North Hunterdon Wrestling Club

Handbook



03/01/2024

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NHWC At A Glance

- The NHWC is non-profit organization under Section 501(c)(3) of the Internal Revenue Code or corresponding section of any future Federal Tax Code
- Funded by registration fees, fundraising and sponsorships
- Open to boys and girls within the North Hunterdon High School sending district. The offseason allows for non-sending district individuals.
- K – 12th Grade
- 140+ Wrestlers in 2022
- A TOP wrestling program in New Jersey
- An Excellent Coaching staff featuring College and HS All-Americans
- Individual and team league champions
- Highly integrated with the North Hunterdon High School Wrestling Team, which has won numerous NJ State Titles, most recently in 2020, 2023, and 2025!

Mission

Provide Hunterdon County youth with the opportunity to learn important life values, including discipline, dedication, goal-setting, team play, and personal sacrifice through the sport of wrestling. Develop youth competitors into talented & respectful high school student-athletes who will be instrumental in making the North Hunterdon High School wrestling team #1 in the state of New Jersey.

Board

President: Eric Eisenhart
Vice President: Vin Ferraro
Treasurer: Megan & Chris Gahagan
Secretary: Janet Gattone
Coach's Chair: Rick Frondorf
North Hunterdon High School Wrestling Representative: Dan Pepe

Wrestling in North Hunterdon

NHWC is a component of the North Hunterdon wrestling universe. NHWC is independent from other organizations within the North Hunterdon area that support wrestling. NHWC is highly engaged with all local organizations to ensure NHWC's mission.

North Hunterdon High School

- Rents venues for wrestling events.
- Provides the North Hunterdon High School wrestling in-season program for Grades 9-12.

North Hunterdon High School Boosters

- Provide program support for the North Hunterdon High School in-season wrestling program.

NHWC

- An independent organization that provides an in-season program for grades K-8 and an off-season program for grades 3-12.

Seasons

In-Season

The NHWC K-8 in-season begins with practices in November and concludes with year-end tournaments in February/March.

Off-Season

NHWC offers opportunities for K-12 wrestlers outside of the standard wrestling season. The NHWC off-season starts in March and runs through mid-November.

Registration

Registration in TeamSnap is required. Registration ensures wrestlers are listed on the NHWC roster and are covered under the Club's insurance. In addition, registration in TeamSnap allows for communication of NHWC activities and events.

Gear

Gear provided by family:

- Wrestling shoes
- Head gear
- Workout clothes (Shirts / Shorts / Sweats / Socks)
- Wrestling hair cap (if applicable, e.g., for those with long hair)
- Mouth guard (if applicable, e.g., Braces)

Shoes and headgear can be ordered easily online - Dick's, Modells and Suplay are good options. It is recommended that the gear be labeled with the wrestler's name. Sharing of gear is not permitted.

Uniform

In-season

Kindergarten - 8th grade. Typically provided in late November by North Hunterdon Wrestling Club:
Shorts - yours to keep.

- Sweatshirt - yours to keep..
- Singlet – for competitions. On loan and to be returned to the Club at the end of the season. They will be checked out to each wrestler at the beginning of the season & returned by the End-of-Season Awards Event. We need to assess the

condition of each singlet during the off season, so please return it promptly at the end of each season. A singlet deposit is required at the beginning of the season to cover any ost or unreturned singlets. If your wrestler will be competing in the off-season, please contact the off-season coach and singlets will be re-issued before off-season competitions begin. Loaning out singlets allows for us to keep club registration fees low:

- Wrestlers do not need to purchase singlets. It allows you to exchange the singlet as your child grows or changes competition teams, at no cost to you!
- NHWC relies on singlets to be returned so that we do not have a shortage of singlets for next year's wrestlers, which would require purchasing more/new singlets.

Off-season

Dedication and commitment are required to receive offseason gear. NHWC provides off-season opportunities that include clinics and camps, many of which are no additional cost to club members.

Team Store

Typically opens in November. Offers a variety of North Hunterdon Wrestling Club gear and swag for both wrestlers & fans.

Shoe Swap and Gear Bin

Bin outside the wrestling room for “slightly used” (outgrown) wrestling shoes & headgear. Please consider donating your child’s wrestling gear that is now too small! This bin also serves as our lost & found, so if you lose your headgear, check the bin!

Practice Rooms and Structure

In-season

The K thru 8th grade in-season program typically offers 5 practice rooms. The rooms are based on grade/age, weight, and experience. Accommodations can be made to move a wrestler in/out of a practice room after consultation with practice room coaches. Practice Day(s) are usually to be determined and based on registration numbers and practice facility availability.

Pink (Girls only) Room

- Grades: K thru 8th
- Structure: ~12-Week program / Introduction to Wrestling / Competition is discussed and introduced / Exercises / Games / Fun

Green (Novice) Room

- Grades: K - 3rd graders
- Structure: ~12-Week program / Limited competition (if requested) / Laid back practice / Instruction /Exercises / Games / Fun

Black (Intermediate) Room

- Grades: Experienced 3rd graders; 4th-5th graders
- Structure: ~12-Week program / Instruction / Physical Training / Live Wrestling / Drilling. Competition is discussed and introduced (if requested)/ Some fun.

Gold (Select) Room

- Grades: Experienced 5th graders and above, by invitation only
- Structure: ~14 Week program / Instruction / Physical Training / Live Wrestling / Drilling. Competition is emphasized (if requested). Physical and mental toughness is stressed and encouraged.

Offseason

- The off season program is built around 3 key concepts: Skills Training, Strength Training, and Competitions.
- Off-season programs, with practice rooms and structure are typically released in February.
- Depends on registration and attendance
- Typically runs from March thru mid-November
- Grades: Typically 3rd - 12th
- Structure: Continuous program / Instruction / Physical Training / Camps / Live Wrestling / Drilling. Competition is emphasized (if requested). Physical and mental toughness is stressed and encouraged.

Competition Leagues

The NHWC provides a variety of opportunities for wrestlers and is a member of several area wrestling leagues. Each league is unique to what it offers, and an individual's assignment to a particular team is based on grade/age, weight, and experience. Accommodations can be made to move a wrestler in/out of a competition team after consultation with competition team coaches.

Novice: Kindergarten through 3rd Grade wrestlers with typically less than two (2) years' experience. The matches are formatted in a Jamboree / Scrimmage event. The matches are not scored, and periods may last 1 minute. There are approximately 6-8 events during the year. The matches may last approximately 1 ½ to 2 hours. The season concludes with an individual tournament where the matches are scored. Tournament participation is optional for wrestlers. A novice night will occur where they have an opportunity to wrestle prior to a High School match.

Raritan Valley Wrestling League: Kindergarten through 6th Grade Wrestlers are eligible for this league. We target 2nd through 6th Graders for the league with exceptions for 1st Graders that are skill ready. There are approximately 8 different dual meets with other league-chartered teams. The matches and team scoring are tracked. Match periods: 1 – 1 – 1. The season concludes in early February with a JV and Varsity level individual

tournament. Website: https://www.wrestlerv.com to view any league bylaws and weight classes.

Jersey Girls Wrestling League: Kindergarten through 8th Grade Wrestlers are eligible for this league. The league wrestles throughout NJ and wrestlers are paired on age / weight / experience level. Match periods: 1 – 1 – 1 or 1 ½ - 1 – 1 (pre-determined by the coaches). Website: https://www.basecamp31.org/jgwl to view league bylaws.

North West Jersey Midget Wrestling League: Kindergarten through 6th Grade wrestlers are eligible for this league. We target 2nd and 6th Graders for the league with exceptions for 1st Graders that are skill ready. The matches and team scoring are compiled. Match periods: 1 – 1 ½ - 1 ½. This is a competitive league. The season concludes in mid-February with a team playoff event and an individual tournament. Website: http://www.nwjmwl.com to view any league bylaws and weight classes.

Phillipsburg Area Wrestling League (PAWL): Kindergarten through 6th Grade wrestlers are eligible for this league. We target 2nd through 6th Graders for the league with exceptions for 1st Graders that are skill ready. The matches and team scoring are compiled. Match periods: 1 ½ - 1 ½ - 1 ½. This is a competitive league. The season concludes in mid-February with a team tournament and an individual tournament. Website: https://www.pburgarea.com to view league bylaws and weight classes.

New Jersey Grade School Wrestling League: The league is open to wrestlers in grades 5th through 8th Grades. We target 6th through 8th Graders for the league with exceptions for 5th Graders that are skill and mentally ready to compete at this level. This is one of the most competitive leagues in New Jersey for this age group. The matches and team scoring are compiled. Match Periods: 2 – 1 ½ - 1 ½. This is the primary feeder squad for the High School. The season concludes in late January/early February with a team tournament and an individual tournament called the "Final Exam". Website: https://www.njgswl.com to view league bylaws and weight classes.

Codes of Conduct

We expect proper behavior and sportsmanship at all levels. Upon registration, it is acknowledged and accepted that Wrestlers and Parents/Guardians will abide by the NHWC Codes of Conduct. These are posted on our Website.

We expect proper behavior and sportsmanship at all levels. Wrestlers and Parents/Guardians and will abide by the NHWC Code of Conduct (See Attachments 1 and Attachment 2).

Additional Wrestling Opportunities

After regular in-season events conclude, coaches will share additional opportunities for those who wish to continue wrestling. These include strength training, skills training, camps, competitions, and other events.

Special events

- Youth Night. For our Novice wrestlers. Jamboree style event prior to North Hunterdon High School wrestling match.
- Overnight Trip. For our Grade School wrestlers. Wrestling opportunity in another state. Trip has been to Vermont the past several years.
- College Match. Open to all NHWC wrestlers and families. Bus trip to a Division I-III College to participate in a pre-match clinic and watch a regular season match. Have been to Kutztown, Lehigh and Rutgers the past several years.
- Social events. Numerous… Pints & Pins Social Fundraiser; Pin Club Socials; Grade 8-12 Dorney Park Trip; Grade 8-12 Pool Party and Cornhole Tournament.

Health

If your wrestler is ill, please do not send them to practice/competition. NHWC relies on parents/guardians to help our organization remain healthy. The NHWC Disease Prevention Plan is posted to the Club's website.

Hygiene

Proper hygiene is essential in the sport of wrestling, where close contact occurs. Here are a few general tips:

- Wash Hands Before and After Practice/Training/Competitions
    - Please wash or sanitize your hands before and after practice. 20 seconds of hand washing goes a long way.
    - Hand sanitizer is available at the front entry.
- Shower After Practice/Training/Competitions.
    - The best way to prevent any major issues is by taking a shower immediately after practice/training. Wrestlers MUST wash properly with copious amounts of antibacterial soap/water and dry with a clean towel. Do not reuse the same towel due to bacteria lingering.
- Wash Your Workout Clothes Frequently
    - This is a must. Wash workout clothing, any pads used, and uniforms with soap and water.
- Do Not Wear Your Outside Shoes Into Training Rooms
    - Wearing your outside shoes into the training room is an easy way to transmit diseases from your shoes to our program rooms. Do not enter any training room with the shoes you wore outside in the parking lot, etc.
    - Make sure to carry your clean workout shoes into the room and put them on once inside the room.
- For Our Wrestlers - Wipe Your Headgear Down with a Disinfectant
    - Make sure you wipe down your headgear before and after practice with disinfectant and especially before putting headgear back into your bag.
- For Our Wrestlers - Keep Fingernails Trimmed
    - Having your fingernails untrimmed is a quick way to spread infections. You can pass infections by scratching other people with your long nails. Long nails allow

you to harbor skin infections under your nails and break the skin of your workout/training partner.

- Sick, Feeling Under the Weather… Skip the Day
  - If your wrestler is sick, feeling under the weather, please skip training. Better to miss a practice or two than to potentially infect others.
  - If a sibling is sick or feeling under the weather, please do not have them waiting around in the training area for practice to finish.
- Know When to See a Doctor
  - We all need to be vigilant and should keep an eye open for signs of symptoms of contagion. Contact/visit a health care provider when necessary.
- If You See Something, Say Something
  - We do our best to make sure the facility is clean. We check bathrooms and common areas throughout practice. If you see something amiss, please alert our coaches.

Hydration

Wrestlers are to provide their own supply of water/drinks. It is recommended that the containers be labeled with the wrestler's name. Sharing of water/drinks and shared containers (water coolers) are not permitted.

Safety

Safety of our wrestlers is a joint responsibility. Please be extra vigilant in parking lots. Our program has many smaller wrestlers. Look out for one another to help ensure the safety of our wrestlers.

TeamSnap

The TeamSnap application is used for rostering, scheduling (practices and competitions) and communication. Please download the app and refer to it frequently. You may also sync your Android/iOS calendars to the NHWC practice and competition calendars.

Last minute cancellations and alerts will also be sent through TeamSnap.

End of Season Awards

When all competitions have concluded for the in-season, the NHWC has an end of season awards event. This has been an opportunity to review season highlights and recognize the accomplishments of the wrestlers.

Typically, Novice wrestlers receive a participation trophy. Select wrestlers from competition teams receive special awards (example: Most Valuable Wrestler). 8th Graders receive a graduation gift.

Commitment

It is strongly encouraged that Wrestlers and families participate in the NHWC program to its fullest extent and attend all NHWC opportunities available. Past history shows that commitment to this program has led to great success on and off the mat.

It is understandable that conflicts with other commitments may arise (examples: work, school, family events, religious events). When conflicts do arise, timely and clear communication between the Wrestler/Parents/Guardians and a NHWC Coach is expected.

Supplemental Opportunities

There are numerous non-NHWC opportunities that may be available to today's wrestlers. Supplemental opportunities may be in the form of practicing and/or competing at/for other wrestling clubs/teams/programs.

It is encouraged that wrestlers seek out and participate in supplemental opportunities when not in direct conflict with the NHWC program.

When in doubt, timely and clear communication between the Wrestler/Parents/Guardians and a NHWC Coach is expected.

Schedule

A schedule of competitions and events is maintained and accessible. Practices, competitions and events will be communicated and/or posted to TeamSnap.

Communication

Clear communication is a requirement of a successful program. Communication may be made via various formats and depends on the topic; however they should be made with enough detail and frequency to effectively communicate the topics. In general the following should occur:

- Off season parent meeting
- Email communications should be sent, as applicable
- Text Messaging, as applicable
- Voice conversations with parents, as applicable

Website & Social Media

North Hunterdon Wrestling Club website: www.northlions.com

Facebook: North Hunterdon Lions Wrestling Club

Instagram: northhunterdonwrestlingclub

NHWC has 900+ Facebook followers, 150+ current North Hunterdon families within the program, 1000+ email contacts of past members; 100+ YouTube Channel subscribers; and 450+ Instagram followers!

Parent Volunteer Opportunities

Do not be afraid to get involved! NHWC is completely dependent upon the time & efforts of our families! Any volunteer organization is only as good as the individual(s) who are involved.

All NHWC Families are required to participate in certain activities throughout the year. These include mat set up/break down at home matches and at least one activity/shift during one of the tournaments hosted by NHWC during the season.

We are happy to train you on the opportunities you are interested in! If you are interested in helping out, please reach out to a coach or board member.

Opportunities include, but are not Limited to:

- Working clocks
- Keeping scorebook
- Assisting with match set up and break down
- Concession stand (you WILL be relieved from duty to watch your child's match)
- Filming & photographing
- Promote NHWC (talk about the sport, share on Social Media, wear our spirit-wear)
- Pin Club Membership
- Business/Organization Sponsorships
- Exploring company matching programs for donations
- Using Amazon Smile
- Maintenance and cleaning of our practice/competition facility

Frequently Asked Questions

What is the time commitment to wrestling? The answer to this question is not straight forward. Our youngest wrestlers practice 1-2 times a week & practices are not mandatory. We want the kids to come to practice if they want to be there & we want them to have fun. At the highest level, Grade School, it is a very competitive league. Practices are 3 nights a week for 1½ hours each practice & mandatory if a wrestler is competing on the Grade School team. At this level, we are preparing the wrestler for the transition to High School where commitments are much higher.

How much and what level of competition should a wrestler get? NHWC tracks each individual wrestler's progress through the season. Through various competition channels we attempt to get each wrestler as many matches as reasonable. Novice wrestlers will have 8-10 competition dates with 3+ non-scored matches on each date. For all levels, we strive to expose each wrestler to competition levels that challenge them yet not discourage them. Our goal is to get each wrestler to be in a situation to win between 50-75% of their matches. This means that we will find the toughest competition for our best wrestlers & flex things if a wrestler is over extended. This is all done while balancing the team aspect of the sport for the competitive teams. While we cannot guarantee it, our average number of matches for a wrestler last year was 25 matches.

What form of communication will we get? Communications regarding events & schedules will come through various mechanisms. Traditionally we communicate at practices, email/text, and through the TeamSnap app. As always, reach out to a coach or board member with any questions or concerns.

- Check our website frequently www.northlions.com
- Follow/like our Facebook page: North Hunterdon Lions Wrestling Club
- TeamSnap App

Questions or Concerns

Any questions or comments related to the content or execution of this Plan are to be brought to the attention of NHWC President.

Contacts

Name	Role	Contact information
NHWC	Organization	www.northlions.com
Eric Eisenhart	NHWC President	908-797-4944 eeisenhart@pro-activity.com
Rick Frondorf	NHWC Coaches Chair	908-894-0465
Michael Raley	NHWC Off-Season Coordinator	703-786-7203 meraley@yahoo.com