

Walla Walla High School

BLUE DEVIL BOYS & GIRLS

WRESTLING 2018-19

Frequently Asked Questions



Q: When does registration open on FamilyID for the WINTER season?

A: Registration opened September 11th

Q: Do I need to register for the WINTER season on FamilyID prior to the first practice?

A: **Yes.** You will not be allowed to participate until you have PAID your sport fee and ASB membership, and been approved on FamilyID.

Cut off to register and be eligible for first practice is **WEDNESDAY, NOV 7TH.**

Q: If I already registered for a summer or fall program on FamilyID, do I need to register again for the WINTER season?

A: **Yes.** Summer/fall registration is separate, and does not count as registration for the WINTER season.

Q: How do I register for the WINTER season on FamilyID?

A: A parent/guardian can register by using this link: bit.ly/WINTER2018FamilyID

Please note→ If you have signed up for a sport since spring of 2015, use the email and password you have already set up, and use the drop down list in the participant section- your information will fill-in for you. Just update numbers, etc., and sign agreements- then push submit on the second page.

Q: Is there a fee for WINTER Sports?

A: **No, Wa-Hi no longer has sports fees.** Some sports do have specific equipment fees. If you have any trouble paying for equipment or need help purchasing appropriate gear, please apply for a scholarship with Adopt-a-Blue-Devil (Link: <https://goo.gl/forms/EEJzCivMAJ2voA4K3>)

Q: When is the first practice for the WINTER season?

A: **Monday, NOVEMBER 12 from 12:00-2:00pm** (remember there is no school on this day).

Q: Is there a parent meeting?

A: **Yes! It is on Monday the 12th at 3:00pm (right after practice)**

Q: Where do we meet for first practice for the WINTER season?

A: Wrestling Room (adjacent to Large Gym)

Q: What do I need to bring to the first day of practice?

A: Shorts and/or sweats. Wrestling shoes and running shoes. If you do not own wrestling shoes, no problem we have some shoes that you can check out. Make sure to also bring any equipment needed for your individual medical needs (ex: Inhaler, EpiPen, Mouthguard).

Q: Can Girls wrestle?

A: **Yes!** Walla Walla Wrestling is a huge advocate for women's wrestling.

Q: What measures are taken to protect the health of the wrestlers?

A: We always stress safe techniques of the moves we use. We constantly review which moves are legal and illegal.

1. Head gear is supplied to the athlete
2. The mat is washed with a disinfectant solution daily.
3. Rubber gloves and spray disinfectant solutions are available in the event of any blood on the mat.
4. Proper hygiene is taught by coaching staff

Q: Why is watching one's weight so important?

A: The sport requires that each wrestler compete in a specific weight class. This is so both wrestlers are of equal weight. Strength, speed, technique, and conditioning are the deciding factors, not the wrestler's weight.

Q: Will my son or daughter be expected to cut weight?

A: Wrestling helps people gain control of their body weight and body composition, and are able to set and achieve reasonable goals with respect to muscle mass, fat percentage and body weight. Our wrestlers will never be expected to lose an unhealthy amount of weight.

Q: How are weigh-ins conducted?

A: Weigh-ins are required for each match and tournament. For varsity and J.V. dual matches (school vs. school), wrestlers will weigh in typically one hour prior to competition. Each wrestler must be at or below their scratch weight for that match. When we meet the other team at evening, weigh-ins again take place (shoulder to shoulder).

1. Weight Classes are: 106lbs, 113lbs, 120lbs, 126lbs, 132lbs, 138lbs, 145lbs, 152lbs, 160lbs, 170lbs, 182lbs, 195lbs, 220lbs, 285lbs
2. Girls Weight Classes are: 100lbs, 105lbs, 110lbs, 115lbs, 125lbs, 130lbs, 135lbs, 140lbs, 145lbs, 155lbs, 170lbs, 190lbs, 235lbs

Q: How are the wrestlers chosen?

A: Unlike most sports, the coaching staff does not decide positions on the wrestling team. Instead, each wrestler competes in wrestle-offs to determine the varsity and J.V. wrestlers for that weight. Varsity wrestle-offs are basically run on a best of three series so the varsity line-up can be established early in the season. On the J.V. level, we run wrestle-offs as often as time allows.

Q: What kind of physical changes should I expect to observe in my son or daughter?

A: Physically, your son or daughter will be more tired and will probably sleep more. You will also see you student-athlete become stronger. You will notice fat loss around the midsection, arms, legs, and face. You will also notice the occasional bumps and bruises on the face and arms. Please keep in mind that they are involved in two hours of constant physical contact, so this will happen. Of course, any serious injuries should be reported immediately.

Q: What kind of psychological changes should I expect to observe in my son or daughter?

A: Psychologically, your son or daughter will gain confidence, mental toughness, and learn resiliency.

For additional questions, please feel free to contact [Head Coach Jacob Butenhoff jbutenhoff@wwps.org](mailto:jbutenhoff@wwps.org) or connect with us on Facebook "Walla Walla Wrestling Club" and/or Twitter "@WaHiWrestling".

Why Wrestle?

Wrestling is a great sport because anybody can do it. In this sport, you wrestle people that are the same weight as you; size is not an issue as it may be in a sport like football or basketball. The sport of wrestling also helps young people develop important qualities such as self-esteem, sportsmanship, work ethic and leadership skills. Wrestling is the world's oldest sport and teaches control, not violence. Wrestling develops agility, balance, reflexes and strength in every major muscle group and can dramatically improve one's ability to perform in other sports such as football.

Uncovering the Hidden Benefits of Wrestling

You'll never be in Better Shape in Your Life - A fully conditioned wrestler is the most anaerobically fit athlete of any sport. With cat-like precision and explosive power, a wrestler executes a burst of energy every 6 to 10 seconds during a match. Wrestlers look healthy, fit and muscular because of the way they train. You don't necessarily need separate workouts for cardio, strength, endurance and agility because you get all of that in a single wrestling practice. Wrestling training is training is a holistic training approach with multiple benefits towards health.

Burn off more fat, in less time, and keep it off - It takes ten hours of aerobic activity to burn a pound of fat. Not a very efficient way to lose weight. But short, intense workouts and training in sports like wrestling and weightlifting will make you burn more calories in less time. In addition, intense training increases your metabolism and calorie burn long after your workout is done.

The Best Kept Secret in College Admissions - College admissions officers make their decisions based on how well you satisfy these two questions. Can you do the work? and are you capable of the dedication needed to graduate? That's what they must decide based on all the data in your application. The World's oldest sport is also an "individual" snapshot of your discipline and willingness to dedicate yourself to something over an extended period of time. The best part of wrestling's mystique for college admissions is that you don't have to be great; you just have to have wrestled.

The Best Non-Violent Self-Defense Training You'll Ever Get – Wrestling has proven to be the foundational and prerequisite skill in regards to combative sports. A wrestler will learn how to takedown and control a combatant with confidence and self-control. The confidence of possessing self-defense skills is priceless.

Puts Mental Toughness & a Fearless, Confident Attitude in Your Life - Fear, confidence and attitude are all learned behaviors. You will discover that much of what you'll get out of the wrestling room, you can use in the workplace, the classroom and at home in terms of mental toughness, resilience, and work ethic. These are the types of skills that you'll need to bounce back from life's true tests: fear, failure and disappointment. Wrestling can help reprogram your mind for these valuable tools by teaching you how to work through physical and mental pain and exhaustion, how to set goals and reach them and how to make failure your learning curve for success.