

TOURNAMENT CHECKLIST FOR CWO PARENTS & WRESTLERS

If and when your child is ready to compete in a youth wrestling tournaments, the following is a checklist of things to do before, during and after tournaments:

BEFORE THE TOURNAMENT

1. If you are attending one of the CWO "Team" tournaments, a tournament flyer will be emailed out at least one week prior to the competition date. All "Team" tournament flyers will also be posted on the CWO Team website at the following location: www.columbuswrestling.org/Tournaments/

The date, name and link for the tournaments are listed on this page. This web page contains all Team tournaments as well as pre-season and other opportunity tournaments.

2. Getting your child registered for a wrestling tournament will be done one of two ways, either mailing in the entry form or registering on-line.

Mail-in entry:

Parents will need to print and fill out the requested information on the tournament flyer and mail their entry form along with the required payment on their own. Be sure to mail the entry form in early to make sure it arrives prior to deadlines set by the host. An example of an entry form is attached at the end of this document.

On-line registration:

Several tournaments we attend require registration to be done on-line using the TrackWrestling website. The steps for registering for a TrackWrestling tournament are at the end of this checklist. Parents will be required to register on-line and pay for those tournaments on their own also. Be sure to register by the deadline posted by the host, once the on-line registration closes, there is usually nothing that can be done to get your child registered.

NOTE: Some tournaments do allow "walk-in" registrations. There is normally an extra fee to use this option but it does provide the opportunity to get into some tournaments by simply going there and registering at the door. Have your entry form filled out and payment ready prior to arriving at the tournament to speed up the registration process.

3. Some tournaments towards the end of the season will require a USA Insurance Card for entry. This card is purchased by the CWO for each wrestler who has signed up and paid for the "CWO Team". We will have each of your USA cards printed and available at practice prior to those tournaments.
4. For all tournaments, please note the check-in & weigh-in times and if there is a tournament limit for the number of wrestlers allowed, register early for those!!.
5. Days leading to the tournament - eat healthy, drink liquids, and get enough sleep.

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DAY OF TOURNAMENT – AT HOME PREPERATION PRIOR TO LEAVING

1. Wrestlers - bring along ALL your wrestling equipment: headgear, shoes, singlet, t-shirt, shorts, sweats, etc. There will be a place to change at the tournament. When you are not wrestling, wear a minimum of a t-shirt and shorts and possibly a sweatshirt to stay warm. We strongly suggest you label all your clothing as we have many kids in our club with the same apparel. **DO NOT LABEL THE CWO TEAM SINGLETS.**
2. Parents - bring along something to do for yourself. There is a waiting period after check-ins / weigh-ins and before the tournament begins. We prefer parents keep their wrestlers at the host location in case there are any issues immediately following weigh-ins.

DAY OF TOURNAMENT - CHECK-IN AND WEIGH-INS PROCESS

1. Registration / check-in is often early in the morning (7 – 9 a.m.) for the youngest wrestlers and then staggered throughout the day as the age/grade divisions get older. For the early check-ins/weigh-ins, so not worry about eating before you arrive to check in and get weighed in. Best bet is to bring along food. Most tournaments have concessions; but to save money bring something to eat for breakfast and/or lunch. Also bring your own water and sport drink. Note that some schools do not allow coolers in the gym.
2. Once you arrive at the tournament, parents will have to pay admissions but wrestlers will be allowed entrance since they have paid the tournament entry fee.
3. Once you have paid admissions, find the wrestler check-in area. For those tournaments that have mail in entries, they will likely give you a weigh-in card to take to the weigh-in area, usually a locker room in the building. For those tournaments that had on-line registrations, they may or may not have check-ins cards and you will likely just proceed to the weigh-in area.
4. Proceed to the weigh-in area with your card, if provided. All wrestlers will have to step on a scale and have their weight recorded for the tournament. Wrestlers should weigh in with minimal clothing on so you are as close to natural weight as possible. We would suggest simply weighing in with your singlet on, WITHOUT shoes, headgears, shirts or shorts, etc.
5. Wrestlers will also have their finger nails check for length and smoothness as well as having their skin checked for any skin infections. Please make sure all wrestlers keep their nails trimmed short and smooth. If you suspect your child may have a skin infection, you will need a doctor's note stating it is currently being treated and is not contagious. If you don't have a note, your wrestler will NOT be allowed to compete.
6. Once you have weighed in, go eat if you have not done so. Please eat something healthy!! Don't eat something that is greasy or hard to digest, focus on foods that will fuel your body with energy. And of course, get hydrated as wrestlers lose a lot of water through sweating.

TOURNAMENT CHECKLIST FOR CWO PARENTS & WRESTLERS

WARMING-UP / WAITING TO WRESTLE

1. Support your team and stick together - remember you are representing the Columbus Wrestling Organization (CWO) and our community. We will warm up together as a team, even when there are two or more gyms. When you are not wrestling, watch and support your teammates. It's a good way to learn. Never forget that you are representing CWO. Be respectful, follow directions and be a good sport. Parents too! Wrestlers always clean up after yourself including empty sport drinks, water bottles and trash from any snacks you eat throughout the day. We ask that all of our parents do the same when sitting in the bleachers at all events. Please place all of your garbage trash/recycle cans.

WRESTLING THE TOURNAMENT

1. After weigh-ins, the tournament organizers group the wrestlers based on weight, age and possibly experience. This is referred to as "Bracketing".
2. Bracketing - once the host club completes the grouping of wrestlers, they will post bracket sheets on a wall somewhere in the building. The coaches will be hovering over these brackets making sure all of their wrestlers are in a bracket and determining which mat they will each wrestle on. We ask parents and wrestlers to please stay back and let the coaches get the information first so we can then let our wrestlers know which mat to go to for wrestling. Each wrestler will be told a BRACKET number and a MAT number.
3. We want our wrestlers to all stay in a group on the mats while the coaches get their bracket number and mat assignments. We will let all the wrestlers know this information and send them to the appropriate mat. Wrestlers will stay on that mat the entire tournament unless they are moved towards the end to help speed up the tournament by using mats that have emptied.
4. Most tournaments, especially for the younger wrestlers, are run in a "Round Robin" format. This means that your child should wrestle at least 3 matches. It depends on the number of other wrestlers that show up in the same age/weight category. There are 3 periods for each match. Each wrestler will compete in each period for 1 minute. Older wrestlers in grades 5-8 may get 1½ minute periods. Each mat will wrestle though all brackets one time before starting back over with the first bracket and wrestling the second round. Wrestlers are asked to stay at or very near the mat they are assigned to so they can hear their names being called when they are coming up to wrestle. Generally the tournament will have some indication showing what bracket is currently wrestling (bracket hung from top of pole) and which bracket is coming up next or "on deck" (bracket hung below the top bracket). Once you see your bracket number on the pole in the "on deck" position you need to start moving around and get prepared to wrestle.
5. We will make sure to have a coach on each mat to help assist your child and coach them while wrestling each match. Please understand that there will be times when we have several wrestlers going at the same time and we may have one coach covering two mats. Most tournaments are very good about not starting a match unless both wrestlers have a

TOURNAMENT CHECKLIST FOR CWO PARENTS & WRESTLERS

coach in the corner. We will remind our wrestlers also to not start their match without one of our coaches being there.

AFTER EACH MATCH

1. As a sign of good sportsmanship, after the match is complete, each wrestler is to go and shake the hand of the opposing wrestler's coach. Win or lose, we demand good sportsmanship and respect for the referee, our opponents and the opposing coaches!!
2. After our wrestler has shaken the opposing coach's hand, we want them to go to our coach assigned to that mat so talk so they can give them some final tips about the match just wrestled and give them "pep talk" before going elsewhere.

AWARDS

1. Tournaments usually give out some type of award to all wrestlers in the form of a medal or trophy. After your last round, STAY with your group and proceed to the awards area. Some tournaments may have the awards at the table next to each mat. Parents may take photos at any time throughout the tournament. Wrestling is finished for each wrestler once the award is received.
2. BEFORE WRESTLERS LEAVE THE TOURNAMENT, please have them show the coach assigned to their mat their award. The coaches want to know how you finished up and be sure that you received the correct award. There are times when the child gets the wrong award and the coach can take care of the error.

OTHER IMPORTANT THINGS TO REMEMBER

1. Wrestlers - make sure that you keep track of your belongings. It is recommended that expensive games or items be left at home. Neither the tournament nor the CWO is responsible for lost items.
2. Parents - if you have never attended a youth wrestling tournament, they may seem at first a bit overwhelming. Plan on being gone a big part of the day especially if you have children in more than one age group. Some tournaments may start at 9 a.m. and not get done until 4 p.m. It may appear to be chaotic in the beginning; however have faith, most tournaments are well run. For all of our fans - you will spend most of your time sitting on a bleacher, if you need it - bring something soft to sit on or something to support your back. Bring along water and food for yourself too. Most tournaments have concessions, clothing, and other things for sale.
3. Remember --- nose bleeds may happen and tears may flow during wrestling. This is a personal sport and kids need to learn how to handle it when it's not going their way. The coaches are there to coach and will be truthful with your child and support him/her. Your job is to be the supportive parent and give the hugs and pats on the back for their courage to participate in this amazing sport.

SCHUYLER WRESTLING CLUB TOURNAMENT

401 Adams St. Schuyler, NE
JANUARY 13, 2019

<u>DIVISION</u>	<u>WEIGH-INS</u>	<u>WRESTLE AT:</u>
Pre-School – K	7:00 – 7:45	9:30
1 st – 2 nd	7:00 – 7:45	9:30
3 rd – 4 th	8:00 – 10:00	11:30
5 th – 6 th	10:00 – 11:30	1:00*
7 th – 8 th	11:00 – 1:00	2:30*

*Will start early if ahead of schedule!

WEIGHT CLASSES: No set weight classes, classes to be determined after weigh-ins, 4-man round robin brackets for Preschool thru 2nd grade. 8-man brackets where possible for 3rd thru 8th grades.

SCORING: NHSAA folkstyle rules with three one minute periods, with all periods starting neutral. 7th and 8th grade will wrestle three 90 second periods, with choice in second and third period. Huskerland modified rules. **Double elimination** for 3rd thru 8th grade. No challenge for second.

AWARDS: 3-D Arrowhead medals will be given to the top four places in each class.

ENTRY FEE: \$15.00. Late entries and call in's will be \$20.00 at the door. **Entries limited to 500 wrestlers!**

OFFICIALS: There will be five registered officials at this tournament with 2 young officials.

CONCESSIONS: Breakfast and lunch will be served. **NO COOLERS IN GYM!**

MATS: There will be at least 6 large mats to wrestle on.

ADMISSION: Adults: \$5.00, Students: \$3.00

TEAM TROPHIES: 1st and 2nd place team trophies will be given in 2 classes. Class A will be the top 30%, Class B the rest.

** In case of inclement weather, please check out our **Facebook page: Schuyler Wrestling** for any delay's or cancellations

Please fill out the application and return on or before **Jan 10, 2019**

NAME JOHN SMITH GRADE 4th
ADDRESS 555 4th ST, Columbus, NE WEIGHT 52 lbs
CLUB C.W.O. PHONE 555-555-1234
2018 CLUB RECORD 12-8 2019 CLUB RECORD (if any) 2-2

LIABILITY WAIVER: In consideration of you accepting this entry, I hereby for my heirs, executors, my administrators, and myself waive and release all my injuries suffered by me at or in connection with the 2019 SCHUYLER TOURNAMENT, SCHUYLER WRESTLING CLUB, and SCHUYLER COMMUNITY SCHOOLS.

WRESTLER SIGNATURE John Smith

PARENT or GUARDIAN SIGNATURE Robby Smith

Send all entries to: Al Sucha (Tournament Director)
2007 B Street
Schuyler, Ne 68661

Cell Phone # (402) 615-0341

Make checks payable to: **SCHUYLER WRESTLING CLUB**

The following instructions will help parents get started with Trackwrestling.com. The process to becoming a member and how to sign up for a tournament.

Trackwrestling.com athlete database is tied into the USA Wrestling Membership

To get started, follow these steps...

1. Type trackwrestling.com into web browser.
Click Register (right hand side of the top menu bar)
Choose- A Trackwrestling member

The screenshot shows a web browser window displaying the Trackwrestling.com registration page. The browser's address bar shows the URL: <http://s202.trackwrestling.com/tw/membership/TWRegistration.jsp?TIM=268181&twSessionId=rhjervmghudmfr&fromDomain=0.00202>. The page features the Trackwrestling logo and a navigation menu with options: TRACK, GOLD (highlighted), BROWSE, MANAGE, SERVICES, and REGISTER. Below the menu, there is a 'REGISTER myTRACK' button. The main content area is titled 'REGISTER' and lists reasons for registration in three columns:

To run a tournament	To be a Dual Administrator	A Trackwrestling Member
Wrestlers for a tournament	For the Statistics Program	To have a Trackwrestling Profile
To receive text/email alerts	Your club with Trackwrestling	To have a myTRACK Account
For TWU online courses	To be a Distinguished Club	To be a Gold Member

Below this list, the 'Registration' section includes links for [Why Register?](#), [Register Now](#), [Member List](#), [Member Login](#), and [Rankings](#). The registration form contains the following fields:

- * First Name:
- * Last Name:
- * Birth Date (MM / DD / YYYY): / /
- * Team:
- * Hometown:

A note below the birth date field states: "Date of birth is extremely important to enter correctly. It will be used to place you into the correct division when you attend tournaments. Please make sure it is entered correctly."


2. Register your Wrestler- Enter necessary Wrestler and Contact Information, then click Register button.

http://s202.trackwrestling.com/tw/membership/TWRegistration.jsp?TIM=268181&twSessionId=rhjenmghudmfr&fromDomain=0.00202

Central Texas Region - Tourna... Services Trackwrestling Registration

File Edit View Favorites Tools Help

Norton ? Expired

 **TRACKWRESTLING**

TRACK GOLD BROWSE MANAGE SERVICES REGISTER myTRACK

Registration

[Why Register?](#) | [Register Now](#) | [Member List](#) | [Member Login](#) | [Rankings](#)

* First Name:

* Last Name:

* Birth Date (MM / DD / YYYY): / /

Date of birth is extremely important to enter correctly. It will be used to place you into the correct division when you attend tournaments. Please make sure it is entered correctly.

* Team:

* Hometown:

* State: Wisconsin ▼

* Email:

USA Card No:

AAU Card No:

Approximate Weight:

Grade: ▼

Register

10:59 AM
10/29/2013

3. This will appear once you click on Register. You will have a trakwrestling no# for your wrestler

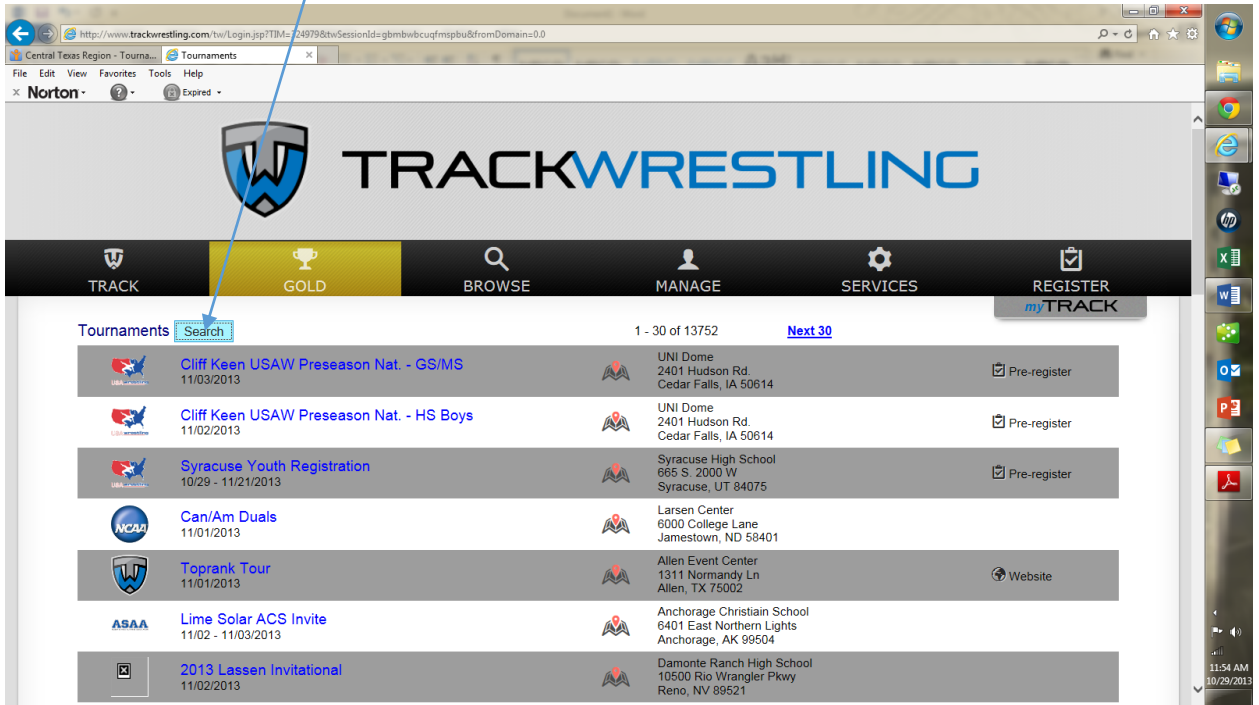
The screenshot shows a web browser window with the URL <http://s2002.trackwrestling.com/tw/membership/TWRegistration.jsp?TIM=1383070152802&twSessionId=rhjernvghudmfr&doct=true&clubCoachId=&goldTWId=&dmWrestlerId=&closeOnSuccess=>. The page features a navigation bar with icons for TRACK, GOLD, BROWSE, MANAGE, SERVICES, and REGISTER. A 'myTRACK' button is also visible. The main content area is titled 'Registration' and includes several links: [Why Register?](#), [Register Now](#), [Member List](#), [Member Login](#), and [Rankings](#). A yellow highlighted message states: 'John Doe (Top Dog Wrestling) born 03/04/1999 has been successfully added and is assigned trackwrestling #9738076'. Below this is a registration form with the following fields: * First Name, * Last Name, * Birth Date (MM / DD / YYYY) with a note: 'Date of birth is extremely important to enter correctly. It will be used to place you into the correct division when you attend tournaments. Please make sure it is entered correctly.', * Team (Top Dog Wrestling), * Hometown (Corpus Christi), * State (Texas), * Email (capetillosgirl@hotmail.com), USA Card No., AAU Card No., Approximate Weight, and Grade. A 'Register' button is located at the bottom of the form. The footer contains the text: '©2003 Trackwrestling.com LLC | Wrestling Software & Services - Trackwrestling All Rights Reserved | [Contact](#) | [Privacy Policy](#) (3/07/6/0 00202)'. The system tray shows the time as 11:10 AM on 10/29/2013.

Signing up for a Tournament.

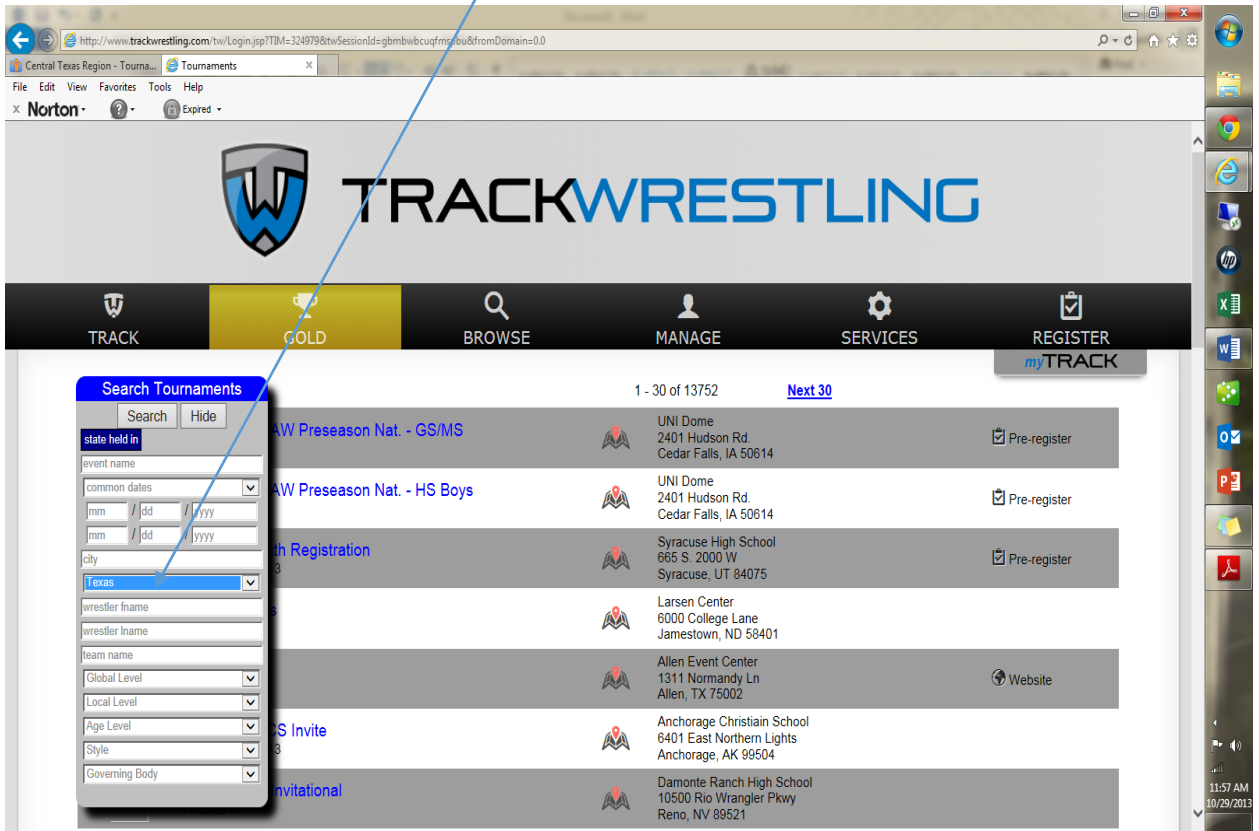
1. Go to Trackwrestling.com click the browse tab.
2. Click on Tournaments on Right hand side

The screenshot shows the Trackwrestling.com website in a web browser. The browser's address bar displays the URL: <http://www.trackwrestling.com/tw/TWHome.jsp?TIM=1383072539137&twSessionId=gmbwbwbcuqfmspbu>. The website features a navigation menu with the following items: TRACK, GOLD, BROWSE, MANAGE, SERVICES, and REGISTER. The BROWSE menu is expanded, showing a list of options: Tournaments, Seasons, Profiles, Rankings, Play by Play, and Wisc. Weight Management. To the right of the BROWSE menu, there is a section titled 'Feature Matches' with the following entries: Ty Chandler **dec** Carter Schubert, Marcus Medina **dec** Carter Schubert, Ote Allsup **dec** Lillian Freitas, Lucas Hall **dec** Kaden Gfeller, and Devin Bobzien **dec** Layne Kleimann. A link for 'More Matches' is also present. At the bottom of the page, there is a banner for 'GOLD MEMBER BENEFITS' with the text 'More in Recent' and 'JOIN FOR \$50 ANNUALLY'. The browser's taskbar on the right shows various application icons and the system clock indicating 11:51 AM on 10/29/2013.

- This will appear . Click on Search



- In city held in type in Texas and search.



5. Find your tournament and click on Pre-Register

The screenshot shows the TrackWrestling website's tournament page. The header includes the TrackWrestling logo and navigation tabs: TRACK, GOLD, BROWSE, MANAGE, SERVICES, and REGISTER myTRACK. Below the header is a search bar and a list of tournaments. The 'Cyclones All Ages Tournament TX-SOUTH' is highlighted, with a blue arrow pointing to its 'Pre-register' button.

Tournaments	Location	Actions
Toprank Tour 11/01/2013	Allen Event Center 1311 Normandy Ln Allen, TX 75002	Website
Cyclones All Ages Tournament TX-SOUTH 11/02/2013	Spring Klein Wrestling Club 18016 East Strack Spring, TX 77379	Pre-register Event Flyer
Raiders Munster Match-TX West Region 11/02/2013	Randall High School East 5800 Attebury Amarillo, TX 79110	Pre-register Event Flyer
WESLEY INVITATIONAL WRESTLING TOURNAMENT 11/09/2013	Trinity Fellowship Church 5000 Hollywood Rd. Amarillo, TX 79118	Pre-register Event Flyer
Cinco Ranch HS Big 12 Invitational 11/16/2013	Cinco Ranch High School 23440 Cinco Ranch Blvd Katy, TX 77494	
Cyclones F5 Wrestling Tourn. TX-SOUTH 11/16/2013	Spring Klein Wrestling Club 18016 East Strack Spring, TX 77379	Pre-register Event Flyer
Iron Soldier Open 11/16/2013	Stout Fitness Center Bldg 2930, Cassidy RD Fort Bliss, TX 79916	Pre-register

6. This will appear and click on register now

The screenshot shows the registration page for the 'Cyclones All Ages Tournament TX-SOUTH'. The page includes a 'Quick Reg Login (Help)' section with fields for Email and Password, and an 'Existing Registration' section with fields for Invoice # and Password. A 'Register Now' button is highlighted with a blue arrow.

Cyclones All Ages Tournament TX-SOUTH

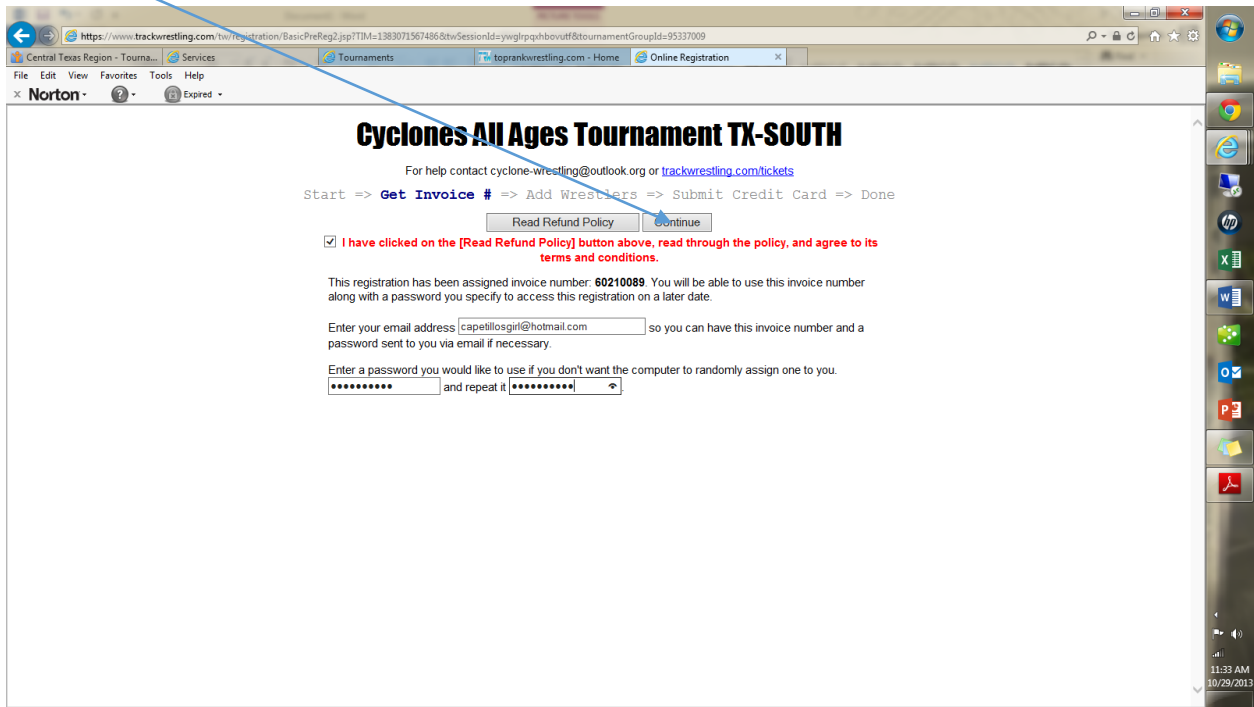
For help contact cyclone-wrestling@outlook.org or trackwrestling.com/tickets

start => Get Invoice # => Add Wrestlers => Submit Credit Card => Done

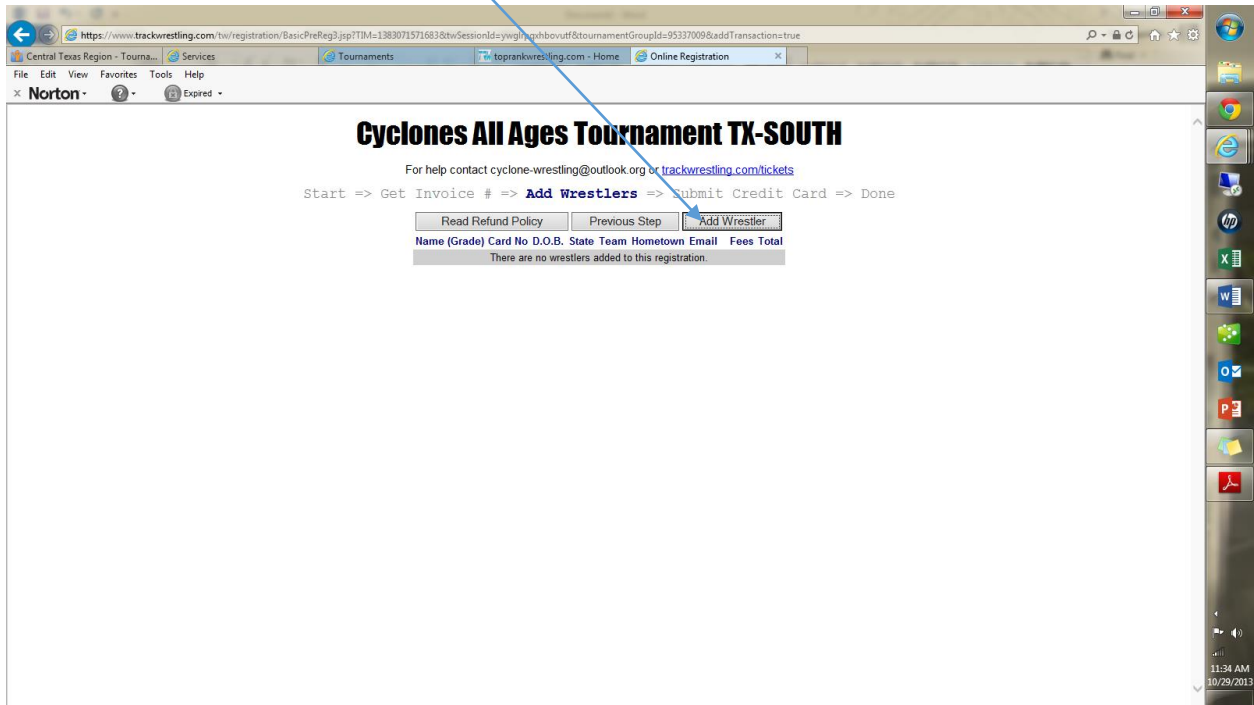
[Read Refund Policy](#) [Register Now](#)

Tournament	Close Date/Time	Matrix	Wrestler List
Cyclones All Ages Tournament TX-SOUTH	11/01/2013 11:00 p.m. C.S.T.	Not Available	Wrestler List

7. Fill in all the boxes and then click continue



8. This appears and click add wrestler



9. This will appear and enter your wrestler's trackwrestling NO# then click enter on your keypad

Optional: enter your trackwrestling # 9738076 to autofill this form. [Get Trackwrestling # Now](#)

USAW Online Membership Id or Card No.: (leave blank to buy onsite) [Purchase Now](#)

First Name:

Last Name:

Birth Date (mm/dd/yyyy): / /

Grade:

State:

NOTE: The team you select is used to separate you from other wrestlers on your team when brackets are built, so be sure to thoroughly check the existing team drop box before adding a new team.

Team:

New Team:

Home Town:

Email Address:

Cyclones All Ages Tournament TX-SOUTH

Make sure you check ALL events you wish to compete in above.

11:35 AM
10/29/2013

10. Step 9 will auto populate your wrestlers info. Now just fill in the lower half. Make sure you have checked marked your tournament and fill in the drop downs. Then click on add this wrestler

Add Wrestler

Optional: enter your trackwrestling # to autofill this form. [Get Trackwrestling # Now](#)

USAW Online Membership Id or Card No.: (leave blank to buy onsite) [Purchase Now](#)

First Name:

Last Name:

Birth Date (mm/dd/yyyy): March / 4 / 1999

Grade: 1st

State: Texas

NOTE: The team you select is used to separate you from other wrestlers on your team when brackets are built, so be sure to thoroughly check the existing team drop box before adding a new team.

Team: Top Dog Wrestling

Home Town:

Email Address:

Cyclones All Ages Tournament TX-SOUTH

Select a Division

Select an option

Make sure you check ALL events you wish to compete in above.

11. Once you click add wrestler on step 10 this will appear and click continue to pay for tournament entry.

Cyclones All Ages Tournament TX-SOUTH

For help contact cyclone-wrestling@outlook.org or trackwrestling.com/tickets

Start => Get Invoice # => **Add Wrestlers** => Submit Credit Card => Done

Read Refund Policy Previous Step **Add Another Wrestler** Continue

At this point your registration is not complete: Enter ALL wrestlers that will be part of this registration using the [Add Another Wrestler] button and then click on the [Continue] button to complete the final steps.

Name (Grade)	Card No	D.O.B.	State	Team	Hometown	Email	Fees	Total
John Doe (1st) (edit) (delete)		03/04/1999	Texas	Top Dog Wrestling	Corpus Christi	capetilosgirl@hotmail.com	\$15.00	\$15.00
Registered for: Cyclones All Ages Tournament TX-SOUTH - D5 88 - Average							\$15.00	\$15.00
Total:								\$15.00

12. Fill in info and submit!!

Cyclones All Ages Tournament TX-SOUTH

For help contact cyclone-wrestling@outlook.org or trackwrestling.com/tickets

Start => Get Invoice # => Add Wrestlers => **Submit Credit Card** => Done

Previous Step

Your registration is still not complete!!

Billing Contact

First Name:

Last Name:

Address:

City:

State:

Zip:

Day Phone:

Night Phone:

Email Address:

Amount Due: \$15.00

Credit Card Information

Credit Card Type:

Credit Card Number:

3-digit security code: [\(help\)](#)

Expiration Date: /

Submit Registration