

Welcome to Cobra Wrestling. I wanted to share a few things with you and hopefully answer some of your questions about Cobra Wrestling.

### **When is the first practice?**

First Practice for TOT wrestlers – November 28<sup>th</sup>

First Practice for Beginner wrestlers – November 22<sup>nd</sup>

First Practice for Intermediate wrestlers – November 7<sup>th</sup>

First Practice for Advanced wrestlers November 2<sup>nd</sup>

### **Where can I see the practice schedule?**

The practice schedule can be seen by clicking on the “**Schedule**” link on the wrestling home page.

<http://cbcobrawrestling.org/Calendar.html>

### **Where do practices take place?**

All practices will be held at TJ in the Bill Smith Wrestling Room, located on the South side of the Thomas Jefferson Activity Center (TJAC) on 25<sup>th</sup> and 2<sup>nd</sup> Avenue. Practice times will be posted on the calendar.

### **How do I know if practice is cancelled?**

We follow school policy. If school is cancelled, wrestling is cancelled. It is not possible for us to contact everybody, so if there is inclement weather and you suspect schools may get cancelled, then stay home and be safe. We will also do whatever we can to post this on Facebook.

### **What is a TOT?**

A TOT is a first year wrestler Pre-K and Kindergarten. These young wrestlers will practice on Monday and Wednesday nights 5:45-6:30

### **What is a Beginner?**

A beginner is a wrestler in 1st, 2nd or 3rd grade. (3rd grade wrestler that has not talked to a coach about advance Intermediate practices should practice with the beginner group. This will allow them to learn at a rate more suitable for them). A coach may ask that some wrestlers in this group move up to the advanced or intermediate rank. Practice time for these wrestlers will be on Tuesdays and Thursdays, 5:45-6:45.

### **What is an Intermediate Wrestler?**

A wrestler that might be in 2nd or 3rd grade that has been wrestling for 3 or more years, or a wrestler that is in 4<sup>th</sup> – 8<sup>th</sup> grade but is new to the sport. This will allow the wrestler to learn at a rate that is more suitable for them and have teammates closer to their size. Practice will be Monday 6:30-8:00, Tuesday 7:00-8:00 and Thursday 6:30-8:00pm.

### **What is an Advanced Wrestler?**

Wrestlers in 4<sup>th</sup> grade and above. Advanced wrestlers will practice on Monday, Wednesday and Thursday 6:30 – 8:00pm.

### **Should I order a wrestling singlet, and if so, when?**

We strongly recommend you get a singlet for your little wrestler. Singlets are \$45 each and can be ordered from our website. You need to know your weight before ordering. Singlets are ordered per your weight. These are high quality singlets and will last a good number of years. We will do at least two orders, the last one being November 29<sup>th</sup>. The first order will go in after we have orders for 30

singlets, so get your orders in soon. Delivery time can be as long as 6 weeks. Once delivered, orders can be picked up in the wrestling room.

**When will Team and individual pictures be taken?**

Thursday January 12, 2017 is picture day. If you want to wear a Cobra singlet, it must be ordered by November 29<sup>th</sup> (Last order) to get it in by picture day. Orders can take up to 6 weeks to be delivered.

**When is our Tournament and do I need to attend?**

January 14, 2017 Advance Tournament

January 15, 2017 Beginner Tournament

Wrestlers are expected to attend and participate in our tournament. The cost of these tournaments is included in your wrestling fee. Parents are also expected to volunteer and help out for this tournament. Beginner parents usually help on the advanced tournament and advanced parents on the beginner tournament. Weigh-ins for our tournament will be Thursday January 12<sup>th</sup>.

**How do I know which tournament to attend?**

We will make every attempt to post the tournaments on our website. Listen up during practice, coaches will alert you to the upcoming tournaments. If you are not sure if a tournament is right for you, just ask a coach.

<http://cbcobrawrestling.org/Calendar.html>

**Can I wrestle in both of our tournaments?**

No.

**How do I contact Cobra Wrestling?**

There is a link on our website “**Contact Us**”, you can use this to contact the coaches.

<http://cbcobrawrestling.org/>

You can also follow us on Facebook. There is a link to this on our website. Facebook is used to pass out information not to communicate messages to coaches.

<https://www.facebook.com/CB-COBRA-Wrestling-172202800443/?fref=nf>

**Can I sell more than 1 book of raffle tickets and if so, what can that money be used for?**

After selling your first book of raffle tickets, any books you sell thereafter goes to you to help defray the cost of tournaments, wrestling shoes or any other wrestling expense as you see fit. All you need to do is turn in the stubs for the drawing. The drawing will be held during our tournament.

**Are there monthly dues?**

No, there are no re-occurring costs.

**What should my child wear for practice?**

Clean practice gear should be worn at all times. No jeans or clothing with zippers or buttons is allowed on the mats, as they can injure other wrestlers and tear the mats. Sweat pants, shorts, tee shirts, and sweatshirts are appropriate. Remember, if a singlet is worn to practice, it is now dirty and needs to be washed before wearing again. Wrestling shoes should not be worn to practice, they need to be carried in. Put your wrestling shoes on downstairs or in the wrestling room. Also, no street shoes will be allowed on the mat. If you do not have wrestling shoes, then socks can be worn for practice.

**Do I have to take my child to tournaments?**

No, but wrestlers are expected to participate in our tournament.

**How much does it cost to go to the tournaments?**

Tournament costs vary; they range from \$10 to \$20 and some even more. Most tournaments we go to cost between \$12 - \$15.

**What do you need for tournaments?**

Although some tournaments require an AAU or USA card, most will just require you to pay the entry fee. A uniform / singlet is also needed and can be purchased locally. Wrestling shoes are nice to have but not necessary for these events.

**Can I watch my child practice?**

Due to the rapid growth of our club, we do not have a lot of room in our practice facility for spectators. You are welcome to go up there to watch or check on your child. If you wish you either drop off your child for practices, or spend the practice time downstairs where it's cooler. Coaches will always be available to assist with any and all questions concerning practice or competition. If you come up into the wrestling room, remember, **TAKE YOUR SHOES OFF, NO STREET SHOES ON THE WRESTLING MATS.**