

Welcome to Faribault Wrestling and the Green Machine Youth Program! Faribault has a long and proud tradition of excellent wrestling and has produced several all-state and state champion wrestlers and we are excited to include you in this tradition of excellence!

The Faribault Wrestling Club (FWC) has great facilities and excellent youth coaches hired to teach your Lil' Falcon the fundamentals needed to be successful in the great sport of wrestling. The FWC Family will expose children Pre-K through 5th Grade to a fun, competitive, safe, and caring atmosphere filled with opportunities to excel as an individual in a team setting. Coaches focus on building both physical and mental strengths; and teach skills that will aid your child as they enter the Faribault Middle and High School wrestling programs.

Practices will take place in the wrestling room at the Faribault High School every Monday and Wednesday beginning November 20th. To better assist our athletes we will continue to run two practice sessions.

- Session I: 5:30pm-6:30pm (PreK-2nd Grade)
- Session II: 6:30pm-8:00pm (3rd 5th Grade)
 - Wrestlers have an opportunity to compete in weekend individual tournaments throughout the year. This is a great way to "test" skills learned while in practice.
 - About January timeframe, depending on the number of kids, we may combine the two sessions into one. More to come around that time.

Registration Forms:

• Please visit <u>www.faribaultwrestling</u> or scan registration QR Code below to complete the online google form. Or print-off a hard copy and bring to one of the registration dates listed below.

Registration Options:

Lil Falcons Duals

Friday, November 10 at Roosevelt Friday, November 17 at Lincoln 5:30pm-6pm

Lil-Falcon Tournament

Saturday, November 18th Faribault High School North Gym 10:00am - 11:00am

Green Machine 1st Day Practice Monday, November 20th Faribault High School

6:30pm

Google Form Registration Code



Mandatory Parent/Wrestler meeting:

Monday, November 20th at 6:30pm

- FHS cafeteria
- \circ $\;$ It is mandatory for you and your child to attend this meeting.
- All registration forms need to be submitted, fees paid, and wrestlers will be sized for uniforms (Singlets, Shorts-if needed and long-sleeve shirt-if needed)!

Fees:

Please bring 2-3 checks made payable to FWC when you register your wrestler

<u>Check#1:</u> Registration Fee (Check/Cashiers Check, Venmo or Square)

- \$100 PreK 5th Grade
 - \circ $\;$ Fee includes coach costs, facility use, and team tournament fees.
 - Registration fees do not include the cost to participate in individual tournament. Those cost are usually (\$12-\$15) per event.
 - Scholarships are available. Guidelines are located on our website.

Green Machine Venmo



venmo

<u>Check #2:</u> Fundraising (*Check/Cashiers Check, Venmo or Square) *Must use one

- \$200 Raffle Tickets
 - Each family will be required to purchase 4 Raffle Tickets at the cost of \$50 each. You can resell these to get your money back, or keep them to be entered into the drawing. *Will need to know name of recipient.
 - This year we are selling raffle tickets for a chance to win a 2024 Polaris Sportsman 450 (MSRP \$6999). We will be selling up to 450 tickets and the drawing will be held on Sunday, June 16th 12:00PM at the Faribault Golf Course.
- Ice Jump (No check in advance)
 - Saturday, December 30th at Grandmas Lakeside Resort!
 - We will hand out forms prior to Thanksgiving break so that you have a good month to ask family and friends to sponsor your jump! We encourage everyone to join!

<u>Check #3</u>: Singlet Deposit (*Check or Cashiers Check) *Must have one

- \$75 (or purchase for \$50)
 - Throughout the season your child will compete in individual and team tournaments. We want our wrestlers to be unified and show strength in numbers and therefor all wrestlers are required to wear the Green Machine singlet. This check will be shredded upon the return of a complete and clean singlet.
 - This check needs to be postdated to 3/1/24

Check #4: Volunteer Security Deposit (*Check or Cashiers Check) *Must have one

- \$200
 - Pre-K 5th Grade: 4 Required Hours
 - In order for FWC to run and efficient and effective program, we need your help! FWC is run completely by volunteers and we need the support of our families in order to make everything run smoothly. From tournaments, to fundraising...we need you!
 - This check will be shredded upon the completion (acknowledged via email) of your allotted hours. Parents with multiple wrestlers are only required to fulfill the hours of their eldest wrestler. Payment of the deposit acknowledges and accepts the terms listed on the Volunteer Form.
 - Opportunities to volunteer will include (check out the sign-up site):
 - Become a board member! REALLY NEED New Board Members to keep our wrestling program running smoothly. Come to one meeting & check it out!
 - Lil Falcons Friday night duals score keepers, tappers 11/17 from 5:30-7:30pm
 - Lil Falcons tournament on Saturday, November 18th
 - Middle School matches: December 7, January 9 and January 18
 - We are looking for a youth Mom to be a point of contact for the youth parents and assist the coaches as needed. (weekly pic from previous weekend tournament, submit to newspaper etc)
 - Ice Jump Saturday, December 30[™]
 - Welcome Home Breakfast Sunday, March 3rd Location TBA

Volunteer Link to sign-up



Additional Information

- Communication:
 - TeamReach is the app that is used for Green Machine communication. The calendar will be used to communicate tournaments and which coach(es) will be where.
- Gear:
 - Wrestlers should have on clean wrestling gear...shorts, t-shirt, wrestling shoes or an extra pair of tennis shoes. Please do not wear the same shoes on the mat that you wore outside, gravel and dirt tear up the mat and cause infections.
- Tournaments:
 - Coaches will share what tournaments they will be at and continue to keep everyone up-to-date.
 - As the season progresses, our athletes will have many opportunities to test their skills and knowledge in weekend tournaments. The tournaments are optional, *unless you sign up to participate in a team tournament.* However, we strongly encourage all wrestlers to participate in as many tournaments as possible. Success in wrestling is a journey, although practice is an

important aspect to that journey, it's tournaments that truly pave the way. We will be joining a few team tournaments again this year.

- Carpooling if you are going to a tournament and have room in your car to bring another wrestler let the group know!
- MN/USA Tournaments and State Information
 - MN/US Wrestling is an affiliation that promotes, organizes, and runs tournament. These tournaments are optional. To participate in their tournaments you have be a MN/USA Member. Cost is \$55 for an individual membership. It is a yearly membership that you can renew each year. The tournaments are by age divisions and weight classes.
 - On their website they have a calendar of qualifying tournaments that you can go to. Each tournament you can earn points based on your placing. Those points than add up, with the goal for you to qualify for Regionals and the State Tournament.
 - MN/USA Folkstyle State 2024 is March 14-17 in Rochester, MN. Depending on your ...you will wrestling certain days/sessions on those days.
 - For more information on Membership, Tournaments, Points/Qualifying and more: <u>https://www.mnusawrestling.org/</u>

\circ $\;$ NYWA – Tournaments and State Information

- The Northland Youth Wrestling Association (NYWA) organizes a series of tournaments, including a State-wrestling event similar to the MN State High School League. To participate in their tournaments you have to be an NYWA Member. The cost is \$25 for an individual membership. It is a yearly membership that you can renew each year. The tournaments are by age divisions and weight classes.
- To qualify for the State tournament, a wrestler must earn a top-two finish at a District qualifier, and the top three wrestlers from the Regional Qualifier will move on to the State tournament. In the tournament, wrestlers will compete against opponents in the same grade level, with divisions for pre-school and kindergarten wrestlers, 1st and 2nd grade wrestlers, 3rd and 4th grade wrestlers, and so on up to 8th grade.
- NYWA Districts March 8-10 and March 15-17, 2024
- NYWA Regions March 22-23
- NYWA State Tournament is April 4-7, 2024
- For more information on Membership, Tournaments, Point, Qualifying and more: <u>https://www.nywa-mn.com/</u>

Faribault Wrestling Online Store

Taking orders until Sunday 11/26/23 at 11:59pm

