

Frequently Asked Questions and Answers For New Wrestling Parents

Q: Does my son have to ride the bus back from competitions with the team?

A: Yes. This creates team bonding, unity, and sometimes coaches still have things to talk about with the team.

Q: Does my son have to attend all practices?

A: Yes. Please try to avoid anything that will interfere. See Attendance Policy.

Q: Does my son have to attend all competitions?

A: Yes and no. It depends on their level of experience and the current team level they are on for a given week. Every wrestler is expected to attend the 4-scheduled double dual meets. We do try and pair up as many Frosh/Novice wrestlers as possible, and JV and Varsity wrestle as well. Weekend tournaments have designation levels on the schedule of who will compete. Other wrestlers are not required to attend. We do expect Frosh/Novice wrestlers to attend the novice meets (schedule being finalized by Athletic Directors on Nov. 17), unless they make the varsity team.

Q: Does my son have to “cut” weight?

A: No. We do not encourage “cutting” weight on the team. However, weight management is a unique part of wrestling and there are a few kids that definitely lose a few pounds over the season to make a weight class. Most new wrestlers do not have to worry about this, but may lose a little weight over the season naturally due to consistent exercise. They should be eating healthy at home, and should eliminate unhealthy food. If they are watching their weight to make a specific weight class, they may lighten their portions some right before competitions and exercise a little more at home (going on a run or working out at the gym). Again, we don't like new wrestlers focusing much on weight their first year.

Q: How long do Novice Tournaments last?

A: Usually they last 2-3 hours from start time. But some vary depending on number of teams attending.

Q: How long do weekend tournaments last?

A: They usually last the better part of a day and we get home in the evening. Your best bet is to keep in contact with your son by cell phone during the day and have him call when we are leaving.

Q: What time do dual meets start and how long do they last?

A: JV Duals start at 6 PM, with Varsity Duals starting at 7 PM or 20 Minutes after the last JV Match. Duals typically last 1-1.5 Hours.