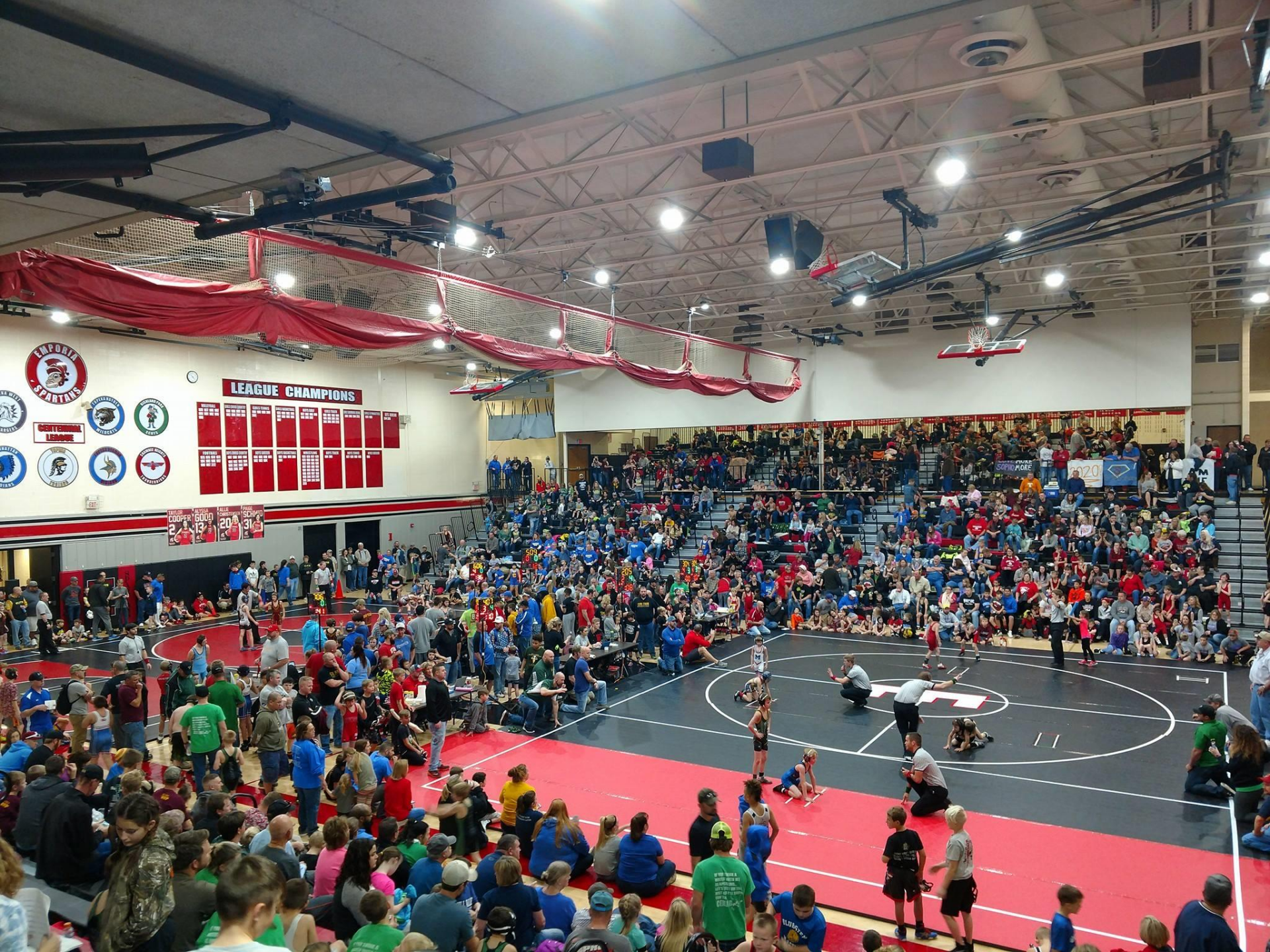




How to survive your 1st Wrestling tournament

**“This is a sport that has turned many boys into men and many men into leaders.
And it is a sport in which you can be a GIANT regardless of how big you are.”**

-Carl Albert



LEAGUE CHAMPIONS

SEASON	TEAM	SCORE	DATE
2019-2020	EMPORTA SPARTANS	78-72	12/15
2018-2019	EMPORTA SPARTANS	85-70	12/18
2017-2018	EMPORTA SPARTANS	90-80	12/20
2016-2017	EMPORTA SPARTANS	88-75	12/22
2015-2016	EMPORTA SPARTANS	82-70	12/25
2014-2015	EMPORTA SPARTANS	75-68	12/28
2013-2014	EMPORTA SPARTANS	70-65	12/30
2012-2013	EMPORTA SPARTANS	65-60	1/2
2011-2012	EMPORTA SPARTANS	60-55	1/5
2010-2011	EMPORTA SPARTANS	55-50	1/8
2009-2010	EMPORTA SPARTANS	50-45	1/11
2008-2009	EMPORTA SPARTANS	45-40	1/14
2007-2008	EMPORTA SPARTANS	40-35	1/17
2006-2007	EMPORTA SPARTANS	35-30	1/20
2005-2006	EMPORTA SPARTANS	30-25	1/23
2004-2005	EMPORTA SPARTANS	25-20	1/26
2003-2004	EMPORTA SPARTANS	20-15	1/29
2002-2003	EMPORTA SPARTANS	15-10	2/1
2001-2002	EMPORTA SPARTANS	10-5	2/4
2000-2001	EMPORTA SPARTANS	5-0	2/7



COOPER 2
GOLD 13
20
SCHAFFNER 31

Sign Up

- Via our website
- Dates, fees and deadlines in email.
- Flier attached to events on website.
- Late entries will not be accepted.
- Novice can typically change weights at weigh in, try to be accurate.

Weigh In

- We will conduct a weigh in 24-48 hours before the tournament somewhere locally.
- Must wear Singlet to weigh in.
- Fingernails must be trimmed.
- If there are any skin issues ensure you have a skin form.
- If your wrestler doesn't make weight we will bump them up to the next weight class. ** Not always guaranteed and typically not in open.

Before the whistle blows

- Arrive early and try to find a seat with the team. We travel in large packs so if your 1st try to find a place that will hold a large group.
- Wrestling shoes on with laces taped or tucked. Locate headgear.
- Check trackwrestling.com for bracket or head out to the hallway to find hard copies. Many times it will be within 30 minutes of starting.
- Brackets may be combined, look up and down if you can't find them. Some will write match numbers on kids arm.
- Be ready to warm-up 30 minutes before the start time.

Tournament Day

- Bring lots of snacks and water! Some tournaments will not allow coolers but you can always bring that cute 31 bag full of goodies.
- Be prepared – they run from sunup to sundown! Don't expect to see the light of day! Bring a cushion to sit on, a book to read, a picnic lunch, a cooler and a crock pot of stew! Oh yes - and a lawn chair in order to sit out in the hallway when the gym becomes a sauna of hot, sweaty, and smelly wrestlers.
- Put your wrestlers name on ALL their equipment. There's so much floating around, don't risk losing it. Shoes and headgear are found beneath the bleachers all the time. And the reply to coach's – "Whose is this? Is always, "Not mine!"
- Get there early!!! 30 minutes is not early enough. Coaches will NOT save you seats. Other wrestling parents get really grouchy when they see 20 blankets covering 5 rows of bleachers with 2 people sitting in them.
- Sit with other wrestling parents – it helps to join hands when you want to run on the mat for an injury – or to attack an official....they will hold you back.
- A wrestling tournament is not like Chuck E Cheese, you must keep tabs on your wrestler or they could escape!
- Bring a stadium seat for the bleachers! Or avoid bleacher butt by keeping a pillow in the wrestling bag, it also helps save your seat when you are away from it.
- Bring cash – Some tournaments charge a buck or two to get in and concessions stands don't take plastic.

Tournament Day

- Don't laugh the first time you see your son/daughter in a singlet.
- I don't know who does other clubs weigh-ins but your wrestler will always have at least 1 person who is a foot taller and about 15 pounds heavier – growls – and has facial hair. It's a fact!
- If your wrestler is in a headlock, their face is turning purple and they are mouthing the words, "I can't breathe", don't run out on the mat...the referee will notice eventually.
- Tournaments usually limit the number of coaches allowed to coach from the edge of the mat. Unless actually coaching no parents in the corner.
- All wrestlers must be accompanied at all times by a parent or legal guardian. You cannot drop off your child and leave them at tournaments. There will be NO exceptions to this rule.
- Always have your child notify a coach when they are "on deck" to wrestle. ("On deck" means that the wrestler's match is next on the board and will take place very soon.)
- No child should ever wrestle without a coach at their match. If there isn't a coach, request the ref to not start the match until you locate a coach.

Tournament Day

- ALWAYS let the coach handle any problems that occur during a match. This would include point disputes and injuries. The coach will let you know if your assistance is needed.
- Keep a record of your child's performance (how many matches, how many wins pins, etc.)
- Tournaments can be very chaotic, so be sure to bring lots of patience. If you have questions at a tournament, find a coach or experienced parent and ask for help.
- Remember – the majority of wrestling coaches are screamers – don't take the coach's screaming and jumping around personally.
- Don't bother the coaches during a match (as mentioned above, they're a little high strung) When they come to you after the match, it's not to talk about your wrestler, but to ask for aspirin, Roloids, throat lozenges or gum!
- While the match is in progress is not the time to be teaching new moves! Save the criticism and new moves until the next practice.
- Trophies or medals are typically awarded to the top 4 wrestlers in Open and all places in Novice.
- When the match is over, wrestlers shake hands with their opponent, referee and the opposing coach before returning to their coach.

Tournament Day

- When they lose their 1st match don't let them quit, wrestling is a very up and down sport. Mental and physical toughness are both very important.
- With many experienced wrestlers you will not know who won or lost until they get off the mat and in their own space.
- If you want to video your wrestlers matches do it from the bleachers or side of the mat and most importantly make sure you are not doing it from the opponents "corner".
- Drama is for TMZ not TBT, don't argue, laugh, cuss or talk negatively about the opponent or anyone in their cheering section. Save it for the ride home, if there is an issue find a coach and we will address it.
- This will be one of the craziest youth sporting events you have ever attended, it will feel foreign and little crazy for the first couple, but you will actually miss it when the season ends.
- Tournaments –As parent, you will never understand how your gentle, sweet child, could possibly love to wrestle...to be stretched and twisted in ways nature never intended...but they do! So be happy when they win, supportive when they lose, and always have your camera/camcorder batteries charged!

What to bring.

- No matter what you do don't forget the singlet, shoes, headgear and your wrestler!
- Aspirin – You're either going to have a headache from staying out too late the night before a very early morning, trying to read 12 scoreboards above the 4 mats, or the PA announcer saying sit down in front of the mats a 100 times an hour.
- Tissues - These are for mom and dad for when their wrestlers wins – or loses.
- Water – Hydration is a major issue with wrestlers, but no one in the gym will need water more than you will. See Aspirin.
- Athletic tape, shoelaces must be tucked in tongue of shoes or taped.
- Keep a pair of nail clippers in your bag, Referees have a “thing” about wrestlers with long fingernails.
- Handheld games, a book or something to entertain them in between matches.

Terminology and Points

- Takedown 2 pts-Wrestler gains control of other wrestler
- Reversal 2 pts-Control between wrestlers switches
- Escape 1pt-Wrestler escapes from other wrestler's control
- Locked Hands 1/1/2/DQ-Wrestler in control can't lock hands unless in pinning combination or standing up-4th time=DQ
- Near Fall (2 sec) 2 pts-Exposing the back for at least 2 seconds
- Near Fall (5 sec) 3 pts-Exposing the back for at least 5 seconds
- Fall (Pin) Wrestler in control holds other wrestler's shoulders on mats for 2 seconds-match ends
- Neutral Both Wrestlers Standing
- Referees Position 1Wrestler on Top/1Wrestler on Bottom
- Stalemate No wrestler can gain an advantage

Terminology and Points

- Stalling Not initiating action
- Technical Violation Illegal move/action/hold
- Examples of technical violations include:
 - Pulling opponent's singlet
 - Pulling opponent's hair
 - Locking hands
 - Biting
 - Cursing
 - Poor Sportsmanship

www.trackwrestling.com



TRACKWRESTLING



TRACK



GOLD



BROWSE



MANAGE



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Plus many more



JOIN FOR \$50 ANNUALLY



Trackwrestling Events



Optimal Performance Calculator

Popular Tournaments

2014 Hawkeye Nationals- Midwest Tour, IA
2014 VACW National Holiday Elementary Duals, VA
2014 VACW National Holiday MS Duals, VA
2014 Westfield Folkstyle Open and Beginners, IN
2014 Bob Smith Open, KS

[More Tournaments](#)

Current Seasons

2014-15 College Men
2014-15 High School Boys
2014-15 High School Girls
2014-15 Middle School
2013-15 Playground

[More Seasons](#)

Popular Rankings

2013-14 Wisconsin High School
RMN 2013-2014
Tour of America 2013-2014
USA Wrestling 2013-14

[More Rankings](#)

Elite Athletes

BEAU OHLSON, CO
ryan boutillier, CO
Chance Lamer, OR
Daschle Lamer, OR
TRAVIS WITTLAKE, OR

[More Athletes](#)

Elite Clubs

Steel City Elite, CO
SCORE Wrestling Club, CO
Pomona Elite Black, CO
Dethrone, CA
POWA, CO

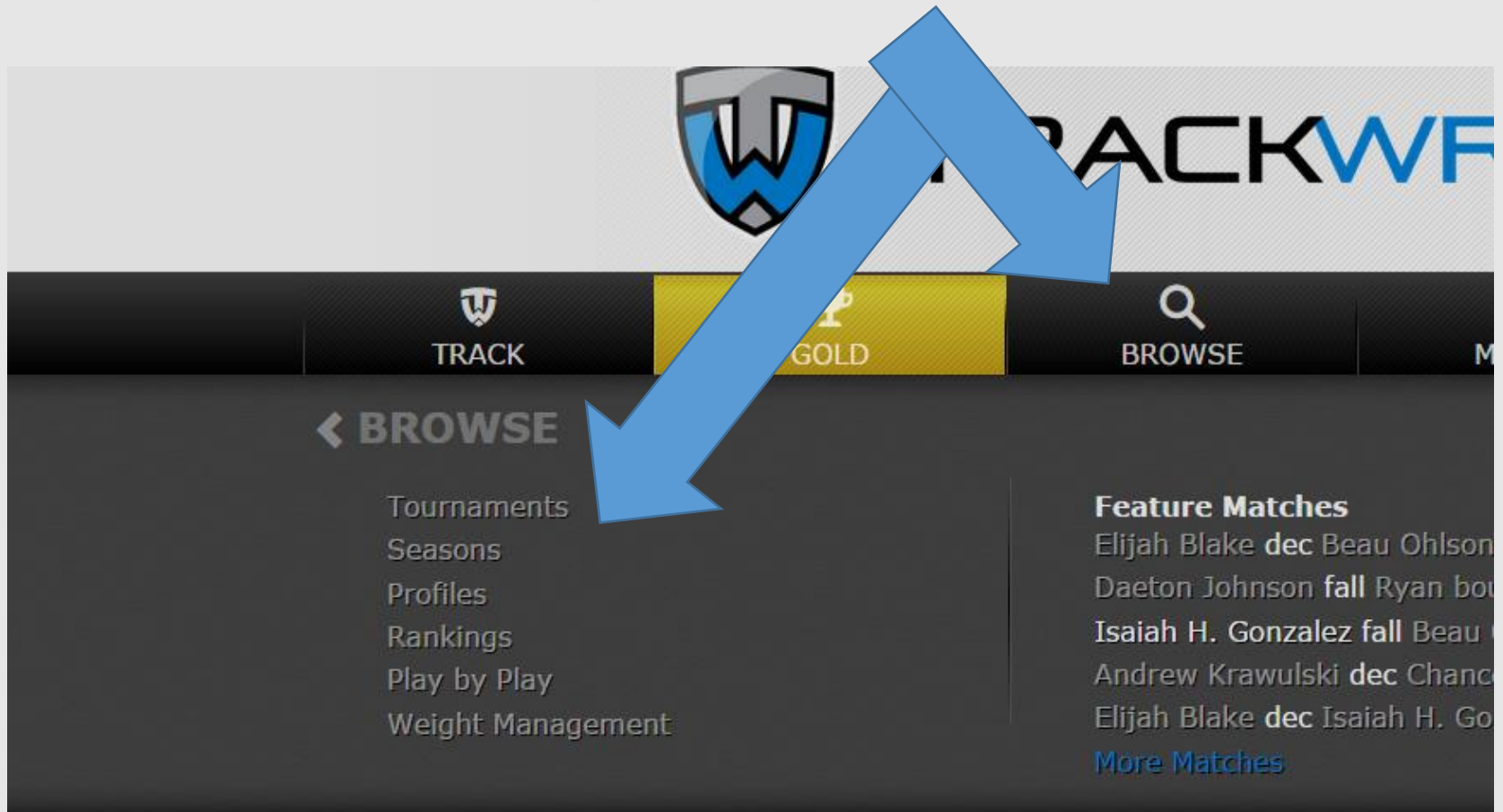
[More Elite Clubs](#)

Feature Matches

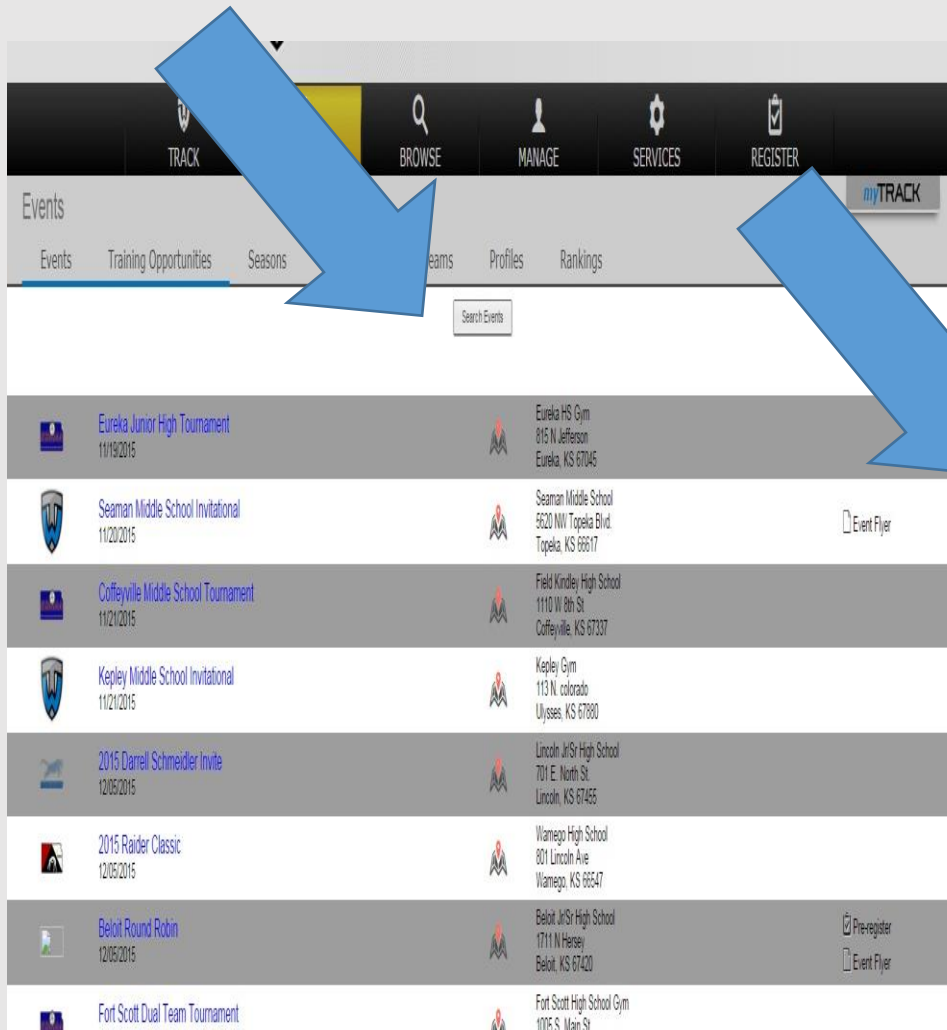
Elijah Blake dec Beau Ohlson
Daeton Johnson fall Ryan boutillier
Isaiah H. Gonzalez fall Beau Ohlson
Andrew Krawulski dec Chance Helmick
Elijah Blake dec Isaiah H. Gonzalez

[More Matches](#)

Browse menu, then tournaments and profiles are the most commonly used features.

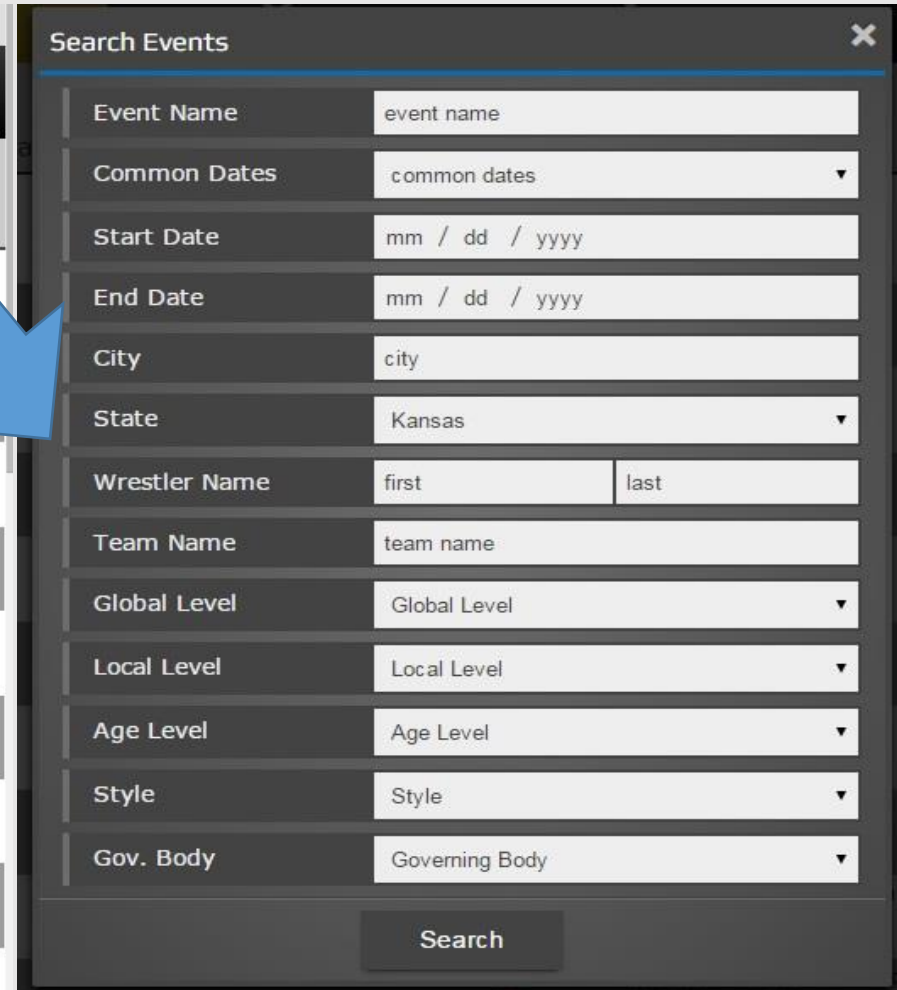


You can normally search by state and find your tournament quickly.



The screenshot shows the myTRACK website interface. At the top, there is a navigation bar with icons for TRACK, BROWSE, MANAGE, SERVICES, and REGISTER. Below this is a secondary navigation bar with links for Events, Training Opportunities, Seasons, Teams, Profiles, and Rankings. A search bar is located below the secondary navigation bar. A large blue arrow points from the search bar to the search results. The search results are a list of events, each with a logo, event name, date, and location. The events listed are:

Event Name	Date	Location
Eureka Junior High Tournament	11/19/2015	Eureka HS Gym 215 N. Jefferson Eureka, KS 67045
Seaman Middle School Invitational	11/20/2015	Seaman Middle School 5620 NW Topoka Blvd. Topoka, KS 66617
Coffeyville Middle School Tournament	11/21/2015	Field Kindley High School 1110 W 9th St Coffeyville, KS 67337
Kepley Middle School Invitational	11/21/2015	Kepley Gym 113 N. Colorado Ulysses, KS 67880
2015 Darrell Schneider Invite	12/05/2015	Lincoln Jr/Sr High School 701 E. North St. Lincoln, KS 67455
2015 Raider Classic	12/05/2015	Warrego High School 801 Lincoln Ave Warrego, KS 66547
Beloit Round Robin	12/05/2015	Beloit Jr/Sr High School 1711 N. Hensley Beloit, KS 67420
Fort Scott Dual Team Tournament	Fort Scott High School Gym 1005 S. Main St.



The screenshot shows the Search Events modal form. The form has a title bar with a close button (X). The form contains the following fields:

Field	Value
Event Name	event name
Common Dates	common dates
Start Date	mm / dd / yyyy
End Date	mm / dd / yyyy
City	city
State	Kansas
Wrestler Name	first last
Team Name	team name
Global Level	Global Level
Local Level	Local Level
Age Level	Age Level
Style	Style
Gov. Body	Governing Body

At the bottom of the form is a Search button.

Click on either menu for brackets



The image shows a screenshot of the USAWKS 2017 State Folkstyle Championship website. At the top, there is a navigation bar with links for Home, Hub, Brackets, Video, Results, Information, Divisions, Wrestlers, and Teams. A large blue arrow points to the 'Brackets' link in this navigation bar. On the left side, there is a sidebar menu with icons and text for Information, Membership, Video, Brackets, Mat Assignments, Team Scores, and Results. Another large blue arrow points to the 'Brackets' link in this sidebar menu. The main content area features the 'KANSAS KIDS' logo, the event title 'USAWKS 2017 State Folkstyle Championship', the dates '03/25 - 03/26/2017', the location 'Kansas Expocentre, One Expocentre Drive, Topeka, KS 66617', and a 'More Info' button.

USA Wrestling

KANSAS KIDS

USAWKS 2017 State Folkstyle Championship

Home Hub Brackets Video Results Information Divisions Wrestlers Teams

Information

Membership

Video

Brackets

Mat Assignments

Team Scores

Results

KANSAS KIDS

USAWKS 2017 State Folkstyle Championship

03/25 - 03/26/2017

Kansas Expocentre
One Expocentre Drive
Topeka, KS 66617

More Info

Gold Members can view multiple brackets at a time.

6U
50-52
Default Template
Width: 900
Height: 590
Font: 10
Show Pages
 -Entire Bracket
View Print

Bracket Menu
Weight Class
8 & Under
40
43
46
49
52
55
58
61
64
67
70
73
76
80
88
95
110
125

Osage City Christmas Classic

Mat Number

6U 50-52
1

Select age and weight

Bracket will appear with match numbers

Round	Match 1	Match 2	Match 3
Round 1	Gavin Hartman Topeka Blue Thu Emerson Barrett Osage City Wres 113	Gavin Hartman Topeka Blue Thu Fall 0:00 Dallas Owens Thunderbird Wre 114	Brodye Kocher-Munoz Topeka Blue Thu Brodye Kocher-Munoz Topeka Blue Thu Maj 9-0 B. Kocher-Munoz (Topeka Blue Thunder) 1ST
Round 2	John Halsey Osage City Wres Dallas Owens Thunderbird Wre 129	Brodye Kocher-Munoz Topeka Blue Thu Brodye Kocher-Munoz Topeka Blue Thu 130	Brodye Kocher-Munoz Topeka Blue Thu TF 15-0 G. Hartman (Topeka Blue Thunder) 2ND
Round 3	John Halsey Osage City Wres Brodye Kocher-Munoz Topeka Blue Thu 151	Emerson Barrett Osage City Wres Dallas Owens Thunderbird Wre 152	Dallas Owens Thunderbird Wre Fall 0:00 D. Owens (Thunderbird Wrestling Clu) 3RD
Round 4	John Halsey Osage City Wres Emerson Barrett Osage City Wres 165	John Halsey Osage City Wres Dec 7-4 Dallas Owens Thunderbird Wre 166	Gavin Hartman Topeka Blue Thu Gavin Hartman Topeka Blue Thu Dec 11-6 J. Halsey (Osage City Wrestling Club) 4TH
Round 5	John Halsey Osage City Wres Gavin Hartman Topeka Blue Thu 187	Emerson Barrett Osage City Wres Brodye Kocher-Munoz Topeka Blue Thu 188	Brodye Kocher-Munoz Topeka Blue Thu FF E. Barrett (Osage City Wrestling Club) 5TH

Find your wrestlers history by clicking browse, profiles, search and then athletes.

TRACK GOLD BROWSE MANAGE SERVICES

← BROWSE > PROFILES

Elite Athletes
BEAU OHLSON, CO
ryan boutilier, CO
Chance Lamer, OR
Daschle Lamer, OR
TRAVIS WITTLAKE, OR
[More Athletes](#)

Popular Athletes
Paul Steffensen, AK
Jaxon Smith, GA
Austin Fox, TX
TRAVIS WITTLAKE, OR
Hunter Marko, WI
[Search Athletes](#)

[Search Athletes](#)

Find your wrestlers history by clicking browse, profiles, search and then athletes.

LAST UPDATE: 01/17/2017



Tatum Wash

Topeka, KS

94 lbs



Record: 37 - 10

Pins: 19

Techs: 2

Majors: 4

Rank Value: 0.889584

Rank Date: 12/18/2017

Stats since 12/19/2016

Match Videos



T. Wash (Tope) vs B. Thelen (Team)
[USAWKS 2017 State Folkstyle Championship](#)



T. Wash (Tope) vs R. Hada (Jr P)
[USAWKS 2017 State Folkstyle Championship](#)



T. Wash (Tope) vs Z. Shaw (Lawr)
[USAWKS 2017 State Folkstyle Championship](#)



T. Wash (Tope) vs M. Lies (Ne)
[Battle of The Belt - Round 3 6U Open HWT - 10 months a](#)

Track Record

1 - 15 of 29 Next

Date	Tournament	Weight Class	Place	Results
12/16/2017	Paola Open & Girls (AM)	8 Under HWT	2nd	
12/10/2017	Gene White Memorial-Emporia	8&U 95	1st	
07/15/2017	Sunflower State Games Folkstyle	MALE 7-8 90-	1st	
03/26/2017	USAWKS 2017 State Folkstyle Cham	8 & Unde	DNP	
03/18/2017	USAWKS 2017 District 3 Champions	8 & Unde	3rd	
03/11/2017	USAWKS 2017 District 3 East Subd	8 & Unde	1st	
03/04/2017	Chapman Kids Invitational	7 & 8 76	1st	
02/26/2017	Kansas 6 Under & Elementary	6U 80	1st	

Brackets

- What is a bracket?
- How do I read it?
- Where will I find them?
- How are they organized?
- How do I get one?



Adobe Acrobat
Document



Adobe Acrobat
Document



Adobe Acrobat
Document

Questions ...

It will be a long day!

There will be hundreds of boys/girls crying!

It will be non-stop screaming for 7 hours!

Bring snacks, water, games, books, Band-Aids and lots of
patience!

Don't be afraid to ask now or grab a returning parent
later!

“We’re building this thing the right way and
we’re building it to last.”