

WELCOME



2023-2024 WINTER SEASON PARENT MEETING



AGENDA

- ▶ Welcome and Introduction
- ▶ Wrestling With Character
- ▶ WWC Predator Wrestling
 - Practice, Communication,
Competition, Coaching
- ▶ Communication/Support
- ▶ Questions?



COACH BOB MURPHY

Passion First Wrestling Inc.

- Board Member
- Executive Director
- Director of Coaching

Omaha (Millard) resident with wife, Audrey and two sons - Jack and Sam

Bachelor of Arts in Education from University of Nebraska at Kearney - Health and Physical Education (K-12 grade), Certified Coaching Endorsement

Wrestling

- ▶ Nebraska State Champion -1997
- ▶ USA Wrestling Junior Greco-Roman All-American -1997, 1998
- ▶ Four year starter at University of Nebraska at Kearney
- ▶ NCAA Division II National Qualifier - 1999, 2001, 2003
- ▶ Rocky Mountain Athletic Conference Champion, 2003
- ▶ NCAA Division II Academic All-American - 2002, 2003

Coaching

- ▶ 2003 - 2004 Assistant Coach, University of Nebraska at Kearney
- ▶ 2005-2008 Assistant Coach, Omaha Burke High School
- ▶ 2008 - 2009 Assistant Coach, Papillion LaVista High School
- ▶ 2013 - 2015 Director and Head Coach, MAT Program, MWC Wrestling Academy
- ▶ 2020 - 2022 Head Coach, Russell Middle School
- ▶ 2015 - Present Director of Coaching/Head Coach, Wrestling With Character

Continuing Education and Memberships

- ▶ Positive Coaching Alliance: Double-Goal Coach Certification
Level 1: Coaching for Winning and Life Lessons
Level 2: Culture, Practices and Games
Level 3: Developing Triple-Impact Competitors
- ▶ USA Wrestling NCEP Copper Certification
- ▶ USA Wrestling NCEP Bronze Certification
- ▶ USA Wrestling NCEP Teal Certification
- ▶ Adult & Child CPR & AED Certified
- ▶ COVID-19 for Coaches and Administrators
- ▶ HEADS UP to Youth Sports: Concussion Training Course Certification
- ▶ U.S. Center for SafeSport Certified
- ▶ National Wrestling Coaches Association National Conference Attendee (2017, 2020)
- ▶ NFHS Officiating Wrestling Course Certification
- ▶ NFHS Concussion in Sports Training
- ▶ NFHS Sudden Cardiac Arrest in Sports Training
- ▶ NFHS Heat Illness in Sports Training

- ▶ Nonprofit Association of the Midlands CEO Group
- ▶ AAU Coaching Leader
- ▶ USA Wrestling Leader
- ▶ Nebraska Coaches Association
- ▶ National Wrestling Coaches Association





Passion First Wrestling, Inc. | 501(3)c non-profit organization

Mission

Wrestling With Character aims to develop healthy, confident athletes and first-rate citizens through the sport of wrestling. Developing positive, life-long habits of success is the primary goal for each of our athletes. Together, we will build champions in wrestling and life by fostering a positive learning environment for all of our athletes, parents and coaches.

Philosophy

We believe that an individual's success in any endeavor should be primarily attributed to their intrinsic desire to learn and improve. In other words, they should develop a Passion First!

With this in mind, our goal is to provide a fun and encouraging learning environment that progresses at an appropriate pace for each athlete based on their individual readiness and comfort level.

Guiding Principles

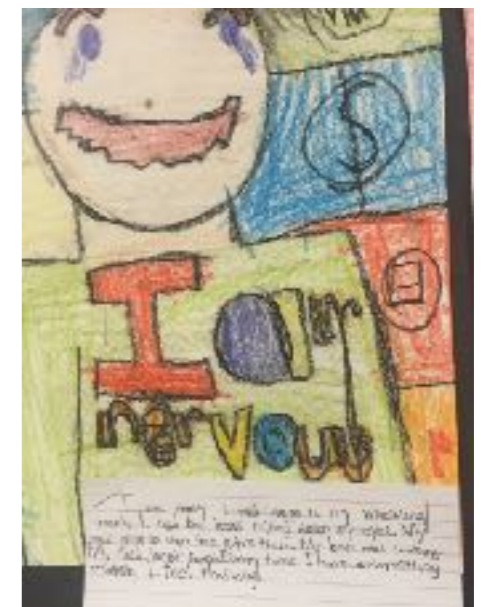
FOCUS ON THE PROCESS

DEVELOP THE
PASSION FIRST

EACH INDIVIDUAL'S EXPERIENCE MATTERS

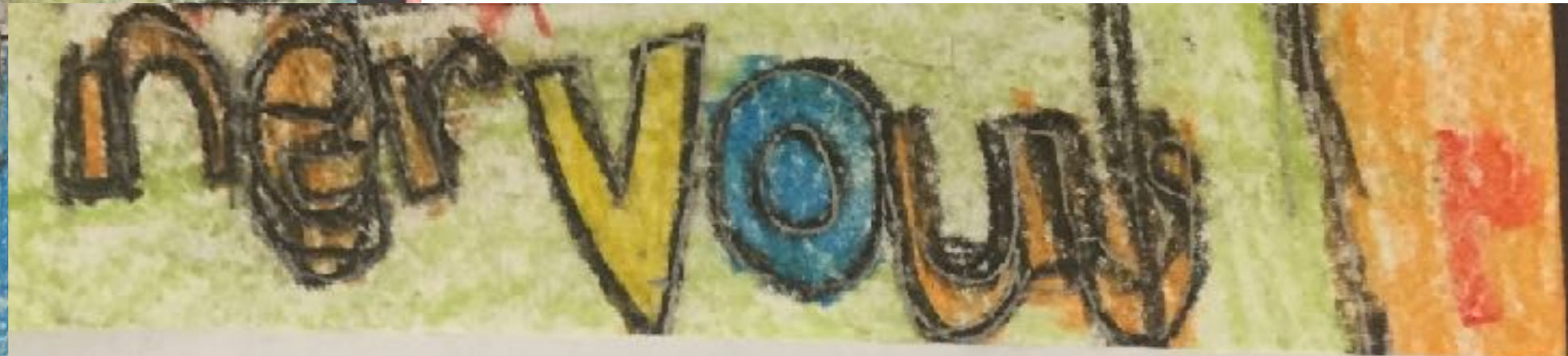
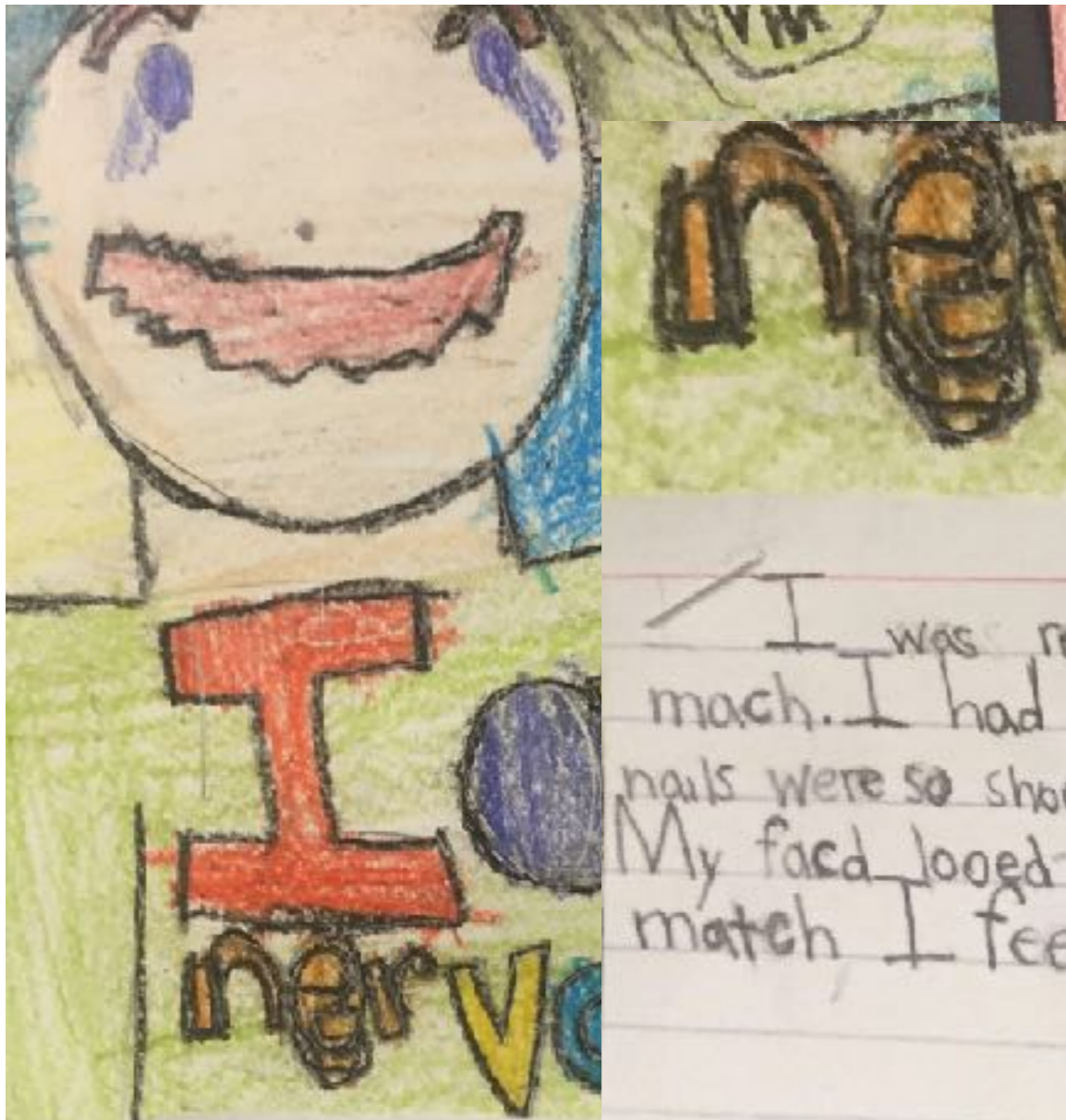


CORE
CHARACTERistics

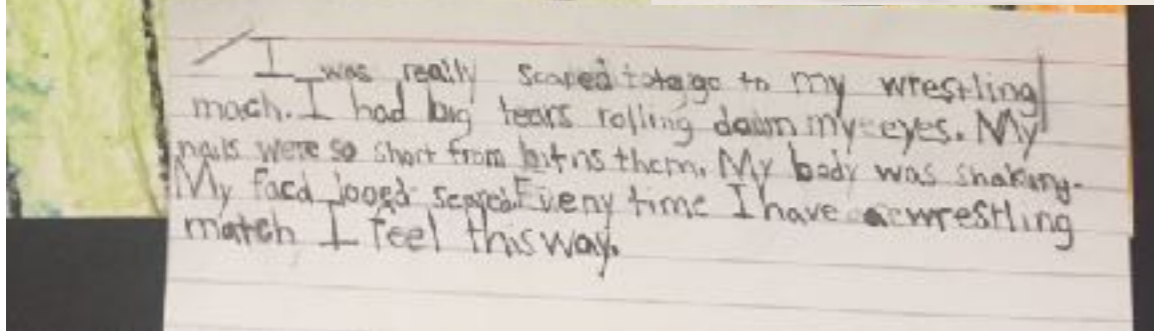


All tied together through our Code of Character - Coaches, Parents and Athletes

THERE HAS TO BE A BETTER WAY...



I was really scared to go to my wrestling match. I had big tears rolling down my eyes. My nails were so short from biting them. My body was shaking. My face looked scared. Every time I have a wrestling match, I feel this way.



2023-2024 WINTER SEASON



PREDATOR
WRESTLING



PREDATOR
GIRLS WRESTLING

EMBRACE THE JOURNEY

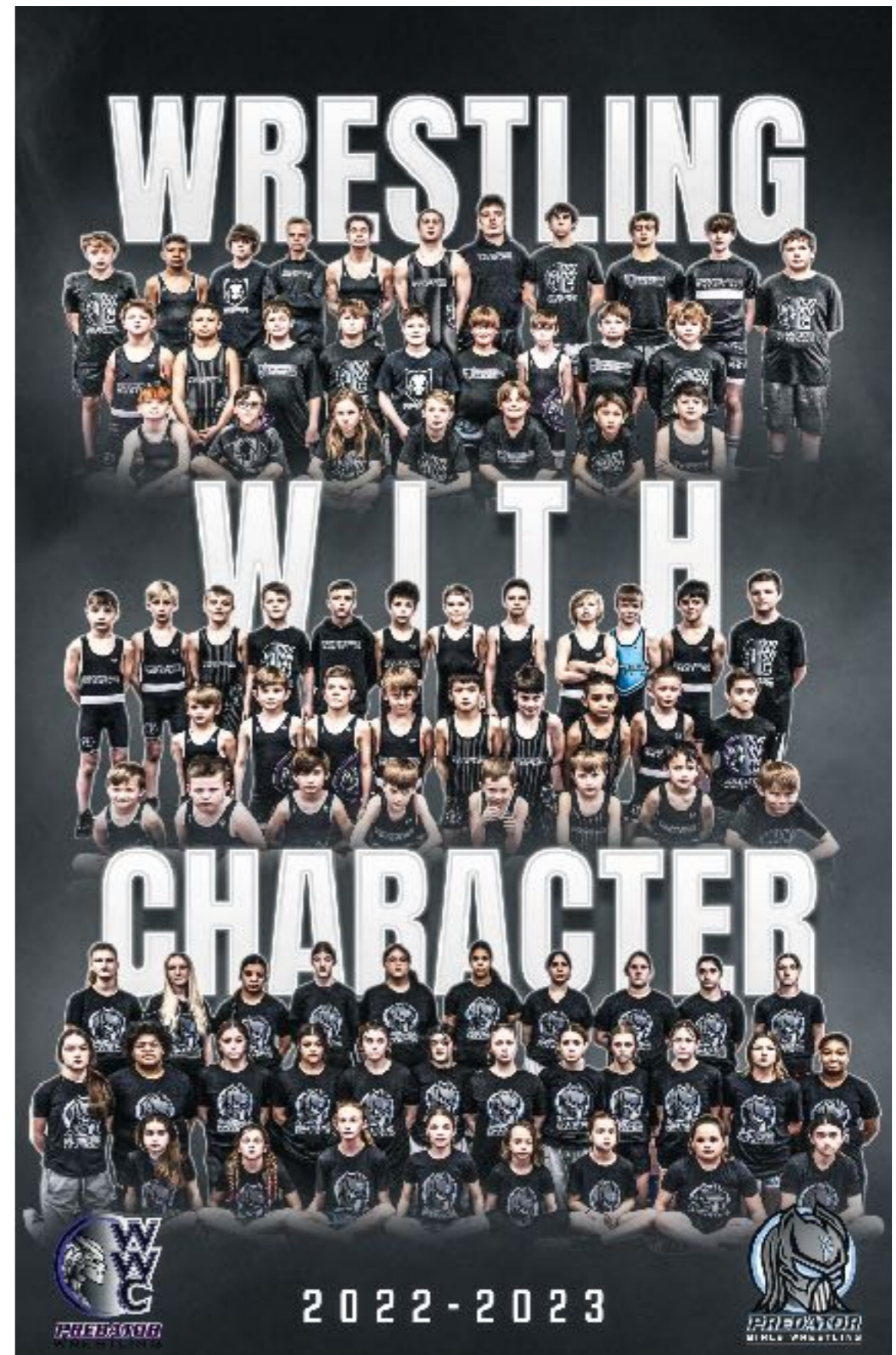
2023-2024 WINTER SEASON

DECEMBER 2023 - MARCH 2024

Still Growing - New Location

WWC Predator Girls Wrestling!!

WWC Functional Fitness



WWC Predator Wrestling Philosophy

You have a choice each moment on the mat, in school and in life. Are you going to be the Predator or the Prey?

Think about the Animal Kingdom. There are Predator animals and their Prey. In Animal Behavior classes students learn that animals generally considered Prey had evolved to have eyes on the sides of their head or further apart than predators. This is to improve peripheral vision so that they can see everything that is going on around them. It is a way to protect themselves.

Predator animals have eyes much closer together. They don't need to be as concerned with the world around them. They need to have tunnel vision to attack their prey.

We use this as an analogy for wrestling and life. We have a choice. Be a Predator wrestler or a Prey wrestler?

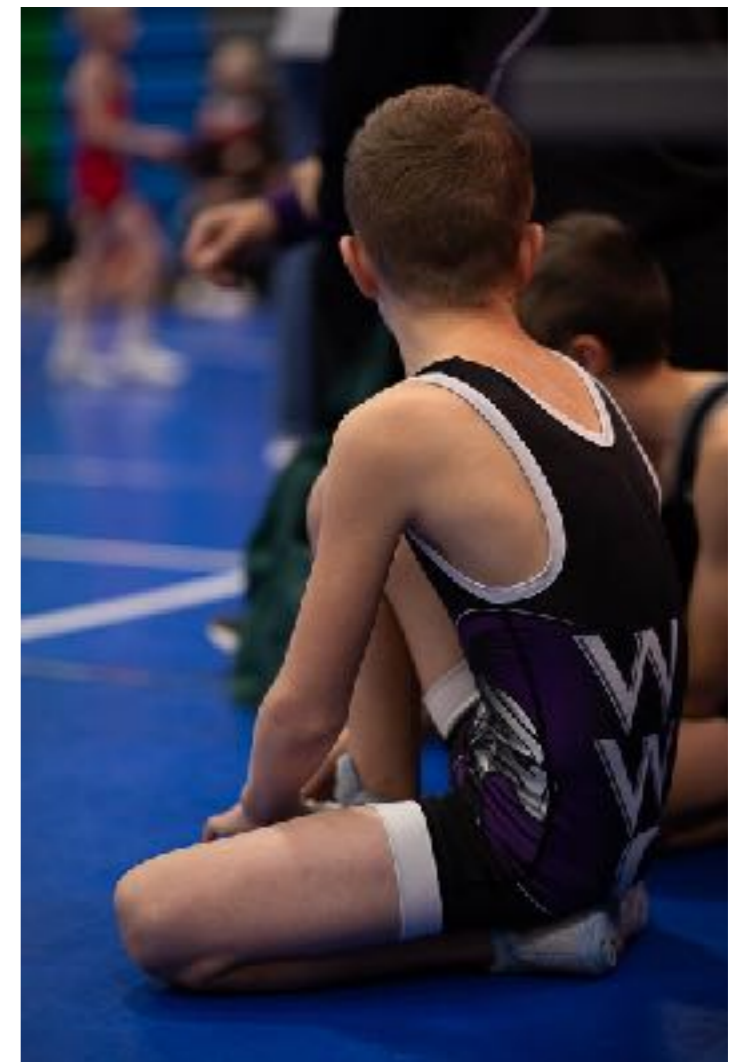
Prey is concerned with everything around them:
What weight is this guy wrestling?
What are my friends going to say if I lose?
What do I look like when I am out there?
What am I ranked or seeded?
Who will I wrestle if I win or lose?

Prey are worried about all of these external factors. Things they have no control over, things that won't help them and most importantly things that don't matter.

A Predator wrestler doesn't care to look around at these external factors. Predators make decisions based on what they believe is best regardless of others. They focus on the things they can control. They put forth a full effort and are aggressive regardless of rankings, seeds, score and outcome. The predator wrestler doesn't look ahead, doesn't look around, doesn't look back. They focus solely on the task at hand. The wrestler in front of them.

Every practice and competition you have the same choice. Predator or Prey. Are you going to look around at what other people are doing? Fans? The crowd? Other wrestlers in your weight class? Predictions/Seeds/Rankings? That is a Prey mentality.

Be the wrestler who acts like a Predator. Focus on what you have to do to be successful. Tune out your opponents results, ranking, predictions and all the hype. Use tunnel vision, stop caring about what is going on around you and focus all your energy on wrestling aggressively from start to finish.





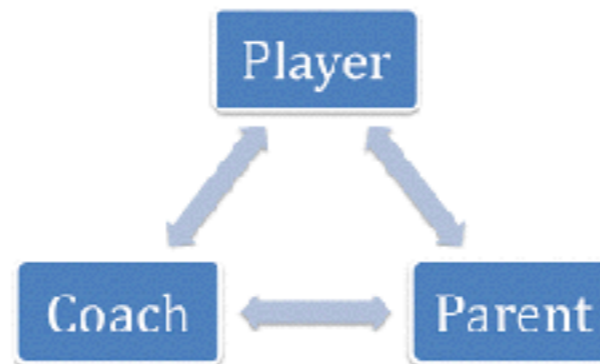
WRESTLING WITH CHARACTER



WWC PREDATOR WRESTLING - OUR CULTURE

We will implement a consistent culture of positivity and personal growth through wrestling.

The Athletic Triangle: Coach-Parent-Athlete Triad



Parent and Athlete Code Of Character

PARENTS and WRESTLERS Expectations for:

- **practice**
- **competitions**
- **our culture**

Review Athlete Code of Character with child to discuss expectations.

Wrestling With Character Parents Code of Character



Wrestling With Character Parents are expected to conduct themselves with class and maturity at all times. We should strive to lead by example.

Parents should make every effort to be positive role models with consistent displays of integrity and positive character. Our words and actions regarding success, disappointment, stress, fairness, and frustration will influence these young athletes for years to come.

Expectations

Wrestling With Character holds its teams, athletes, coaches, and parents to a very high ethical standard. It is expected that all of our members observe and recognize the culture of our organization. This includes our program philosophy, vision, and guiding principles.

In accordance with Wrestling With Character's Guiding Principles, parents should:

Focus on the Process

- learn and understand the rules of the sport to effectively support my child
- encourage my child to compete at the level and frequency that they desire
- encourage my child to focus on "effort goals" based off of continual, individual improvement
- appreciate the value of character development as the primary benefit of participation

Develop the Passion First

- place the emotional and physical well being of my child ahead of all else
- recognize the importance of cultivating an internal enjoyment of the sport
- understand that success is a byproduct of discipline and passion

Each Individual's Experience Matters

- provide positive support, care and encouragement unconditionally
- praise and recognize the wide range of benefits from participation
- recognize and re-enforce their child's unique contribution to the team
- give specific, positive feedback and praise after every practice or match

Practice Schedule: varies seasonally - check website for current schedule

WWC Predator Wrestling 1 (1st - 4th)

WWC Predator Wrestling 2 (5th-12th)

P1 & P2 grade exceptions may be made at the coaches discretion

Practice: Athletes and Coaches only in the wrestling room during practice.

Attendance: 3 practices each week, minimum of 2 practices/week required, be on time and ready to go when practice begins, communicate absences and tardies. No practice = No tournament

Hygiene: sick = stay home!

skin issues = notify coach asap, Dr. note to return

Store: online for singlets, gear

Gear: Workout shirt and shorts, wrestling shoes, water bottle

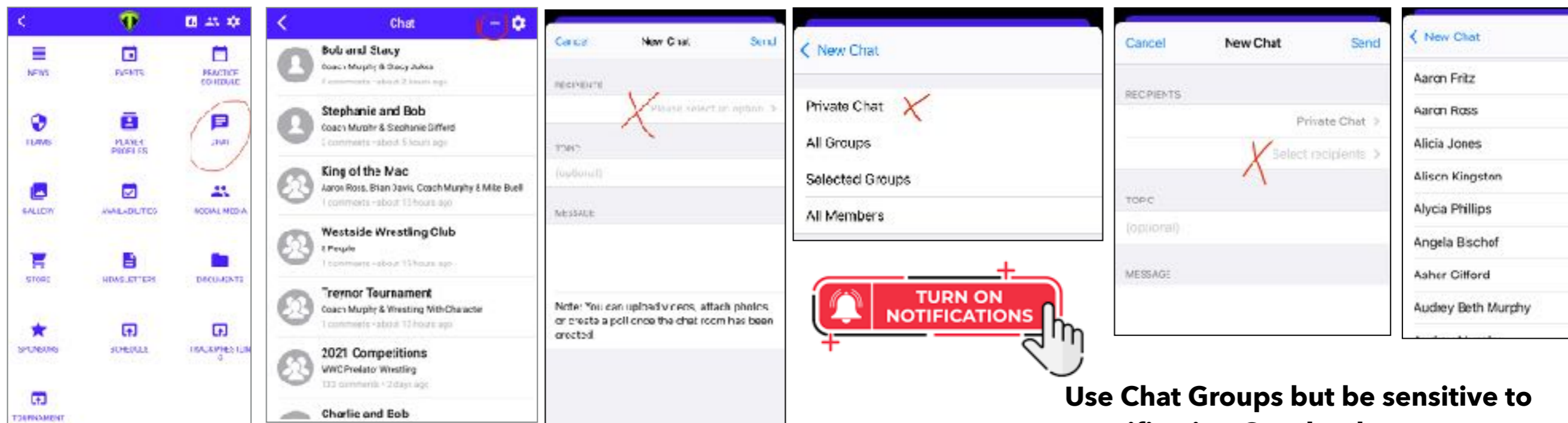
Optional: head gear, mouth guard

Dojo:



" Give me six hours to chop down a tree and I will spend the first four sharpening the ax." - Abraham Lincoln

primary and preferred method of communication will be TeamApp - group and private chat functions



Secondary method of communication is email. Make sure you give us a valid email for at least one guardian.

WWC Predator Wrestling specific communications:

coachmurphy@wrestlingwithcharacter.com or TeamApp

General administrative account, membership, payment, etc communications:

questions@wrestlingwithcharacter.com

Tournament Information Coordinator - Coach Steele

steeleman45@gmail.com or TeamApp

Call or text to business phone number: (402) 819-9739

Social media or Google messaging services not monitored closely.

Use Chat Groups but be sensitive to "Notification Overload".

group vs private chat considerations:

- who needs to know?**
- do I need to tell everyone or just one person?**
- does this question/comment involve everyone or just me?**
- am I posting in the correct group for this topic?**



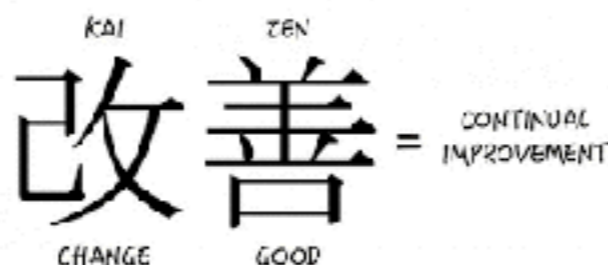
COMPETITION PHILOSOPHY & GUIDELINES

Kaizen Philosophy

We use competition as a tool to test ourselves.

Maximum effort and continual improvement are the focus.

- ▶ goal setting
- ▶ personal responsibility
- ▶ achieving what you earn



Competition Participation should be earned:

- ▶ **#1 - emotional maturity**

Accountability:

- ▶ practice to competition ratio - practice attendance! minimum of 2 practices/week to participate as WWC Predator Wrestling
- ▶ practice effort and behavior
- ▶ different for each athlete

Youth Wrestling Ratio = 70% practice 30% competition

Competing in tournaments is 100% optional for every wrestler.

The appropriate amount of competition will vary widely between our kids.

We compete with a purpose. EVERY match is a meaningful learning experience. Focused on the Process.



~~"You Win or You Learn" or You Lose~~

- weekly opportunities throughout the year, check website "Schedule" page for tournaments
- tournament registrations, including all fees, are the responsibility of the wrestler
- tournaments are "earned" - min of 2 practices/week on average
- schedule - confirmed through January, will continue to update
- tournament experience designations: beginner, average, good, excellent
(beginner/rookie only tournaments, novice divisions, girls divisions)
- participation communication is crucial



-trackwrestling.com for most registrations and tracking - create profile and link to [WWC](#)

PREDATOR WRESTLING

ALWAYS REGISTER UNDER OUR SPECIFIC TEAM NAME!

"WWC Predator Wrestling"

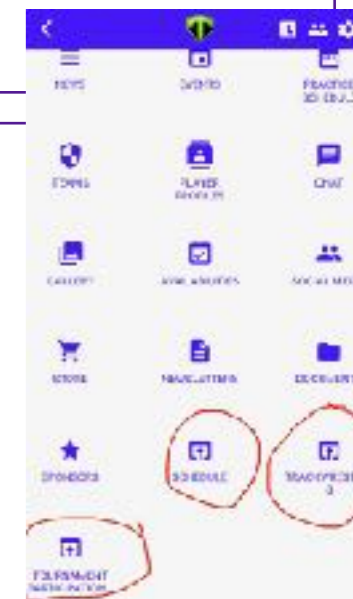
- if you have specific questions about anything involving the tournament, please contact the tournament director at the information provided on the flier or website
- competition uniforms - please wear WWC singlet/uniform/warm ups,
some team uniforms (singlets and warm ups) available through our website store

Our schedule, tournament information and registration links will be posted and frequently updated on the Wrestling With Character "Schedule" webpage. Quick links to all of these are right on TeamApp home screen.

Tournament Enrollment Process

- 1 Check team schedule online
- 2 Register for the competition (usually through trackwrestling.com)
- 3 Complete the Competition Participation Form

Check to make sure you are included in that tournament's specific chat group on TeamApp - with notifications on



WEBSITE - "SCHEDULE"



PARTICIPATION FORM

Wrestler's Age *

Choose

Wrestler's Grade *

Choose

12/5/21 Treynor

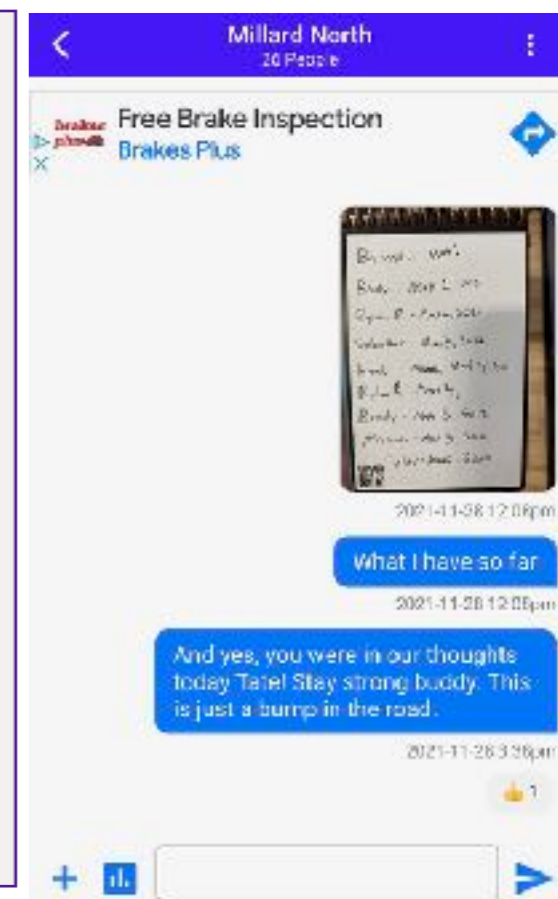
Yes

12/12/21 King of the Mac

Yes

Yes - novice

TOURNEY-SPECIFIC CHAT GROUP



Tournament Logistics

Specific details for each tournament, vary from week to week. It is the responsibility of each family to know and understand the different variables for each competition. These might include but aren't limited to:

- weigh-ins - when, where, requirements, deadlines
- schedule - when each group is scheduled to begin their session
- admission - costs, restrictions, etc.
- membership requirements - occasionally a USA Wrestling or AAU Wrestling membership may be required for participation
- tournament fliers or website links on wrestlingwithcharacter.com/schedule or through TeamApp
- if you have specific questions about anything involving the tournament, contact the tournament director at the information provided on the flier or website**
- please share any relevant information with the corresponding TeamApp group for that event.
- weight classes or Madison (not set weights) bracketing

Occasionally, there will be set weight classes. Wrestlers should wrestle within the weight class of their natural weight. *Weight Management vs Weight Cutting

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WWC Predator Wrestling Competition Guidelines Document
Available Online - Predator Parents Resource Page

WWC Predator Wrestling Tournament Coordinator - Coach Steele

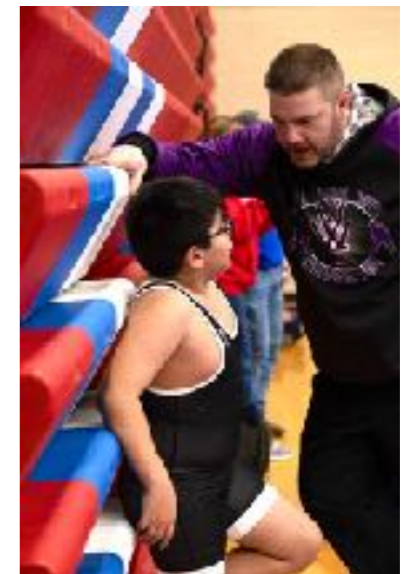
steeleman45@gmail.com

Expectations & Defining Success

Interactions - Always positive & supportive. Communicate you believe in, are proud of and love them no matter what.

Follow and Embrace Your Role. Coaches Coach. Referees Referee. Parents parent. There should be very little or no overlap between them.

- ▶ don't distract - stay off/away from the mats to cheer
- ▶ encourage effort and attitude
- ▶ let WWC coaches discuss technique and strategy
- ▶ discuss any questions or concerns directly with our coaching staff - do not approach or discuss concerns directly with referees, opposing coaches, parents or wrestlers.
- ▶ corner - stand in situations



Thank You!

LEAD BY EXAMPLE - MAKE A DIFFERENCE

COACHES



ACADEMY

Coaching With Character

MURPHY

GLOVER

ROSS

FERGUSON

RIOS

STEELE

SHEPHERD

THOMPSON

WIPF

TREIBER

POTTS

KOSCH

WOOD

HOSPODKA

PARKER

DALTON

TRAMPE

TOLSTEDT

LIFE LESSONS THROUGH ATHLETICS

BIG TEN CONFERENCE

*Most Valuable
Football Player*

1986

JIM HARBAUGH
UNIVERSITY OF MICHIGAN

Presented By The

Chicago Tribune

WRESTLING WITH CHARACTER COACHES ACADEMY A SYSTEM FOR SUCCESS!

Ongoing - training and collaboration through our Wrestling With Character Coaches Academy

Regular meetings throughout the season to evaluate and discuss:

Curriculum | Philosophy | Execution | Best Practices

Excellent Coach to Wrestler Ratio



Organization + Consistency = Success

- ▶ **technique**
- ▶ **terminology**
- ▶ **philosophy**
- ▶ **concepts**
- ▶ **strategy**
- ▶ **standards and culture**



Consistency accelerates speed of progress.

Selfless.



Practice Rules and Discipline

- Follow the Golden Rule! (Respect)
 - simple & consistent between coaches and across programs
- 3 strike system:
1. warning
 2. five minute time-out
 3. excused from rest of practice (sit and watch or leave, parent notified)

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Short Cuts - No | Fast Track - Yes



**ENHANCE
ATHLETIC
PERFORMANCE**

» Elkhorn Studio



Breathing

Discover techniques for enhancing breathing to optimize performance, aid in recovery, and cultivate mindfulness.

Healthy Joints

Reduce the likelihood of sports injuries through mobility and stability training.

Strength

Establish a strong movement foundation by harnessing the power of your own body weight.



Personal Training

One-on-One **\$50** /session

Group Training

1 day a week **\$60** / month

2 days a week **\$120** / month

Sign up Today! »



(402) 819-9739

information@wrestlingwithcharacter.com

Personal Lessons - Schedule with Coach

Choose Appointment

Guardian Contact Info

[View Products/Packages »](#)

Redeem Coupon



Personal Lessons - Schedule with Coach
1 hour @ \$40.00

Quantity:

< December 2022 >

S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

HELP SUPPORT OUR MISSION



SUPPORT US



PLEASE DONATE

Thank you for supporting our mission to build strong character in the next generation of men and women, through wrestling.

As a small, volunteer ran, community non-profit, we rely greatly on the generous support of local businesses and individuals from our community.

Please consider making a tax-deductible donation and help us provide the team resources that these young athletes deserve.

As a registered 501(3)c non-profit organization, all donations are tax-deductible

Great exposure for small businesses.

Donate in somebody's name as a gift.

100% of money raised goes back into supporting our kids and our program!



BUSINESS SPONSORSHIP

All sponsorship benefits are good for one year

	Website recognition	Monthly newsletter	Social media posting	Banner placement
BRONZE \$250+	✓			
SILVER \$500+	✓	✓		
GOLD \$1000+	✓	✓	✓	
PLATINUM \$2000+	✓	✓	✓	✓

INDIVIDUAL DONATION

\$50 **VARSITY** <<<

WWC Bumper Sticker

\$100 **STATE CHAMPION** <<<

WWC T-shirt

\$250 **ALL-AMERICAN** <<<

WWC Premium Water Bottle

\$500 **OLYMPIAN** <<<

WWC Backpack



All donations are tax-deductible

"Your donation ignites hope, fuels dreams, and powers the change our community needs."

www.wrestlingwithcharacter.com/friends

WrestlingWithCharacter.com/support

Support & Social Media

Positive Reviews



LIKE, FOLLOW, SHARE
ON SOCIAL MEDIA

#WWC365



Support
Wrestling With
Character.

When you shop at smile.amazon.com,
Amazon donates.

Go to smile.amazon.com

amazon smile

TAGG FOR WRESTLING
WITH CHARACTER
AS YOU EAT,
DRINK + SHOP!

200 GREAT
BUSINESSES!



IT'S AS EASY AS 1,2,3!

1. Choose the TAGG you want to support.
2. Add participating businesses and products to your cart.
3. Check out with Donate.

The business will donate 2% of their sales to TAGG.

tagg TOGETHER
A GREATER
GOOD



QUESTIONS?

THANK YOU!



Wrestling With Character: questions@wrestlingwithcharacter.com

Coach Bob Murphy: coachmurphy@wrestlingwithcharacter.com

Coach Ted Glover: ted.glover@icloud.com

Tournament Coordinator - Tournament/Schedule Questions & Support

Coach Josh Steele: steeleman45@gmail.com

WWC Functional Fitness, Team Gear & Uniforms

Coach Paul Potts: paulpotts10@gmail.com