

## Frequently Asked Questions (FAQ)

### **What are the wrestling Fees for the 2019 season?**

The Cobra wrestling fees vary, depending on which level you are at. The fees are as follows:

#### **Wrestling TOT:**

First wrestler cost is \$25 and \$15 for each additional wrestler from the same family. A TOT is a first year wrestler in Pre-K and Kindergarten

#### **Wrestling Beginner:**

First wrestler cost is \$40 and \$25 for each additional wrestler from the same family. A beginner wrestler may be in 1st, 2nd or 3rd grade. (3rd grade wrestler that has not talked to a coach about intermediate practices should practice with the beginner group. This will allow them to learn at a rate more suitable for them)

#### **Wrestling Intermediate:**

First wrestler cost is \$45 and \$20 for each additional wrestler from the same family. An intermediate wrestler might be in 2nd or 3rd grade that has been wrestling for 3 or more years, or a wrestler that is in 4th - 8th 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

#### **Wrestling SWIFT:**

The cost for SWIFT (Advanced) wrestling will be \$75 and \$50 for each additional wrestler from the same family. If you have more than one family member that is ready for SWIFT, talk to a coach about second and third wrestler pricing. SWIFT is for advanced wrestlers who are ready for the challenges that advanced wrestling brings. Some travel is required, possibly overnight stays. This level will also comprise the dual team

Your wrestling entitles you to raffle tickets, a \$15 value, so when you sell the raffle tickets, you keep the money and all you need to do is turn in the stubs. Additional raffle tickets can be issued for you to sell to defer the cost of wrestling. The drawing will be held during the "Cobra Wrestling Club Tournament". Prizes are: 1st (\$100), 2nd (\$75) and 3rd (\$50).

### **At what age should my child start wrestling?**

For the very young (4-5) we have started a Tot's program, beginners is generally made up of 6-8 year olds.

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

Practices for TOT's, Beginners and Intermediates 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. SWIFT practices will be split between TJ and Underwood. Practice times will be posted on the calendar.

### **The season has already started, is it too late to sign my child up?**

We will accept new wrestlers up until the New Year in January or once we are filled to capacity. Once January comes or capacity, it will be too late in the season for your child to join. We encourage you to come back next Fall to join COBRA at that time.

### **Are there monthly dues?**

No, there are no re-occurring costs.

### **What night are the practices?**

The practice schedule can be seen by clicking on the "Schedule" link on the home page.

### **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. Some will require an AAU card which is \$14 / annually.

**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, t shirts, and sweatshirts are appropriate. Also remember, if a singlet is worn to practice, it is now dirty and needs to be washed before wearing again.

Also wrestling shoes must be worn on the mats at all times. If no wrestling shoes, then socks can be worn for practice.

**What do you need for tournaments?**

Although some tournaments require an AAU 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 much room in our practice facility for spectators. You can go up and watch, but there is limited space for standing or sitting and anytime you are on the mats, please remove your shoes. We are attempting to keep the mats as clean as possible. It is OK to drop them off and return to pick them up once practice is over. If you are watching your child practice, please do not coach your child. This could inadvertently intimidate your child's partner and make for a bad experience for all parties involved. Conflicting advice or criticism also works against the coach's efforts and only serve to confuse and de-motivate your child. If you feel you have the experience and ability to contribute to the club as a coach, volunteer your services through the proper channels.

**Can I coach my kid on the mat during tournaments?**

If at all possible, do not coach your child. Please find a coach if one is not standing ready with your child right before the match. Your job is to support, love and hug your child no matter what. Conflicting advice and criticism work against the coach's efforts and only serve to confuse and de-motivate your child. If you feel you have the experience and ability to contribute to the club as a coach, volunteer your services through the proper channels.

**When do Raffle Ticket stubs need to be turned in?**

The sooner the better, but for sure one week before our tournament in January.

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

Yes, all you need to do is ask any coach for another booklet or two. Use the proceeds to help defray the cost of tournaments, wrestling shoes or any other wrestling expense you see fit. All you need to do is turn in the stubs for the drawing.

**How do I sign up for tournaments?**

Most tournaments require you to sign up on-line. For those that do not, we will provide sign up instructions at that time.

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

No, but beginners are expected to participate in the Cobra tournament.

**How do I know if practice is cancelled for a weather event?**

If school is cancelled, practice is cancelled. We will also post a note on Facebook.

**How do I get a Singlet? What do they cost?**

Singlet's can be purchased through us for \$45. The order for singlets will be done a few days before or after December 1<sup>st</sup>. This is done so we get them back before team pictures in January. There is a 5 to 6 week turnaround on Singlets. There will be a posting on the website when they arrive and can be picked up at practice. There are a variety of other outlets that sell singlets, all are OK to wear.