



WRCL

About WRCL Youth Wrestling

In 2016, coaches from separate Westfield, Ripley, and Chautauqua Lake Youth Wrestling programs got together to discuss the idea of combining, similar to what had occurred with the high school program. As a result, the WRCL Youth Wrestling program was born. The biohazard symbol represents the three entities joined as a uniform program and signifies "a dangerous combination". This combined effort has given our wrestlers the opportunity to have more practice partners, more support, and more 'family' to help them grow in the wrestling room. A dangerous combination we proved to be with the following stats in the books:

- ❖ **16-17 Season**
 - 9 wrestlers qualified for NYWAY States
 - 5 of these wrestlers placed at States
 - 1 of which was State Champion
- ❖ **'17-18 Season (even better!)**
 - 22 wrestlers qualified for NYWAY States
 - 12 wrestlers placed at States
 - 4 of which were State Champions!
- ❖ **'18-19 Season (just keeps getting better!)**
 - 27 wrestlers qualified for NYWAY States
 - 20 wrestlers placed at States
 - 5 of which were State Champions!
- ❖ **'19-20 Season**
 - 30 wrestlers qualified for NYWAY States
 - 12 Regional Champions
 - Lots of disappointment – States canceled 3 days before due to the pandemic
- ❖ **'20-21 Season-No official season... :(**
- ❖ **'21-22 Season-No regional qualifier**
 - 14 of 15 wrestlers placed at States
 - 3 of which were State Champions!
 - 4 girls wrestled both boys and girls – all placed in one or both divisions with one girls State Champion
- ❖ **Several Team Trophies for performance as well as sportsmanship**

Although the winning stats are impressive, they aren't the whole picture. We failed to record accurate stats for the achievements off the mat such as the number of times our wrestlers have:

- ❖ celebrated another's win or helped them get through a loss
- ❖ stuck it out through a practice he/she didn't think they could finish
- ❖ enjoyed 'family' dinners with 20 to 40 wrestlers, coaches, parents, siblings at a restaurant, kids all sitting together playing games and hanging out while the parents all reviewed the day and planned the next week
- ❖ celebrated another's successes outside of wrestling due to the new friendships gained in the wrestle room... the list of 'extras' obtained through wrestling goes on and on.

We invite you to join our wrestling family.

PRACTICE SCHEDULE

BioRoom*

Practice begins November 14th for the BioRoom, meeting on Monday, Wednesday, and Thursday at Chautauqua Lake from 6-8pm and Fridays at the Wrestle Barn late season.

* A BioRoom Wrestler – this athlete has 3+ years of experience and/or is committed to a high-level of performance, as well as to their teammates.

GreenRoom**

Practice for the GreenRoom will begin November 14, meeting Mondays at Eason Hall and Thursdays at Ripley School from 5:30-7pm.

* A GreenRoom Wrestler – this athlete has little to no experience and/or is still working on technique, working to achieve Bio status.

IMPORTANT DATES

- Nov 14: 1st day of BioRoom Practice**
- Nov 14: 1st day of GreenRoom Practice**
- Jan 8: Ripley Novice Tournament**
- Jan 8: Raffle Card Drawing**
- Feb 5: Westfield Novice Tournament**
- Mar TBA: NYWAY State Tournament**

2022-2023 SEASON

Wrestling Sign-Ups

at Chautauqua Lake
October 7-8th at
Flag Football Tourney

Online – see QR code
below or go to _____

Whether you are a new
or returning member, be
sure to utilize one of
these two sign ups !!

Your
future
is created
by what
you do today,
not tomorrow.

~Jordan Burroughs



Wrestling Benefits

- Wrestling provides a positive outlet for especially energetic boys and girls.
- Wrestling is an individual sport, but also has a team component, and still teaches teamwork and the importance of working together.
- Wrestling is one of the few sports where a child's foot speed, ball-handling skills, hand-eye coordination, and size do not matter. There is room for everyone and wrestlers only compete in a similar weight class.
- Wrestling competitively is tough, but teaches empathy at a young age because sooner or later, everyone loses a match. How often do you see eight-year-old teammates hugging and consoling each other after emotional losses?
- Wrestling develops mental toughness.
- Wrestling brings kids together and builds a strong camaraderie.
- Wrestling develops discipline and teaches an individual how to focus on something and master it.
- And.... Wrestling is FUN!!

Wrestling Myths

- Myth: Wrestling is a brute sport
Wrestling is not a sport that demands brute strength. Technique and conditioning are more important to succeed in wrestling than the ability to push someone.
- Myth: Wrestling is unsafe
Wrestling rules are very clear on safety. Illegal moves and potentially dangerous situations can result in penalty points and even disqualification. Coaches and referees work very hard to keep wrestling safe for all participants.
- Myth: Wrestlers engage in unhealthy weight loss
Youth wrestling discourages so-called weight cutting. High school and collegiate athletes weight loss is now closely monitored by a tracking system developed by the NWCA, which prevents a wrestler from dropping below 7% body fat or losing too much weight too quickly.

COSTS

The cost to join WRCL is \$30 for your first wrestler, \$20 for each additional wrestler up to a maximum of \$70 per immediate family for the season.

If you have any questions or would be interested in helping out the club send us an email at wrclw@yahoo.com.

ABOUT NYWAY

New York Wrestling Association for Youth (NYWAY) represents youth wrestling K-12. NYWAY is built by wrestlers and their families for NY wrestlers. The NYWAY season culminates with the NYWAY State Championship Tournament. Regional place winners battle it out for the State Championship and a shot at NUWAY Nationals! We will talk more about the Regional Qualifier Tournament throughout the season. More at www.nyway.org

