



Camden County Youth Wrestling 2021-22

State Champions: 2012, 2015, 2016, 2017, 2018, 2019, 2020, 2021 | State Runner Up: 2011, 2013, 2014

"The Outsiders" Youth Wrestling Club

Who: Kindergarten - 5th Grade Students (6th-8th grade students should be on their middle school team right now)

Where: Camden County High School Wrestling Academy (Side entrance to the 10-12 Gym by the bus port / track)

When: Practices will be every Monday and Wednesday starting on **Monday November 8th from 5:30 - 6:45 PM except on School Holidays**. If you can't start on this date because of other obligations or sports, then you can start as soon as your current sport is completed.

Club Cost: \$40 for the Year. Pay and verify registration at 5:15 PM on November 8th.

AAU Card: All wrestlers must purchase an AAU Wrestling Card prior to practice on November 8th. The cost of the card is \$14. When registering, please use our Club Code: W34WCB ("The Outsiders"). Please see the next page for instructions or contact Coach Durham for help! www.aausports.org

Register: Please use this link to register for the club before November 8th. <https://forms.gle/NVSHgfS3GjLZ7iDp6>

Remind: We will communicate information using the Remind App this season. Text @camden21 to the number 81010 to join!

Equipment: Shorts, t-shirts, or sweats. Wrestling shoes can be purchased at most sporting goods stores or online at Amazon, Eastbay, Ebay, Suplay.com, WrestlingMart.com and many other sporting goods stores. I wouldn't pay over \$40 for youth wrestling shoes. Wrestlers can also practice in socks until they get a pair of shoes. Headgear is optional but welcome for increased safety.

Extra Gear & Spirit Wear: We will be placing an order for wrestling singlets and spirit wear if you are interested. This is optional, but we wanted to extend the offer to our youth wrestlers and parents. This is the same gear that our varsity program is ordering. All money and order forms are due on November 18th, 2021. There will be no reorders or returns on gear orders. Please allow 4-6 weeks for delivery.

Payment: Camden Wrestling Accepts:

1. CashApp \$CamdenStateChamps
2. Venmo @Camden-Wrestling
3. Cash - only to be given directly to Coach Wilder, Mrs. Liz Wilder, or Coach Durham

Practice Expectations:

1. Wrestlers are on the mat ready to practice at 5:45 PM sharp. Arrive early so you are ready to wrestle!
2. Wrestlers give their best effort at practice and must attempt all practice activities. "Do your best and forget the rest." Remember, you don't have to be great to start, but you have to start to be great.
3. Parents and siblings will not be allowed in the wrestling room during practice. Please feel free to bring a folding chair and sit in the hallway outside of the wrestling room during practice. If you would like to serve as an assistant coach, please contact Coach Durham.
4. No street shoes on the wrestling mats. If you forget your wrestling shoes, it is fine to wrestle in socks.
5. Go to the bathroom before practice starts.
6. Stay in the wrestling room at all times.
7. Don't get upset if you don't have instant success. Many great wrestlers struggled at first with the sport. They became great with hard work and refusing to give up.

Competition: Wrestlers should only compete when they are ready. Forcing wrestlers to compete before they are prepared is a recipe for disaster. If your wrestler is ready to compete, there will be plenty of opportunities! We will share a competition schedule at practice once it is available.

Directions to Obtain your AAU Card:

The Outsiders (Camden Wrestling Club): **W34WCB**

Go online to www.aausports.org

1. Click on "Join AAU"
2. Click on "Get a Membership"
3. Click "Apply for Youth Athlete Membership"
4. Select a sport "Wrestling"
5. For Coverage, select "Regular - \$14"
6. There will be a question "Are you a member of a Club?"

It is VERY important that you select YES, then input zip code and click "The Outsiders" or type the club code **W34WCB** to complete the registration process.

If you have any questions or concerns, please contact me via email at rdurham@camden.k12.ga.us or Cell 912 674-5245. Thank you for your support of your child and our program.

“The Outsiders” Youth Wrestling Club Code of Conduct 2021-22

It is critical for all wrestlers, parents, and coaches to remember that Camden Wrestling is a source of pride for our community. We are striving to preserve our reputation as a first-class championship program, and the code of conduct below ensures all parties are consistent in expectation and practice. Anyone that cannot abide by the code of conduct will be asked to leave the program.

WRESTLERS CODE OF CONDUCT:

1. No wrestler is to physically or verbally abuse any coach or fellow wrestler.
2. Wrestlers must listen to and follow the directions of all coaches. Wrestlers will be expected to work hard at practice or will be asked to sit out. Wrestlers are not to be disruptive during practice or competitions. After one warning, disruptive wrestlers will be asked to leave the program until he or she is mature enough for wrestling.
3. At all times, wrestlers must conduct themselves in a mature and respectful manner.
 - a. No unsportsmanlike yelling or cheering if a wrestler is hurt.
 - b. Win or lose, wrestlers **MUST** shake hands and congratulate their opponent.
 - c. No vulgar or obscene gestures of any kind should ever be made by a wrestler.
4. No wrestler is to use abusive and/or profane language before anyone connected with a Camden Wrestling function (practices, tournaments, meetings, etc.).
5. Wrestlers should make every effort to attend all scheduled practices.
6. Wrestlers are not permitted in the wrestling room until a coach is present.
7. All wrestlers are to treat all Camden Wrestling property and equipment with respect (no jumping on wall pads, picking/tearing the mats, etc.). The Camden Wrestling Academy and any school where competitions are held are to be respected.

PARENTS CODE OF CONDUCT:

1. No parent or fan is to physically or verbally abuse another parent, fan, coach, wrestler or referee. If a parent has a problem, concern or issue with a fan, wrestler or another parent, the only proper venue for discussion is with a staff member in private at an appropriate time.
2. All parents are to conduct themselves in a sportsmanlike manner:
 - a. No unsportsmanlike yelling, such as: booing, teasing, or cheering if a wrestler is hurt or losing.
 - b. No instructions to take specific advantage of any injury incurred by an opponent while wrestling.
 - c. No unsportsmanlike gestures of any kind will be allowed.
3. Except in an emergency, no parent is to interfere with practices, meets or coaching at any time. Parents may observe, but are to wait until before or after practices to interact with their child or talk with the coaches unless a coach requests a conversation. Coaches will be glad to talk to parents in private about any issue or problem before or after practices or events, as their schedule allows. Also, we ask all wrestlers to remain silent when a coach is teaching and we require the same of all practice spectators.
4. Please see that your child is picked up at the designated time after practice. The coaches will try to finish practice as close to the designated time as possible.

5. Parents are NOT permitted to coach their child (on the edge of the mat) at any official practice or competition unless you have approval from our coaching staff and can obtain an AAU and / or USAW coaching card. Parents should remain in designated spectator locations during official Wrestling Club practices and tournaments.

COACHES CODE OF CONDUCT:

1. I will always keep youth wrestling a positive and fun experience for my team.
2. I will encourage good sportsmanship by demonstrating positive support of all players, coaches, and officials at every practice and event.
3. I will place the emotional and physical well-being and safety of my team above all other considerations.
4. I will practice positive reinforcement at all times with my team, and will reward them for their accomplishments.
5. I will always speak to officials with respect at all times, on and off the mat.
6. I will be respectful in victory and defeat
7. I will keep an open line of communication with parents, wrestlers, and the entire wrestling program.
8. I will set a high level of commitment that I will encourage my team to follow.
9. I will be on the mats at all times during practice. Discussions with parents or spectators will be held before or after practice unless absolutely necessary.
10. I will support and promote our club and not engage in any activities that conflict with the best interests and goals of the club.
11. I will refrain from using profanity at any practices or events.
12. I will remember that our club is for our youth, not for adults.

Parents, Coaches, as well as their athletes, will be held responsible for compliance with their Code of Conduct. Violation of the code of conduct will result in disciplinary action up to and including dismissal from the team.

School Facility Use Waiver Form

This form must be signed by the student and parent prior to participation in any activity by a school related student support organization on Camden County School System property.

I agree to indemnify the Camden County School System for any claim of loss, injury or damage resulting from my participation in my team/groups activities held on CCSS property.

Wrestler Name: _____

Parent Signature: _____

Date: _____