



# KWAA SCREAMING EAGLES WRESTLING CLUB

## DECEMBER 2005 NEWSLETTER

Welcome to the 2005/2006 wrestling season. Novice wrestlers begin practice December 5<sup>th</sup> and the Varsity has been practicing since November 1<sup>st</sup>. The Varsity has competed in one tournament at Millard North and had pretty good success. I am really looking forward to another good season and would like to welcome all the new families to the KWAA Wrestling Club.

### CLUB OFFICERS

President-	Mike Sackett	<a href="mailto:wrestlingpres@kwaa.org">wrestlingpres@kwaa.org</a>	895-0327
Vice Presidents-	Marty Pelster	<a href="mailto:wrestlingvp@kwaa.org">wrestlingvp@kwaa.org</a>	
Treasurer-	Chris Pokorny		
Secretary-	Tammy Richling		

### PARENTS ADVISORY BOARD

The parent's advisory board consists of the KWAA club officers, 2 parents each from novice and varsity and one coach each from novice and varsity. The parent's advisory board can make suggestions to the KWAA club officers regarding anything to do with the club. It is a means for parents of wrestlers to be heard. The board will try and meet once a month during the season and at least once before the season begins. If you have suggestions regarding the club, contact any of its members or the club officers. The first parent's advisory board meeting will be held December 20, 2005 @ 6:30 p.m. in the practice room.

#### 2005/06 Advisory Board

President	Mike Sackett
Vice Presidents	Marty Pelster
Treasurer	Chris Pokorny
Secretary	Tammy Richling
Varsity Coach	Bob Edmonds
Novice Coach	Nick Mizaur
Varsity Parents	Debbie Prince, Cheri Dorsey
Novice Parents	Barry Knudson, Rick Johnson

### COACHING STAFF

<b>Varsity</b>	Head Coach	Rick Heckendorn	896-1423
	Assistants	Pat Kelley, Bob Edmonds (freestyle head coach), Nick Mizaur, Brian Hofener, Pete Richling, Dave Sorich, Mark Rigatuso, Rob Baker	
<b>Novice</b>	Head Coach-	Gary LaBreck	932-3423
	Assistants-	Rick John, Nick Mizaur, Mark Rigatuso, Donnie Trimble, Randy Crnkovich, Dave Sorich, Shane Peterson and others to be determined	



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## COMMUNICATION

- Email will be the primary method of communication for announcements newsletters and schedule changes
- KWAA Wrestling Mailbox- This will be located at practice for those who do not have email or access to the website. This should be checked frequently by parents
- **New Website** –I am trying to limit the amount of paper (schedules, announcements and newsletters) distributed and make my life easier. You can get to our new and exciting website directly at [kwaawrestling.org](http://kwaawrestling.org) or link through [www.kwaa.org- wrestling](http://www.kwaa.org-wrestling). General club information, announcements, schedules, newsletters, pictures and rosters can be accessed through the site. *The announcements and calendar should be checked frequently for changes or important announcements such as tournament or practice changes and cancellations.* If you do not want your child's name listed on the web site roster, notify Mike Sackett.
- Hotline #965-3878 is used for last minute announcements re practice, tournaments, etc for those who do not have access to the website or email.

## PRACTICE

At the novice level, the “A” group will consist of the K and 1<sup>st</sup> graders and will practice on Mondays and Thursdays. The “B” group will consist of 2<sup>nd</sup> through 8<sup>th</sup> graders and will practice Monday, Tuesday, and Thursday. All novice practices are from 6 - 7 p.m. Varsity will practice from 7-8:30 p.m.

Be sure to advise the coaches and club president if your child has a medical condition that is a concern. Have your child shower after practice to minimize the possibility of catching ring worm or other infections from the mat. No street shoes are allowed on the mat. Wrestling shoes are recommended but not required. There is a box of used shoes at practice so if you have some you would like donate or if you need some, take what you need. Please get your child to practice on time (Novice no earlier than 5:45) and pick them up promptly at the end of practice. As a general rule, if school is cancelled due to weather, practice will be cancelled. Check the hotline or website. Please have your child bring water to practice.

## TOURNAMENTS

Parents or guardians must sign for the wrestlers to participate in each tournament. Tournament flyers and a sign-up sheet will be located at the table as you enter the room. You do not need to fill out the tourney flyers but only need to sign the club roster for each tournament. The tournament fees are paid by the club. If you sign up, do not attend and fail to notify the club before the sign-up deadline, you must reimburse the club for the tournament.

Remember, some tournaments have set weight classes and it is your responsibility to verify your child's weight that is listed on the sign up sheet. These are the weights that were recorded the first week of practice. A scale is available at practice.



## *KWAA SCREAMING EAGLES WRESTLING CLUB*

If a coach is not at mat side during tournaments, do not let your child start the match until you find a coach to help. At no time should a parent that is not a KWAA registered coach be coaching on the mat. Please return to the stands once a coach is available. You let us coach your children all week, let us do our job on the weekend! The coaches will be wearing recognizable KWAA coach's shirts.

### **UPCOMING TOURNAMENTS**

Varsity            Council Bluffs Panthers  
                         Sunday December 11, 2005 @ Lewis Central High School , C.B. IA  
                         Weigh ins- Saturday 12/10/05, all ages-6-8 p.m.  
   Sunday 12/11/05 12 and under and 14 and under 6:30a- 7:30a  
   6 and under, 8 and under and 10 and under 9-10 a.m.

                         UNO Holiday Tournament  
                         Sunday December 18, 2005  
                         All 6 and under will be in Novice division

Novice            UNO Holiday Tournament  
                         Sunday December 18, 2005

### **IMPORTANT DATES**

- Council Bluffs Panther Varsity Tourney 12/11-deadline 12/06
- Novice singlet issue December 12/13/15 **NO SINGLET WILL BE ISSUED WITHOUT \$75.00 DEPOSIT**
- Novice parents meeting 12/12 @ 6:30p.m.
- NTC Committee Chair meeting 12/15 @ 6:30 p.m.
- UNO Varsity and Novice tourney 12/18-deadline 12/13
- Advisory board meeting 12/20

### **VOLUNTEERS**

**Pictures-** Digital pictures are needed for the website. Anyone interested in taking them at the meets can forward them directly to the website where they will be posted.

**Mat Cleaning-** The mats need to be cleaned every night after the varsity practice to avoid skin diseases. It only takes about 10 minutes so while you wait for your child to change shoes, volunteer to help. Thanks to Pat Steele and David Jensen who have cleaned the mats almost every night. Everyone who picks up their children need to help out so Pat and David are not cleaning the mats every night. If everyone helps a little, no one is over worked!



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## UNIFORM CARE

Please turn singlets inside out and wash in cold water. Do not place them in the dryer – hang dry only.

## NATIONAL TOURNAMENT OF CHAMPIONS

The NTC has developed a great reputation as one of the finest national tournaments around and this, in no small part is due to the fine job of our past tournament directors. During the past several years, the tournament has been directed by former club members who no longer have children in the club. We have always compensated the past tournament director but the KWAA Wrestling Board of Directors has decided to start running the tournament from with-in so more proceeds will be in returned to the club. The 2006 tournament will be run with a co director and a consultant from the previous group along with current members of the club. This will be a transition year but should return to the club an additional \$2500 over last years return.

Although it is only December, it is time to start focusing on the 12<sup>th</sup> Annual National Tournament of Champions (NTC) scheduled for March 3, 4, and 5, 2006. Everyone needs to sign up to work at the tournament because **THIS TOURNAMENT IS WHAT KEEPS US GOING !** Signup forms will be located at the head table by January. It is best to sign up early for the committee you want be on or risk being assigned to one you don't want to be assigned to!

We have the following ten committees for the tournament and we need chairpersons for each committee. As an incentive, *committee chairpersons will have their wrestler's registration fee waived the year after they chair a committee.* Contact Mike Sackett if you are interested in chairing any of the committees.

### COMMITTEES

- |                                      |                                 |
|--------------------------------------|---------------------------------|
| Opening Ceremonies/Awards-open       | Table Workers-open              |
| Mat pickup and return-Mike Sackett   | Set up / Clean up-open          |
| Weigh ins-Andy Kroupa                | Admissions-John and Diane Hower |
| Advertising / Donations-Cheri Dorsey | Security-Jerry Bruna            |
| Concessions-open                     | Head table- Pat Kelley          |

QUESTIONS /COMMENTS- Mike Sackett-895-0327, [wrestlingpres@kwaa.org](mailto:wrestlingpres@kwaa.org)  
Marty Pelster-493-9983, [wrestlingvp@kwaa.org](mailto:wrestlingvp@kwaa.org)