<www.hempfieldwrestling.com>

**HEMPFIELD YOUTH WRESTLING 2020-21**

…Building our Tradition…

\*\*\*REGISTRATION ENDS NOV 2\*\*\*

WHERE: East Petersburg Civic Center or Schopf Bros Wrestling Barn.

WHEN: Practice begins week of November 16. Teams will be decided first week of November.

 NOVICE – kids in their first year with very little practice will generally practice 2 nights a week for an hour (older novice kids 1 ½ hours).

 ADVANCED – these are kids that generally have been wrestling for 3+ years. They will practice 3 times a week for about 1 ½ hours.

\*\*\*\*\* these are guidelines and we will make adjustments individually depending on weight, age and skill level.

\*\*\*\*\* you will receive an email within the first week of November detailing practice times and locations.

WHAT DO I NEED: Wrestling shoes, headgear, and water bottle. Kids practice in t-shirt and shorts. The club will provide singlets for competitions. Younger kids may benefit from Velcro type wrestling shoes. We will send out gear examples. No gym shoes may be worn in the wrestling rooms.

COMPETITION: We compete in the CPWA. Central Penn Wrestling Association. This league consists of 20-25 programs that balance competition vs development. The clubs involved are very organized. This year our schedule is TBD due to our current circumstances. More to come!

PARENT NIGHT LINK: 10/29/2020 @7pm. Tune in for our virtual parent meeting. <https://us02web.zoom.us/j/86782377243>

Meeting ID: 867 8237 7243

REMIND APP: <https://www.remind.com/join/6kb8897>

REGISTRATION LINK:

<http://events.constantcontact.com/register/event?llr=epuvdwvab&oeidk=a07ehb7roxf56742a5f>

**COVID PROTOCOL (subject to change):**

1.  No parents in the rooms.

2.  Each room will require a mat parent or coach to take a temperature check at check in.

3.  Kids must wear masks while walking into and out of practice. Coaches will wear mask anytime within 6 feet of kids.

4. Exposure is defined as being within 6 feet of someone for more than 15 minutes.

5.  Room size will be capped at 25 kids per class or as required by state guidelines. Subject to change.

6.  Practice partners will be limited.  We will want to keep the kids with the same 3-4 groups.  If changes are made, we will document.

7.  Parents must take responsibility.  Do not under any circumstance send your kid to practice sick.  If it's questionable, stay home.

8.  Any known exposure to a COVID positive outside of our practice environment whether in school or other sporting event will result in a 14-day quarantine.  PA Department of health notified.

9.  If positive, two negatives will be required to return to the room. Or 14 days of quarantine.

10.  Be aware that if you voluntarily submit to a test, you must quarantine for 14 days.

11. Symptoms of COVID include fever, cough and shortness of breath. Anyone with symptoms will trace back 5 days from onset to determine who was exposed.

12. These are kids. We will do our best but we can’t be perfect. We need help from the parents to enforce and emphasize!

13. Please be punctual with pick up and drop off.

14. Everyone will be required to sign a waiver.

\*\*\*\*\*subject to change\*\*\*\*\*

**Coaches Contact**

***Program Head Coach***

Matt Deck

717.824.0343

Matthew\_deck@yahoo.com

***Head Coach Intensity / Perseverance***

Nate Cote

717.208.0534

Natec157@yahoo.com

***Head Coach Courage / Heart***

Alan Houck

717.690.9802

Coachalbkwc@gmail.com

***Head Coach Resilience / Grit***

Lawrence Beckman

484.345.3030

Lawrence.beckman88@gmail.com