

Sherwood Wrestling Participant Information

Thanks for your interest in Sherwood Wrestling! We look forward to working with you and your wrestler. Here is some general information to get you started.

- **Mission Statement:** “We strive to create a welcoming family oriented environment within our wrestling program for boys and girls of all grade levels, ages, experience, and skill levels. We will use the great sport of wrestling, the oldest and best martial art in the world, to help our wrestlers learn the skills and values that will help them succeed in life: hard work, self-discipline, teamwork, attention to detail, living a healthy lifestyle, how to deal with success and failure while building self-confidence, and so much more. Our wrestlers learn how to do things the right way, not the easy way.
- **Developmental Programs.** We have a system in place to be sure we are meeting the needs of our wrestlers no matter what level they are at. Wrestlers’s development will be assessed throughout the season and wrestlers can move up and down levels as deemed necessary by our coaching staff. We have four developmental systems in place. Each level is not necessarily based on athletic ability, but is based more on the ability of wrestlers to engage in more intense and detail oriented practices.
 - **Beginner:** This is for new and younger wrestlers, usually K-3rd graders. These wrestlers will practice twice a week. Competitions are not required, but league tournaments are encouraged. Practices focus on basic wrestling skills, movements, and games.
 - **Intermediate:** These are newer wrestlers that may have 1-2 years of experience and are usually 4th-8th graders. These wrestlers will practice three times a week. Competitions are not required, but league tournaments are strongly encouraged.
 - **Advanced:** These are experienced wrestlers looking for more intense practices and more advanced technique. These wrestlers will practice three days a week and are interested in trying some opensand preparing to compete at the state tournament at the end of January.
 - **Elite:** These are wrestlers looking for extra training opportunities and can commit to four practices a week. These wrestlers should also be interested in continuing with their training beyond the three month wrestling season.
- **First Week of the Season is an Evaluation Period-** This is from **November 4th-7th** from 5:30-7:00 for K-3rd Graders and from 5:30-7:30pm for all other wrestlers. We will have a mandatory parent meeting at 7:00pm in the gym on Thursday November 7th. These practices are at the High School in the wrestling room and upper gym.
 - After the evaluation period, if you decide wrestling is not for your child, you can be fully reimbursed.
- **When & Where (schedule is subject to change):**
 - **Beginner and Intermediate**
 - Season is around 3 months long from November-January.
 - Beginners will practice at Sherwood Middle School on Mondays and Wednesdays from 5:30-7:00
 - Intermediate wrestlers will practice at Sherwood Middle School on Tuesdays and Wednesdays from 5:30-7:30. Thursday practices will be at the High School from 6:00-8:00.

- Advanced and Elite
 - Will practice at the High School. Mondays will be an Elite level practice only from 6:00-8:00pm.
 - Tuesdays, Wednesdays, and Thursdays will be combined practices at the High School from 6:00-8:00pm.
- Competitions
 - The competition schedule will be released early in the season once the league has everything finalized. Open tournaments are on Saturdays and league tournaments are usually on Sundays.
 - Competitions are strongly encouraged but not mandatory for beginner and intermediate wrestlers. Tournaments are very important for the development of our wrestlers and are a lot of fun! We do however want to make sure that kids are ready and willing to compete.
 - Advanced and elite level wrestlers will be expected to compete at the state tournament and in a number of competitions leading up to state.
 - The state tournament is usually the last weekend in January and the final league tournament is often the first week in February, but there will be more opportunities to compete and practice after these dates if interested.
 - The Oregon Wrestling Association will have open tournaments posted on their website: [LINK](#)
- **What to bring:** Your wrestler will need wrestling shoes, a water bottle, and clean workout gear. Your wrestler may also want to bring a pair of headgear as well.
- **Supervision:** We encourage parents or guardians to stay at practice and help supervise if you have a younger wrestler who may need extra supervision. Advanced and elite practices will be closed to non approved coaches. Parents can wait in the hallway or in Coach Wilson's classroom across the hall during practices. All parents who are helping coach beginner and intermediate wrestlers, need to have approval from Coach Wilson and have a Wrestling Leader Membership with USA Wrestling: [LINK](#) . The club will need a copy of your membership card. Approved coaches will be reimbursed for the cost of the membership.
- **USA Wrestling Cards:** All wrestlers need to have a USA Wrestling Membership card, no exceptions: [LINK](#) . We need this for our club's insurance. The club will need a copy of your membership card.
- **Coaches and Contact Information:**
 - **Send general questions to sherwoodwrestlers@gmail.com**
 - Jeff Wilson - Program Head Coach EMail: jwilson@sherwood.k12.or.us Phone: 503-799-3721
 - Ryan Enoch- Youth Head Coach
 - Basic and Intermediate Coaches:
 - Brian Bean
 - Shane Taparra
 - Eric McGeaver
 - Sherwood Advanced and Elite Coaches
 - Dante Lewis

- Jeff Wilson
- **Communication:** We use Teamsnap for communication and scheduling. Please download the APP if you haven't already. We send out weekly emails with important information, so please check your email regularly. We also have our website, sherwoodwrestling.com, and social media pages that you can follow.
- **Apparel:** Wrestlers will be issued a Sherwood Wrestling shirt and sweatshirt. We also have competition uniforms that can be issued. If wrestlers want to purchase their own uniforms or if you want to purchase additional apparel it is available here: [LINK](#). There will be another teamstore made available as the season approaches if you would like other options.
- **Health and Safety:**
 - The health and safety of our wrestlers is our top priority.
 - If your child is unable to listen to instruction and is jeopardizing the experience and safety of others, they will be asked to leave practice and parents will be notified. If this occurs consistently, we will ask that your wrestlers try again next season.
 - Hygiene is also key to wrestlers health and safety, please be sure that your wrestler has clean workout gear and showers right after practice!
- **Sherwood Elite Wrestling:**
 - If your wrestler is ready for another level of training and competition, please consider Lewis Academy. Lewis Academy is a sports management firm that provides custom services to members and is available to Sherwood Wrestlers who apply.
 - Elite wrestlers will be managed by Dante Lewis. You can learn more about him and his sports management firm at his website: [LINK](#)
 - Contact Coach Dante at ead@lewisacademypacnw.com with any questions.
- **FAQs:** Please see the FAQ section of our website at sherwoodwrestling.com for more information.