on site, as long as there are participating PMWC athletes at these venues. The competitions will be selected based on a 2-hour traveling radius of the Penn Manor High School.
- Athletes are encouraged to participate in 2-3 competitions in the Fall Folkstyle Season (Sept-Nov)
- The PMWC will support athletes with singlets/2-piece uniforms if the athlete does not own a completion singlet or two-piece uniform.

Spring Season (March 8th –May 31st, 2019):

- Spring training sessions will start the first Friday after the regular season ends. March 8th 2019 will be the official 1st spring season training session.
- Training sessions will be held every Friday starting on Friday-March 8th to Friday-May 31st.
- Training sessions will be from 6:00p-7:30pm @ the PMHS Wrestling Room
- Sessions will be a duration of 90 Minutes consisting of:
 - Instruction, drilling, situational wrestling, sparring, live wrestling, & games.
- **Folkstyle training** will be emphasized until PJW's State Championships are completed on March 16th-17th, 2019.
- PJW Area 13 championships will be held on Sunday-February 17th. PMWC athletes are encouraged to participate in this competition.
- The PMWC will have coaches present at both the PJW Area 13, and State Championships, as long as PMWC athletes are competing.
- **Starting March 22nd, the PMWC will transition from Folkstyle to Freestyle & Greco Roman training.**
- The PMWC will elect 3 Freestyle/GR competitions that we will encourage our athletes to compete in. The 3 competitions will have PMWC Coaches on site, as long as there are participating PMWC athletes at these venues. The competitions will be selected based on a 2-hour traveling radius of the Penn Manor High School.
- Athletes are encouraged to participate in 2-3 competitions in the Spring Freestyle/Greco Season.
- Any athlete that qualifies for the PA Freestyle/Greco Championships and or National Championships will have coaching support at these venues from the PMWC. Additionally, the PMWC will help support some of the financial expenses for these events, in support of our athletes.
- Athletes competing in Freestyle & Greco competitions will be issued a reversible Blue/red singlet. These singlets must be returned to the PMWC by the last Spring training session held on May 31st, 2019. All singlets must be washed prior to be returned to the PMWC. Singlets are required.

- USA Wrestling memberships are required for both coaches & athletes if they are attending & participating in Freestyle/Greco Roman Competitions. USA Wrestling memberships are not required for training while at the PMWC. **MEMBERSHIP REQUIRED FOR COMPETITIONS ONLY**

LAW Training & Funds Allocation Policy

Revised on June 6th, 2018*FINAL APPROVED DRAFT*****

Purpose: The following policy was developed to allow athletes of the Penn Manor Wrestling Club the opportunity to train, at no cost to the wrestler, at the Lancaster Alliance Wrestling Club, located at Franklin & Marshall College. The intent of this policy is to support the growth of athletes within our program, and to help alleviate financial restrictions towards training outside of PMWC for our athletes. The following policy guidelines are as follows, and are subject to change at any time by the Board of Directors:

1. The PMWC will open and maintain a monthly account with the wrestling club known as LAW (Lancaster Alliance Wrestling), for training opportunities for wrestlers within the PMWC.
2. The PMWC treasurer will credit this account, in an amount approved by the PMWC Board of Directors, 1-2 times per year depending on the account balance. This credited amount will be approved by the Board of Directors for the yearly proposed budget, and the Ear Marked allocations for the following season.
3. The PMWC will create and provide LAW personnel with an updated “approved athlete list”, which authorizes PMWC athletes to participate in LAW training sessions that will be covered by our club. This will give LAW personnel an accurate list for reference in regard to used credits & billing purposes.
4. Only PMWC wrestlers who have been authorized by the PMWC, and are on the “approved athlete list” are eligible to participate in the free training sessions at LAW.
5. PMWC wrestlers are permitted to train, expense free, at LAW, on a monthly basis, up to no more than 8 Sessions (2x per week). The athlete is permitted to attend LAW more than twice a week but will be fully responsible for covering the expenses of those additional sessions once 8 credits is surpassed for the month (example utilizing Sunday nights).
6. PMWC will NOT support the financial obligations of the athlete’s registration fees. The wrestler will be fully responsible for the full amount of the yearly registration fees @ LAW, in the amount of \$30. This registration is to be renewed yearly, by the athlete, by Aug 31st, per LAW policy.
7. The PMWC wrestler is fully responsible for completing and submitting the registration form to LAW personnel.
8. Private lessons provided by LAW are not eligible under this policy.
9. The PMWC treasurer will maintain an up to date monthly tracker of athletes that are participating at LAW (On the Approved Athlete List), the amount of credits utilized by that athlete per month, and the total expenses utilized per month. This tracker will help maintain an accurate financial report to the PMWC Board of Directors for current and future planning references. The treasurer will also provide a monthly LAW account financial report to the PMWC Board of Directors.
10. PMWC athletes may utilize these free training sessions during the OFF-SEASON months. Months from **March 8th to November 15th are considered “off-season” training sessions. Requirements: Athletes must participate in at least 2 out of 4 monthly Friday night training sessions at the PMWC to maintain eligibility under this policy. Failure to comply with this requirement without adequate explanation may result in the athlete being ineligible under this training policy. Cancellation of PMWC training sessions by the PMWC will not be held against the athlete under this requirement.**
11. PMWC athletes may utilize these free training sessions during the REGULAR-SEASON months. Months from November 15th – March 8th are considered “regular-season” training sessions.

Requirements: Wrestlers must participate in ALL training sessions held at the PMWC, along with ALL FVL team meets & tournaments, to maintain eligibility under this policy. Failure to comply with this requirement without adequate explanation may result in the athlete being ineligible under this training policy. Cancellation of PMWC training sessions by the PMWC will not be held against the athlete under this requirement.

12. Eligibility Requirements for the “Approved Athlete List”:

a. Only PMWC athletes between the grades of 4-6th grade are eligible under this policy. Athletes in grades K-3rd & 7th-12th within the Penn Manor School district are NOT ELIGIBLE under this policy.

b. Only PMWC wrestlers who have been authorized by the PMWC and are on the “approved athlete list” are eligible to participate in the free training sessions at LAW.

c. The Lead Coaches panel will determine the final list of the “approved athlete list”.

13. The PMWC treasurer will be responsible for contacting and maintaining this account, along with relations with LAW personnel. The treasurer will handle all disputes, questions, and or requests from LAW personnel under this policy.

14. The PMWC will credit the LAW training account annually (1-2 x per year) with a pre-approved amount by the Board of Directors to qualify for the offered discount:

a. ***Note: Per LAW, a large pre-paid installment annually paid will be credited a discount by LAW***

i. Example: PMWC pays \$1,000 annually upfront, and LAW will then credit PMWC a discount. PMWC will receive 200 credits for \$1,000, instead of the normal rate of 100 credits for \$1,000.

15. Per LAW: LAW Personnel will provide PMWC with a monthly updated account report for tracking purposes. In the case that PMWC does not receive this monthly report, the PMWC treasurer will contact said personnel to request financial documentation.

16. PMWC athletes participating in these training sessions will be reminded that they must conform to both the PMWC and LAW Code of Conduct during training sessions. Any violations of the code of conduct within the PMWC or LAW wrestling rooms will result in immediate suspension of this training privilege.

17. The PMWC will make a concentrated effort to plan and schedule PMWC training sessions during the regular & off seasons on dates that do not conflict with LAW training sessions. Note, depending on School district restrictions, weather, wrestling room availability, and or other circumstances, this stipulation may not be feasible.

18. Under this policy, PMWC athletes are NOT required to compete under the PMWC during off-season meets & tournaments. The athlete is authorized, by their own choice, to either compete under the PMWC or LAW during off-season events.

19. At any time, the PMWC Board of Directors may approve to discontinue this training policy. Factors that may encourage this action would be financial restrictions, low participation numbers, conflict of club vision and goals.

Dual Team (Regular Season):

Purpose: Penn Manor Wrestling Club will field a dual team to compete against dual teams from other schools and clubs. The purpose of the team is to foster a collaborative and competitive spirit between teammates,

while teaching the athletes how to compete as a team. This is a competition focused effort. The goal is to win matches as a team.

Eligibility: Any PMWC athlete in good standing with the club currently assigned to the Gold or Blue groups in grades 3rd-6th are eligible to participate with the dual team. Athletes currently assigned to the White group or athletes younger than the current grade requirements may only participate on the dual team with an invitation from the Dual Team Head Coach.

Competitive Structure: Much like a travel baseball team or high school wrestling team, athletes will compete internally on the team for starting spots and seeding position on the depth chart at each weight class.

- At the beginning of the season, all dual team members will compete in a wide-ranging tournament.
 - Tournament will be officiated by paid referees. Score keeping and match time will be kept by coaches or another neutral party.
 - Round Robin format will be used for weight classes with multiple wrestlers.
 - At the coach's discretion, matchups between different weight classes will be contested
- During the season, coaches will open competition for wrestlers looking to improve their seeding on the depth chart at a given weight class.
 - Matches will be officiated by a coach of the PMWC
 - Wrestlers do not have to challenge, but if challenged they must compete or forfeit their seeding on the depth chart.
 - Wrestle-offs will be best of 3, with the challenger needing to win the first match and 2 of 3 to be successful in the challenge.
 - Challengers may only challenge the wrestles directly above them on the depth chart. For example, a challenger ranked #4 must successfully challenge #3 before moving on to challenge #2 and #1 respectively.
 - Challengers may challenge one weight class up. In doing so, they must start their challenge at the bottom of the depth chart for that weight class.

Wrestling in Dual Team Competition: Wrestling on a dual team requires maximum effort by all athletes to achieve the team's true potential. Below are a few items expected of all participants on a dual team.

- Attendance at Dual Team practices
- A willingness to lead, encourage, and support teammates
- Exemplarily sportsmanship
- Mandatory use of headgear and wrestling shoes in Dual Team competition (Even if the tournament does not require it)
- Making weight at weigh-ins
- A willingness to sacrifice for the good of the team

Starting Lineups: The goal for the Dual Team is to wrestle competitively as a team at a high level, and ultimately, to win. With that in mind, starting positions are not guaranteed. Each starting lineup will be at the sole discretion of the Head Coach and coaching staff. Factors that go into making starting lineup decisions are:

- Depth Chart as established during wrestle-offs
- Wrestlers' work ethic during practice
- Wrestlers' representation of the Club at competitions, school, and in the community
- Coach's decision based on competitive balance (ie: Having a backup wrestle at 74 lbs and having the 74 lbs starter bump to the 78lbs weight class to wrestle based on matchups, while the 78lb starter goes without a match)
- Opportunities to allow backups to get matches
- Other Coaching decisions not specifically outlined here.

Practice Structure: Dual Team practices are designed to focus on building a successful dual team. Wrestlers can expect dual team practices to be heavily focused on conditioning, critical thinking, live wrestling and situational wrestling.