

# HAMMERIN' HAWKS WRESTLING CLUB



Any questions may be directed to the following email address:  
hammerinhawkswrestlingclub@gmail.com

**Registration for 2020-2021 Season:** [Click Here to Access Registration](https://tinyurl.com/HammerinHawksWrestlingClub)

(Registration URL: <https://tinyurl.com/HammerinHawksWrestlingClub>)

**Who are we?:** Hammerin' Hawks Wrestling Club is a youth wrestling program that has served the kids and families of the College Community School District since 1992. The club provides an educational, challenging, and competitive environment for all ages and experience levels to learn the sport of wrestling. Each week the club conducts two practices for beginner level wrestlers and three practices for advanced level wrestlers.

The beginner room is designed for those new to wrestling and those that are still developing basic skills which tends to be our PK-2nd wrestlers. The advanced room is for kids that have a solid base of skills and are seeking a more competitive environment. This tends to be those with wrestling experience in 3rd-8th grade. At times, an older kid (3rd-8th) new to wrestling that is accustomed to a rigorous training experience in another sport can begin in the advanced room with his like-age peers. If you are uncertain where your child fits please contact us for guidance using the email provided above.

## **Practice Schedule**

### **Advanced Practice Begins Monday Oct 19th**

Location: **Prairie High School**

Monday 6-8:00pm

Tuesday and Thursday 6:00-7:30pm

### **Beginner Practice Begins Tuesday November 3rd**

Location: **Prairie Point Middle School**

Tuesday and Thursday 5:00-6:00pm

## **Membership**

All Prairie students, K-8th girls and boys, are eligible to participate.

## **Membership Fees**

The cost of membership dues is \$115 per child. Families with multiple children will pay \$57.50 for each additional child (three children=\$115+\$57.50+\$57.50). Upon completing the registration form (linked above) you will receive an invoice via the email you provide with your total cost and the directions to make the online payment.

## **Coaching Staff**

Our coaching staff is 100% volunteer and certified by USA Wrestling. The lead coaches are all Prairie alumni and have vast experience in wrestling with great success at all levels, youth through high school. Additionally, we are fortunate to have parents that are USA Wrestling certified and volunteer their time to support the kids and coaches at practice and competitions. This coaching staff creates a great learning and challenging environment for kids!

			
Head Coach Tyler Watkinson	Asst. Coach Craig Hardin	Asst. Coach Randy Shramek	Asst. Coach Sam Uthoff

# HHWC 2020-2021 Procedures & Policies

## Practice Procedures

The procedures for dropping off and picking up your child are designed to minimize the number of people entering the building. Wrestlers and parents must wear masks at all times when entering the facility. There are no exceptions to this district policy and failure to adhere to it may compromise our ability to use the space. Coaches will be wearing masks throughout practice and wrestlers will be permitted to remove their mask once practice begins. All wrestlers are required to bring their own water bottle as there will be no access to a drinking fountain.

## Prairie Point Wrestling Room-Beginners Practice

### *Drop off procedures:*

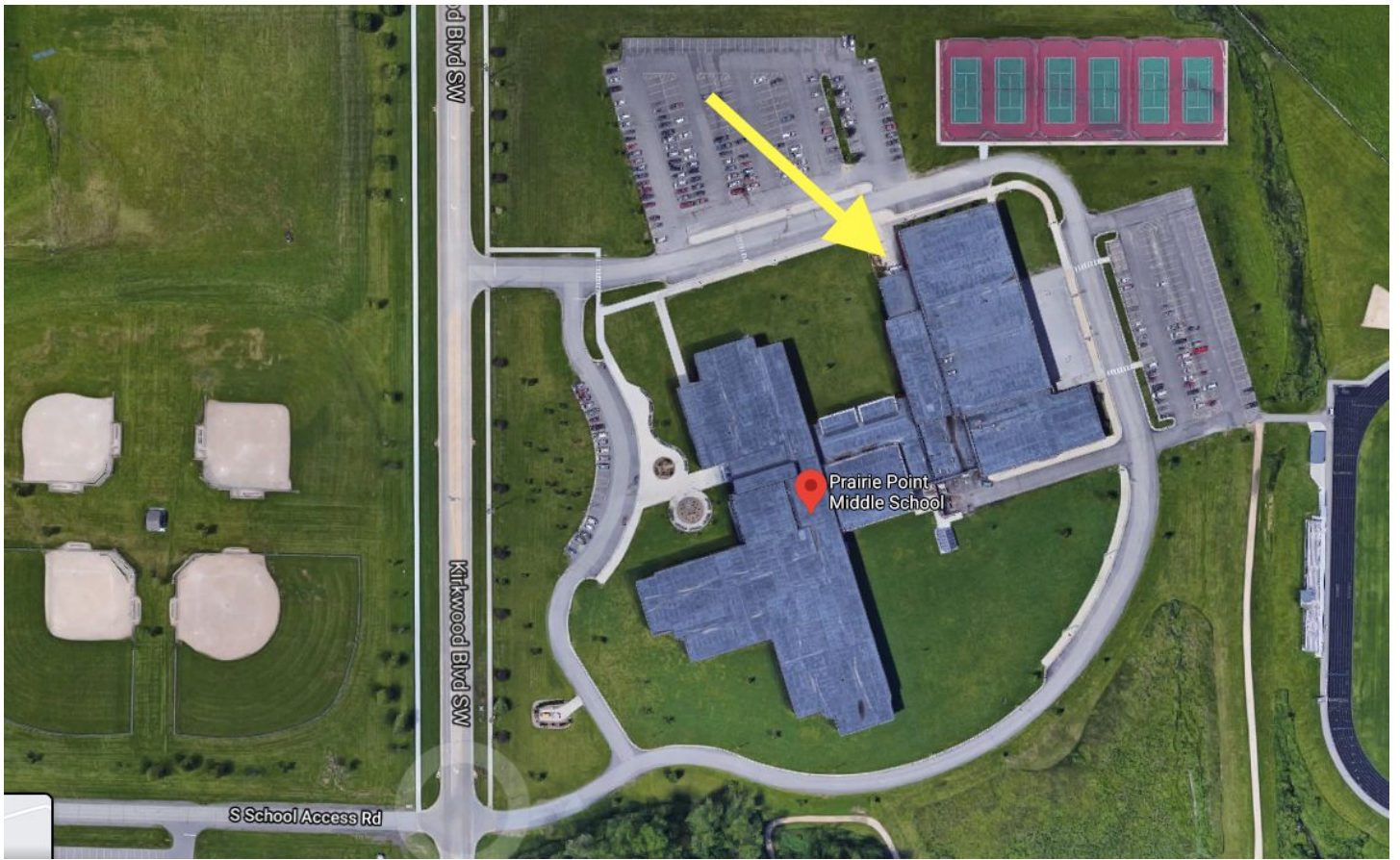
Wrestlers and parents will enter through the main activity entrance located on the north side near the gymnasiums. A HHWC board member will greet you at the door to conduct a temperature check. Once the check has been completed parents and wrestler(s) will be allowed to enter the main level hallway to prepare their child for practice. Upon being ready to go to the wrestling room, wrestlers must leave all belongings in the hallway, keep their mask on and bring their water bottle. Once the child is prepared he or she will take the stairway to the wrestling room. In order to minimize the number of people in the upper level parents are not allowed to go up the stairs and are required to exit the building once their son or daughter has gone upstairs. We ask that parents seek to complete the entry and exit process in ten minutes or less. This will help with long-term exposure between people and reduce congestion.

### *Pick up procedures:*

When practice is completed all wrestlers will put on their mask and proceed down the stairway. Parents may re-enter the main level hallway beginning at 6:00 PM to greet their child following practice. Parents should arrive by at least 6:10 PM to pick up their child. Again, our goal is to have parents and wrestlers quickly gather possessions and exit the building within ten minutes of arrival.

**\*\*See maps below for guidance on the above described procedures  
for beginner wrestlers at Prairie Point\*\***







## Prairie High School Wrestling Room-Advanced Practice

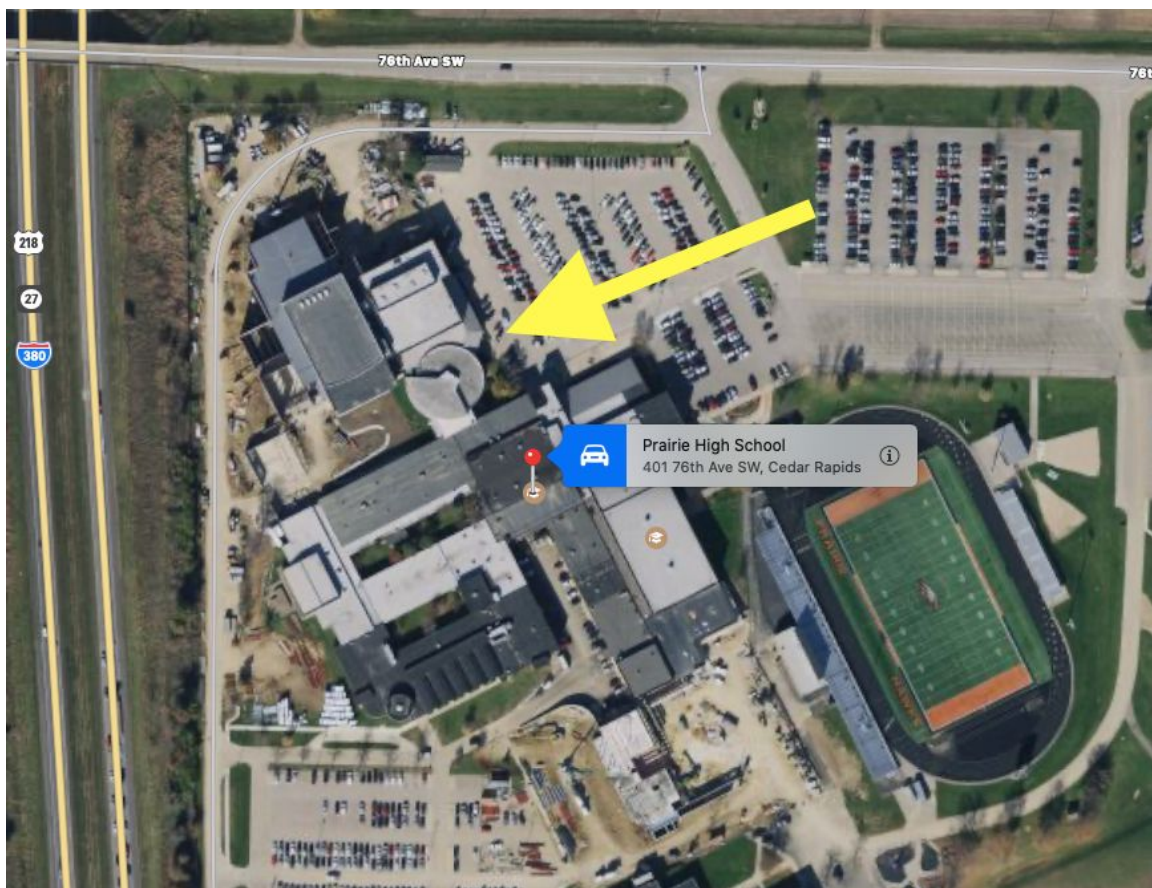
### *Drop off procedures:*

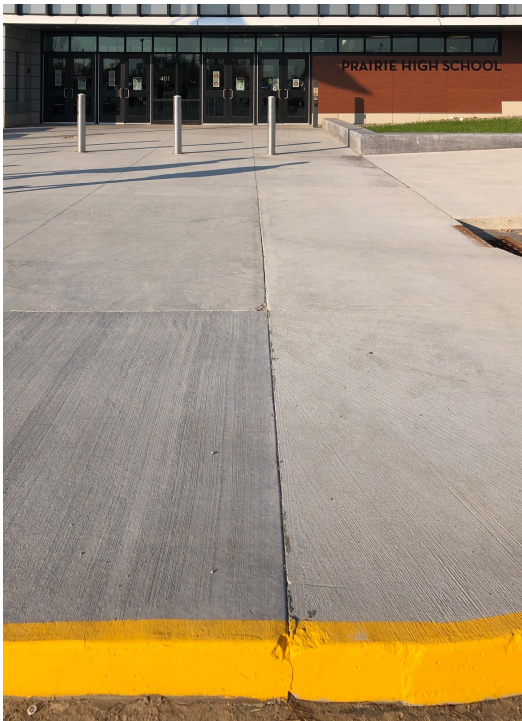
Parents are required to drop off wrestlers at the main high school entry. Please note, the side entry near the dumpsters is no longer allowed to be used as an entry point. Parents are asked to pull up, drop their child off, and quickly depart that unloading zone. This procedure should function very similar to the drop off process at your school building. Timing and potential events ongoing in the building necessitate that you make this drop off as efficient and safe as possible. Please do not linger at the unloading zone. Wrestlers will have their temperature checked upon entering the buildings and then are required to go immediately to the blue stairway to access the second level. Please note, in the event a child is dropped off and indicates a temperature, parents will be immediately notified via their cell phone contact provided in registration to return and pick up their child. They will then space out in the hallway, prepare themselves for practice, and wait for a coach to direct them to enter the wrestling room. Upon entering the wrestling room, wrestlers must leave all belongings in the hallway, keep their mask on and bring their water bottle into the room. Once in the room wrestlers will place their water bottle and mask along the wall near their practice circle.

### *Pick up procedures:*

Upon the completion of practice, coaches will direct wrestlers to put their face mask on and exit the room. At that point, wrestlers will quickly gather their belongings and proceed down the same staircase to the main high school lobby to wait for parents' arrival. Kids will remain in the lobby until a parent enters the building to pick up their child. We ask that parents enter and exit with their child in less than five minutes. Please do not linger so that we prevent congestion and potential group exposure.

**\*\*See maps below for guidance on the above described procedures for advanced wrestlers at Prairie High School\*\***





**\*The registration form will require that you agree to the following policy.\***

**Emergency Care Permission**

As parent/guardian I hereby give permission for participation in HHWC practices and competitions during the wrestling season for which I am registering. Furthermore, I authorize the coaches and board of HHWC to provide care, including authority for medical transportation in the event of injury or illness. I also authorize qualified medical personnel to provide emergency medical care in the event of an emergency. This authorization is granted only if I cannot be reached and a reasonable effort has been made to do so. My child and I are aware that participating in wrestling is a potentially dangerous activity. We assume all risks associated with participation in this sport, including but not limited to falls, contact with other participants, and other reasonable risks associated with the sport. All such risks to my child are known. We understand this informed consent form and agree to its conditions.

**\*The registration form will require that you agree to the following policy.\***

**WAIVER/RELEASE FOR COMMUNICABLE DISEASES INCLUDING COVID-19**

**ASSUMPTION OF RISK / WAIVER OF LIABILITY / INDEMNIFICATION AGREEMENT**

In consideration of being allowed to participate on behalf of Hammerin Hawks Wrestling Club and related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. Participation includes possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation as regards protection against infectious diseases. If, however, I observe and any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS Hammerin Hawks Wrestling Club, their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("RELEASEES"), WITH RESPECT TO ANY AND ALL ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IF FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)

This is to certify that I, as parent/guardian, with legal responsibility for this participant, have read and explained the provisions in this waiver/release to my child/ward including the risks of presence and participation and his/her personal responsibilities for adhering to the rules and regulations for protection against communicable diseases. Furthermore, my child/ward understands and accepts these risks and responsibilities. I for myself, my spouse, and child/ward do consent and agree to his/her release provided above for all the Releasees and myself, my spouse, and child/ward do release and agree to indemnify and hold harmless the Releasees for any and all liabilities incident to my minor child's/ward's presence or participation in these activities as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent provided by law.

**\*The registration form will require that you agree to the following policy.\***

### **Hammerin' Hawks Parent Contract**

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these "six" pillars of character.

#### **I therefore agree:**

I will not force my child to participate in wrestling.

I will remember that children participate to have fun and that the sport is for youth, not adults.

I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.

I will learn the rules of wrestling and the policies of the Hammerin' Hawks Wrestling Club.

I will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy and by demonstrating positive support for all wrestlers, coaches, officials and spectators at every practice, tournament or other event.

I will not engage in any kind of unsportsmanlike conduct with any official, coach, athlete or parent such as booing and taunting, refusing to shake hands or using profane language or gestures.

I will not encourage any behaviors or practices that would endanger the health and well-being of the athletes.

I will teach my child to obey the rules and to resolve conflicts without resorting to hostility or violence.

I will demand that my child treat other wrestlers, coaches, officials and spectators with respect regardless of race, creed, color, gender or ability.

I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a match or his/her performance.

I will praise my child for competing fairly and trying hard and make my child feel like a winner every time.

I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.

I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize competition in the lower age groups.

I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.

I will respect the officials and their authority during competition and will not confront coaches during a match.

I will demand a sports environment for my child that is free from drugs and alcohol and I will refrain from their use at events.

**Right of Refusal: Hammerin' Hawks Wrestling Club reserves the right to refuse participation in any event for any parent, coach, wrestler, or spectator.**

**(HHWC BYLAWS-Available Upon Request)**