



2011-12
Hurricanes Registration Information



Haymarket Hurricanes Wrestling
P.O. Box 48
Catharpin, Va. 20143
Registration: Nancy Ourada
571-405-9991

hkthurricanes@gmail.com
www.haymarkethurricanes.com



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Thank you for showing an interest in the Gainesville/Haymarket Youth Wrestling Program, "The Haymarket Hurricanes."

The Haymarket Hurricanes is a youth program for beginners as well as for experienced wrestlers, **ages 7-14**. The Hurricanes draw from the Gainesville/Haymarket area. The program is part of the Northern Virginia Wrestling Federation, which has thirty eight teams from all over Northern Virginia, including Prince William, Fairfax, Loudon, Stafford, Spotsylvania, Fauquier, Culpeper, and Orange Counties.

The 2011-12 season will be the fifth year for the Hurricanes Program. Last year's season proved to be another successful year for the Hurricanes. In just four years, the Hurricanes had an unprecedented sixty six wrestlers enrolled in the program, making it one of the largest programs in the Federation.

Hurricane Coaches

The Haymarket Hurricanes Wrestling Program has outstanding coaches working with our wrestlers. The Hurricane coaching staff is a highly qualified staff consisting of: former collegiate and high school champions, experienced high school coaches, experienced educators and experienced youth club coaches. Our coaches use patience, sound

instruction, sportsmanship and character as the backbone to the Hurricanes program. Our coaches are committed and dedicated to teaching techniques, fundamentals and providing the knowledge it takes to become a sound wrestler. At the same time, they effectively introduce kids to the sport in a positive way. Our coaches are looking forward to working with your kids and helping them develop as wrestlers, as well as good citizens.



Hurricane Philosophy

There are many skills a child needs to become the wrestler they aspire to be. Technique, fundamentals, desire, sportsmanship and knowledge are all critical qualities to properly develop someone as a wrestler or as a young athlete. The development of these qualities takes time. It is the responsibility of parents and coaches to show patience and instill patience in the child through encouragement and support, as wrestling does not come quickly or easily to most.

Sports offer many opportunities for children and parents to learn lessons about life, as well as the skills necessary for success. The Haymarket Hurricanes Wrestling Program is a wonderful opportunity for your child to learn the skills necessary to be a successful wrestler and learn how to handle success and failure. Success means they achieved a goal. Those successes and achievements should be recognized and rewarded with praise, and then new goals should be set. Failure means they fallen short of their goals, but giving up is not an option. They will not give up as long as parents and coaches stay positive and use praise and encouragement as the backbone to our team. The Hurricanes will have children at all levels of experience and skill. One child's accomplishment might be routine to another. Team work and cooperation will be a common thread that will bond the kids as a team, grow them as a wrestler and as a person. No one team member will be more important than the other, and all of us will recognize that everyone has something to offer. Our programs goals will be for each wrestler to line up in a proper stance, perform wrestling moves using proper technique developed through drilling and repetition, grasp an understanding of the sport of wrestling, learn to handle success and failure, and learn to compete. With your help, the Haymarket Hurricanes Wrestling Program will work to

develop your child in these areas.

Volunteer Support

We will need coaching assistance during practice and matches, fund raiser coordinator, spirit wear coordinator, match day volunteer coordinator, timers, score keepers, picture day coordinator, end of the season banquet coordinator, "IT" person to help with website and online registration. Parents and volunteers who embrace the Hurricanes philosophy are welcome to be a part of the Hurricanes Wrestling Team. Without your help, we can not accomplish what is needed for your child to gain the full benefit of participating. It does not matter if you have any experience in wrestling or coaching. There is no better way to bond with your child than to be part of their athletic experiences, in any way. This experience is all about what you make of it between you and your child. **ALL parents will be required to work as a score keeper and/or timer during tournaments.**

Who are the Hurricanes looking for?

The Hurricane program is looking for parents, volunteers and coaches who can be positive roll models and who will encourage and "Teach" every child, not just their own. The Hurricane program wants volunteers who will set an example of good sportsmanship and good character and who will "Teach" those qualities, as well as sound wrestling. The Hurricanes are looking for kids that have an interest in wrestling or who are open to learning something new and challenging.

Sportsmanship

Poor sportsmanship by coaches or parents such as, teaching or encouraging the use of unethical and illegal moves, yelling at kids, fans, referees, score keepers, timers, coaches and officials and the use of foul or profane language, will not be tolerated in the Hurricane program. **Poor sportsmanship by coaches or parents will result in you and your son's removal from the Hurricane program with no refund AND a recommended to the Federation Board that you be banned from all NVWF wrestling programs.** The Federation mandates that every wrestler and parent read and sign the **NVWF code of conduct form** included in this registration packet.

Parenting

If you are a parent that will be overly concerned about your child's win loss record, or you want your child to "toughen up," to be a killer, mean, nasty or "dominate," if you

want your child to cut weight to wrestle, if you are going to chew your child out each time he doesn't win or perform to your expectations, this might NOT be the program you are looking for. One of the goals the Hurricane program has for the child is to provide a positive experience so **the kid** will want to continue wrestling in the future. The things listed above are not compatible with that goal for a youth program.

This is a program to introduce children to the sport of wrestling not to springboard them into a high school state champion or a collage scholarship recipient. The hope and desire of the Hurricane program is to introduce your child to wrestling in a positive way. If they are allowed to grow as a wrestler, at their own pace, the chances are higher they will want to continue wrestling when they enter middle school and high school.

Registration

Registration **will close November 1, or until we reach our maximum capacity of 60 wrestlers in the program**, 30 wrestlers per group. Based on the limited size of the facility and for the safety of all the kids involved, we can not take more than 30 kids per group, 60 wrestlers total. **Sign up early:** We will begin registration on September 10, 2011 and continue to take kids until we reach our max of 60 wrestlers. **Registration will close on November 1, 2011.**

When and Where is Practice?

Practice will be held at Battlefield High School's wrestling room two nights a week, Monday/Wednesday or Tuesday/Thursday from 6:00-8:00 p.m. Your son's first practice will begin the first week of November. Your son will be assigned a group and days to practice based on their age, weight and experience. We will contact you to let you know which group prior to the first practice.

For an idea of which group your son should expect to attend:

Group "Purple"- wrestlers ages 7-9 will practice from 6:00-8:00 p.m. Mon/Wed.

Group "Black"- wrestlers ages 10-13 will practice from 6:00-8:00 p.m. Tues/Thurs.

Throughout the season there will be a "Black" practice, Tuesdays and Thursdays 6-8 p.m., and a "Purple" practice, Monday and Wednesdays 6-8 p.m.

Wrestlers can and will be moved from one group to another based on coaches' assessment and what is in the best interest of the wrestler. There will be optional practices over the winter break and some weekends when we don't have matches.

First Day of Practice

For the first day of practice your child will need: wrestling shoes, head gear, t-shirt and shorts. (Information about shoes and headgear is included.) Like any contact sport, there is the risk of athletes contracting a communicable disease. For the safety of our wrestlers and coaches, the practice mats are cleaned and disinfected before each practice. You are encouraged to purchase a skin cleaner that will protect your child, and those he comes in contact with, from contracting a communicable disease. You can purchase skin cleaner, "Hibiclens" at CVS.

All five Registration forms **must be completed and turned** with a check for \$115.00 made out to The Haymarket Hurricanes. Registration forms 1-5 included. Do not wait until the first day of practice for registration. Get it in early. We will close registration at 60 wrestlers or on November 1.

Weekend Matches

Wrestling matches will be held on Saturdays or Sundays at various high school locations in Northern Virginia such as Fairfax, Prince William, Loudoun, Stafford, Spotsylvania or Fauquier Counties. Our first match will be on December 18, or 19, and the season final Regional Tournament will be held at the end of February. The wrestlers are grouped by age, weight and experience level. Each wrestler's time commitment for a weekend match is approximately two or two and half hours.



What Do You Need to Wrestle for the Haymarket Hurricanes?

- **Make a check payable to:** The Haymarket Hurricanes for \$115.00. Send your check and completed registration forms 1-5 and a **COPY** of proof of age (birth certificate, military I.D.) to:
The Haymarket Hurricanes, P.O. Box 48, Catharpin VA. 20143
Remember Registration closes when we reach 60 wrestlers or by November 1, 2011. Get it in early.
- **Wrestling Gear:** You will need to purchase a pair of wrestling shoes, and head gear. You can purchase Youth wrestling shoes and Youth Head Gear at a number of youth wrestling websites. A good youth beginner shoe is the Adidas Mathog Jr. or Asics Fuerte JR. for around \$22.95. A good beginner youth headgear is the Cliff Keen Youth Tornado Headgear for around \$29.00 can order wrestling shoes and headgear on a number of youth wrestling sites.
- **Uniform/Spirit Wear:**
A wrestling singlet will be issued to your son to use for matches. He will use it throughout the season and turn it in at the end of the season. Each wrestler will be given a Hurricanes t-shirt and shorts to keep. You will have the option to order

spirit wear items such as t-shirts, sweat shirts, beanies, and the Hurricane Jacket at the beginning of the season, all at cost.



- Complete the following Registration Forms:
 - a. Form #1 Wrestler Information Sheet.
 - b. Form #2 NVWF Emergency Permission Form.
 - c. Form #3 NVWF Participants Waiver and Release.
 - d. Form #4 Volunteer Coach Information Waiver.
 - e. Form #5 Code of Conduct Form, signed by wrestler AND parent.

- Include proof of Age: NEED a COPY of Birth Certificate, Military

ID, or other document that verifies your child's proof of age. **Can not wrestle without it.**

Please contact Nancy Ourada if you have questions. Please pass along the registration information to anyone who has an interest in a wrestling experience for their child.

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Form #1



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Wrestlers Name _____ Age _____ Approx Weight _____

(As of Dec. 31)

Wrestling Experience (none) _____ (1 yr) _____ (2 yr) _____ (3 yr or more) _____

Parent (Guardian) #1 _____

Address _____

Phone (H) _____ (C) _____ (W) _____

E-mail (1) _____ (2) _____

Parent (Guardian) #2 _____

Address _____

Phone (H) _____ (C) _____ (W) _____

E-mail (1) _____ (2) _____

Parent Wrestling Experience (none) _____ (high school) _____ (college) _____

Coaching Experience (none) _____ (youth) _____ (high school) _____ (college) _____

*Please complete the Volunteer Coach Form # 4, if interested in coaching.

Form #2

NVWF EMERGENCY PERMISSION FORM

I, the undersigned, am aware that participating in NVWF wrestling may involve traveling with the team. I acknowledge and accept the risks inherent in this sport and with the travel involved and with this knowledge in mind, I grant permission for my child/ward to participate in this sport and travel with their team. In the event I cannot be reached in an emergency, I hereby give permission to physicians selected by the NVWF coaches/staff to hospitalize, secure proper treatment for and to order injection and/or anesthesia and/or surgery for my child named below.

CHILD'S NAME _____ BIRTH DATE _____
(print first, middle and last name) (As of Dec. 31)

STREET
ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

DAYTIME PHONE NUMBER _____
(where to reach you in an emergency with Area Code and extension)

EVENING/WEEKEND

PHONE _____ Cell _____, _____
(where to reach you in an emergency) Mother Father

Has child been prescribed an Inhaler or Epipen? _____
(must be present with child at practice and meets)

Is child presently taking medication? Yes ___ No ___ If yes, what type? _____

Please list date of last Tetanus shot _____ Are contact lenses worn? _____

Please list any allergies to medications, _____
etc. _____

Please list any health problems that might be significant to a physician evaluating your
child in case of an emergency _____

**This Emergency Permission Form may be reproduced to travel with your child's
team and is acceptable for emergency treatment if needed.**

Name of team _____

I authorize and certify all above information as true and
accurate. _____

(Legal Parent/Guardian signature) (date)

Form#3

2011-2012 NVWF PARTICIPANT'S WAIVER AND RELEASE

In consideration of the undersigned wrestler ("Participant") being allowed to participate in the Northern Virginia Wrestling Federation – sponsored wrestling practices, meets and tournaments for the 2010-2011 season: said Participant and his/her legal parent(s) and/or legal guardian(s), for themselves and each of their heirs, personal representatives and assigns, to the fullest extent lawfully permitted, release, discharge and covenant not to sue the Federation or its affiliated clubs, and their respective officers, administrators, coaches, trainers, meet coordinators, referees, sponsors, sponsoring agencies and advertisers, or the owners and lessors of premises in which such events occur, with respect to any and all claims, damages, or other liabilities arising out of the Participant's injury or death occurring during such events, whether in the course of training, travel or competition. The undersigned hereby acknowledge having adequate health insurance necessary to provide and pay for any medical costs that directly or indirectly result from any and all participation in this activity. Each of the undersigned acknowledges the sport of wrestling involves severe physical exertion and intense stress which can result in serious injury or in some rare circumstances, death; he/she agrees to assume the risks of such consequences. This Waiver and Release is freely and voluntarily given with full understanding of the inherent risks of participating in Northern Virginia Wrestling Federation's athletic competition.

Participant/wrestler _____
(print legal name) (signature) (date)

Parent/Guardian _____
(print legal name) (signature) (date)

Parent/Guardian _____
(print legal name) (signature) (date)

Form #4

Northern Virginia Wrestling Federation

VOLUNTEER COACH INFORMATION WAIVER



I, _____, attest that I do not have a criminal
(PRINT full legal name)

or related background that would prevent me from being able to work with children.

If you can not attest to the above or if there is any fact or circumstance involving you or your background that could call into question your being entrusted with the supervision, guidance and care of young people, please explain below:

I affirm that the information I have given on this form is true and correct.

Signature of volunteer

Date

Haymarket Hurricanes
Name of Club

Witnessed by Club Administrator

Date

Form #5

NVWF CODE OF CONDUCT

The NVWF Code of Conduct is strict and serious in our sport. All people associated with the sport are always expected to act with sportsmanship, dignity and respect for others. This includes coaches, parents, wrestlers, spectators, and referees.

Poor sportsmanship includes:

- Arguing with coaches, officials, teammates, opponents or spectators
- Using threatening or profane language
- Baiting or taunting coaches, officials, teammates, opponents or spectators
- Unsafe play
- Uncontrolled behavior on and off the mat.

Poor sportsmanship will carry, at a minimum, the following consequences:

- First Offense Verbal warning
- Second Offense Dismissal from meet
- Third Offense Dismissal from next meet
- Fourth Offense Dismissal from NVWF

We, parent(s) and wrestler, have discussed the NVWF Code of Conduct and agree to abide by it. We understand that there is no refund or recourse for dismissal from our program as a consequence of breaking this Code of Conduct.

Participant/wrestler _____
(print legal name) (signature) (date)

Parent/Guardian _____
(print legal name) (signature) (date)

Parent/Guardian _____
(print legal name) (signature) (date)

NVWF Wrestling Communicable Disease Information Sheet

Wrestling is a demanding and rewarding sport. The very nature of the sport lends itself to an increased risk of athletes contracting communicable disease, particularly skin infection. Transmission of disease and skin infection can be minimized when athletes take part in diligent and proper hygiene practices. Skin infections common to wrestlers include, but are not limited to ringworm (fungal infection), impetigo (bacterial infection), herpes (viral infections, and conjunctivitis (pink eye). Most skin infections can be treated by a physician, although there are some forms of skin infections that are not curable.

The following guidelines may reduce potential for contracting a communicable disease:

- All wrestlers should shower with soap and water immediately following practices or competitions before leaving the athletic area.

- All clothes worn during practice and competition and towels should be washed immediately after use.
- Athletes should carefully and thoroughly inspect all areas of their bodies for lesions or signs of skin disorders daily. This includes the entire scalp area.
- Lesions that are identified during self-inspection are to be brought to the immediate attention of their coaches, parents and medical provider.
- Athletes should bring any questionable lesions on fellow wrestlers to the immediate attention of their coaches, parents and medical provider.
- No wrestler may participate in practice or competition with any skin infections until it is diagnosed and determined non-contagious by their physician in writing.

Below are some guidelines that suggest minimum treatment before returning to wrestling:

- Bacterial diseases (impetigo, boils) = oral antibiotic for 2 days and no drainage, oozing, or moist lesions.
- Herpetic lesions (Simplex fever blisters, Zooster, Gladiatorum) = no new lesions in 48 hours and all lesions scabbed over. No oral treatment is required.
- Tinea lesions (ringworm skin/scalp) = oral or topical treatment for 7 days on skin and 14 days on scalp.
- Scabies, Head Lice = 24 hours after appropriate topical medical management.
- Conjunctivitis = 24 hours of topical or oral medication and no discharge.
- Molluscum Contagiosum = 24 hours after curettage.

The National Federation of High School Associations Rule 4-2-3 states:

“If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, his coach shall provide current written documentation from a physician stating that the suspected disease or condition is not communicable and that the athlete’s participation would not be harmful to his opponent. Covering a communicable condition shall **not** be considered acceptable and does not make the wrestler eligible to participate.”

The NVWF Commissioner has ruled only the official NFHSA form, “Physician Release For Wrestler To Participate With Skin Lesion,” will be accepted for their events. This form is available from your club’s coach or at: www.eteamz.com/novawrestlingfed .