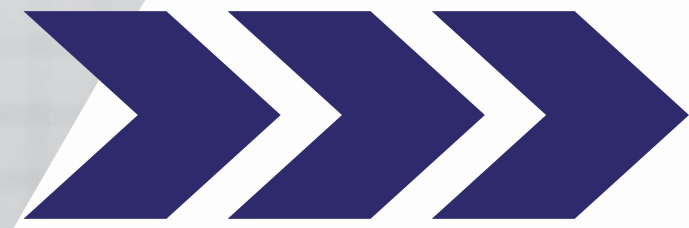


COMPETITION GUIDE



PREDATOR
WRESTLING





EMBRACE THE JOURNEY

Embarking on the next level of the wrestling journey, competitions provide an exciting opportunity for growth. While optional, they serve as a valuable extension of our wrestlers' skills and experiences. The frequency of tournaments is personalized for each individual, recognizing diverse preferences and developmental needs. For those choosing to participate, we encourage a commitment to a minimum of two practices a week, ensuring optimal preparation and a rewarding journey on the wrestling mat.

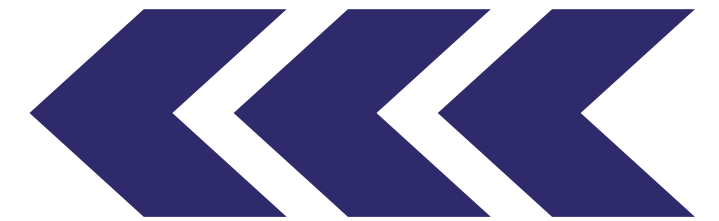
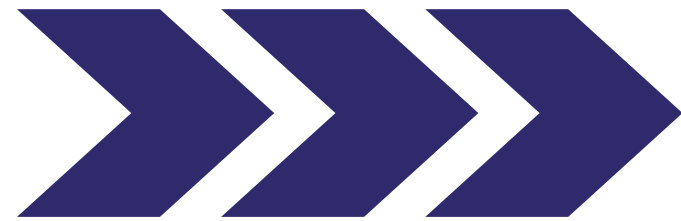
REGISTRATION

Families handle their own tournament registrations.



TRACKWRESTLING

Powered by FloSports



Please ensure the accurate entry of our complete team name when setting up your account or registering for tournaments. This greatly aids in tournament organization, and our coaches rely on **Trackwrestling.com** to stay informed about our wrestlers' locations. Consistent team naming simplifies tracking our kids across various events, enhancing overall efficiency and coordination.

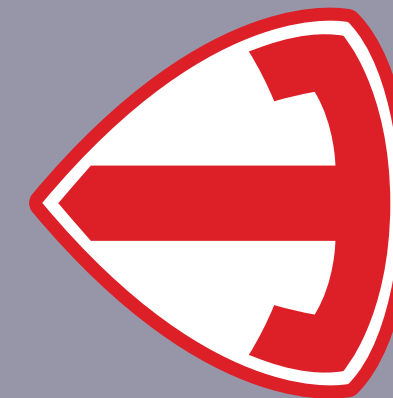


TEAM SCHEDULE

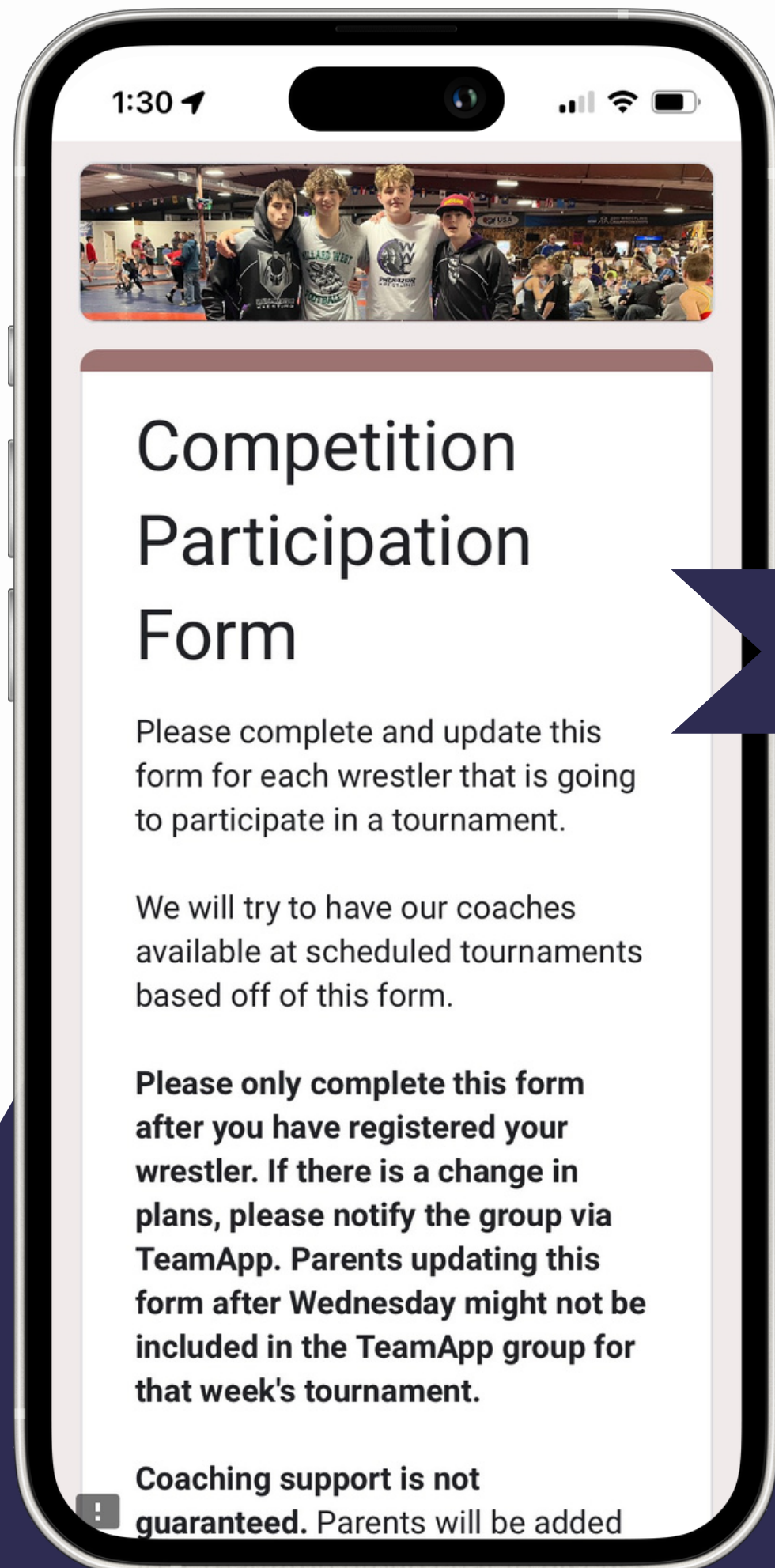
Access the schedule at wrestlingwithcharacter.com/schedule or through Stack Team App. Find tournament details, registration links, and indicators for novice and girls divisions

For specific tournament inquiries, please contact the tournament director using the information provided on the flier or website.

Kindly share pertinent information within the corresponding Stack Team App group for the event.



stack team app



PARTICIPATION

After registering for any tournament, please notify us by completing the Tournament Participation Form. Find the link on our website's Schedule page or conveniently access it through TeamApp.

Completing the Tournament Participation Form is crucial for our coaching staff's organization and support for your wrestlers at tournaments. We appreciate your diligence in this step. If there are any changes to your plans, kindly inform one of our coaches as soon as possible.

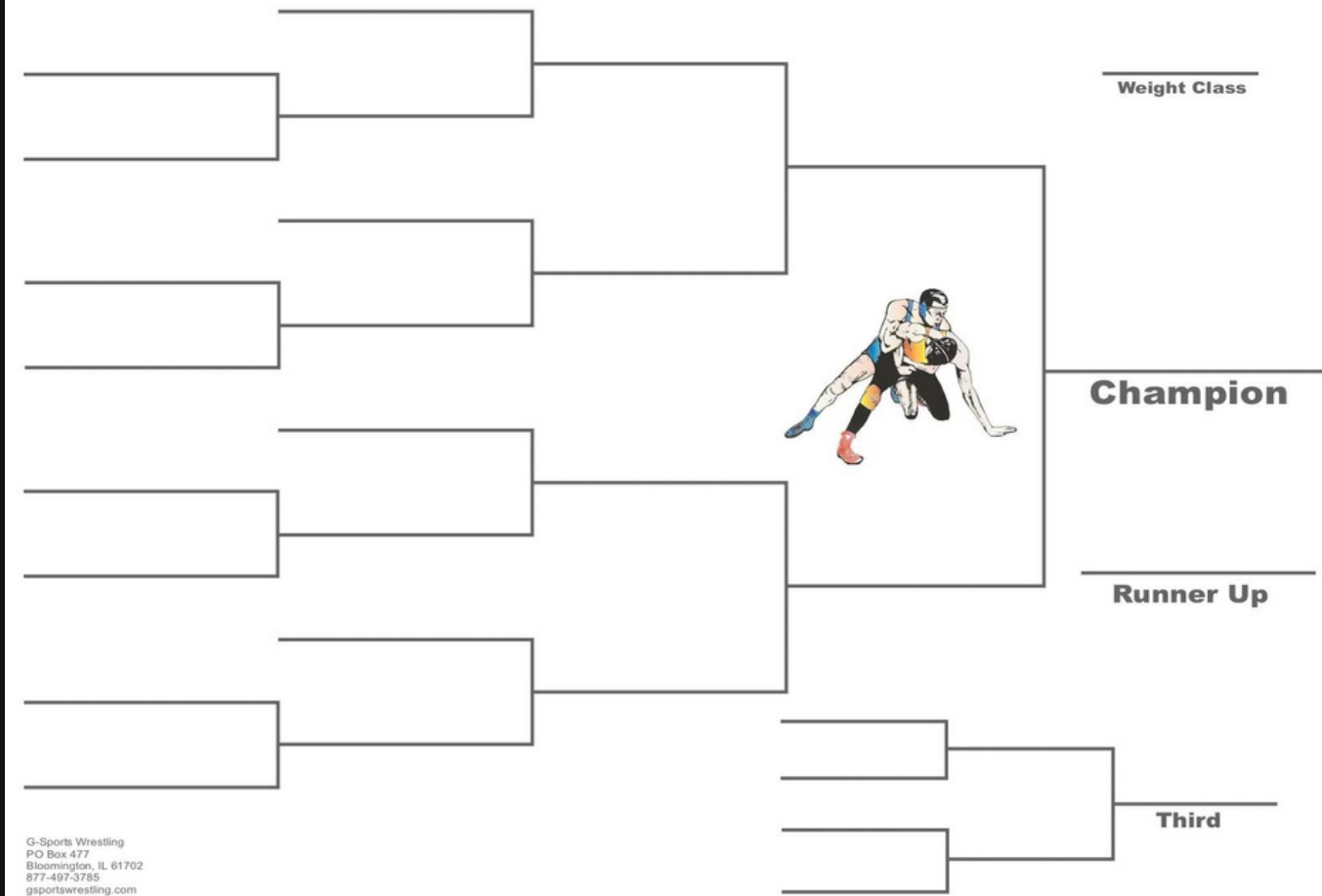
Thank you in advance!

LOGISTICS

Please note that specific details for each tournament may vary weekly. It is the responsibility of each family to be aware of and understand the different variables for each competition.



USA
WRESTLING



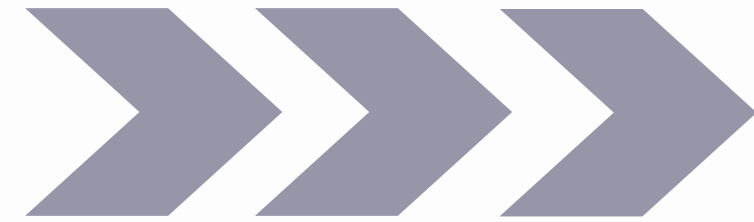
For participation, note potential membership requirements such as USA Wrestling or AAU Wrestling. Regarding weight classes, most youth tournaments utilize Madison bracketing, grouping wrestlers of similar weight for a round-robin tournament. Occasionally, set weight classes may apply, and wrestlers are encouraged to compete in their natural weight class

Please check the provided information for each event.

- **Weigh-ins** (time, location, requirements, and deadlines)
- **Schedule information** (session start times for each group)
- **Admission details** (costs, restrictions, etc.)



EXPECTATIONS



Required Attire :

- Shirt or Hoodie
- Shorts or Sweat pants
- Singlet (worn underneath)
- Wrestling shoes

Recommended Gear :

- Head gear
- Mouth piece
- Knee sleeve(s)
- Backpack

Team Warm-up :

- Wrestlers must be dressed and ready for team warm-up 30 minutes before the tournament begins.

Mindset :

- Wrestlers are expected to stay on task and maintain focus.
- Avoid discussions about winning or losing.
- Discuss effort and what can be learned from each match.
- Refrain from sharing opponent records or information from Track Wrestling.
- Avoid promising incentives based on results.

Know Our Roles :

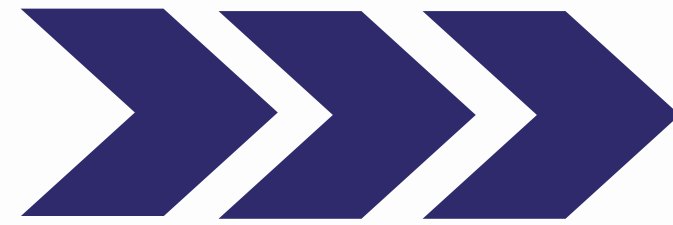
- Coaches should coach.
- Referees should referee.
- Parents should Parent.

Parents, please address immediate concerns with our coaches, who will handle or escalate the issue as necessary. Avoid direct interaction with referees, opposing coaches, or wrestlers during competitions

Ensure wrestlers check in with a coach before leaving.



BEST PRACTICES FOR SUCCESS



Collaboration: Fostering a Culture of Trust Through Effective Communication.

- Positive & supportive interactions encouraged.
- Communicate love and support consistently.
- Embrace your role: Coaches coach, referees referee, parents parent.
- Avoid mat-side distractions.
- Let coaches lead.
- Reserve technical discussions for coaches only.

A collage of images including a sunset over the ocean, a silhouette of a person jumping, and the word 'SUCCESS' in large black letters.

UCCESS

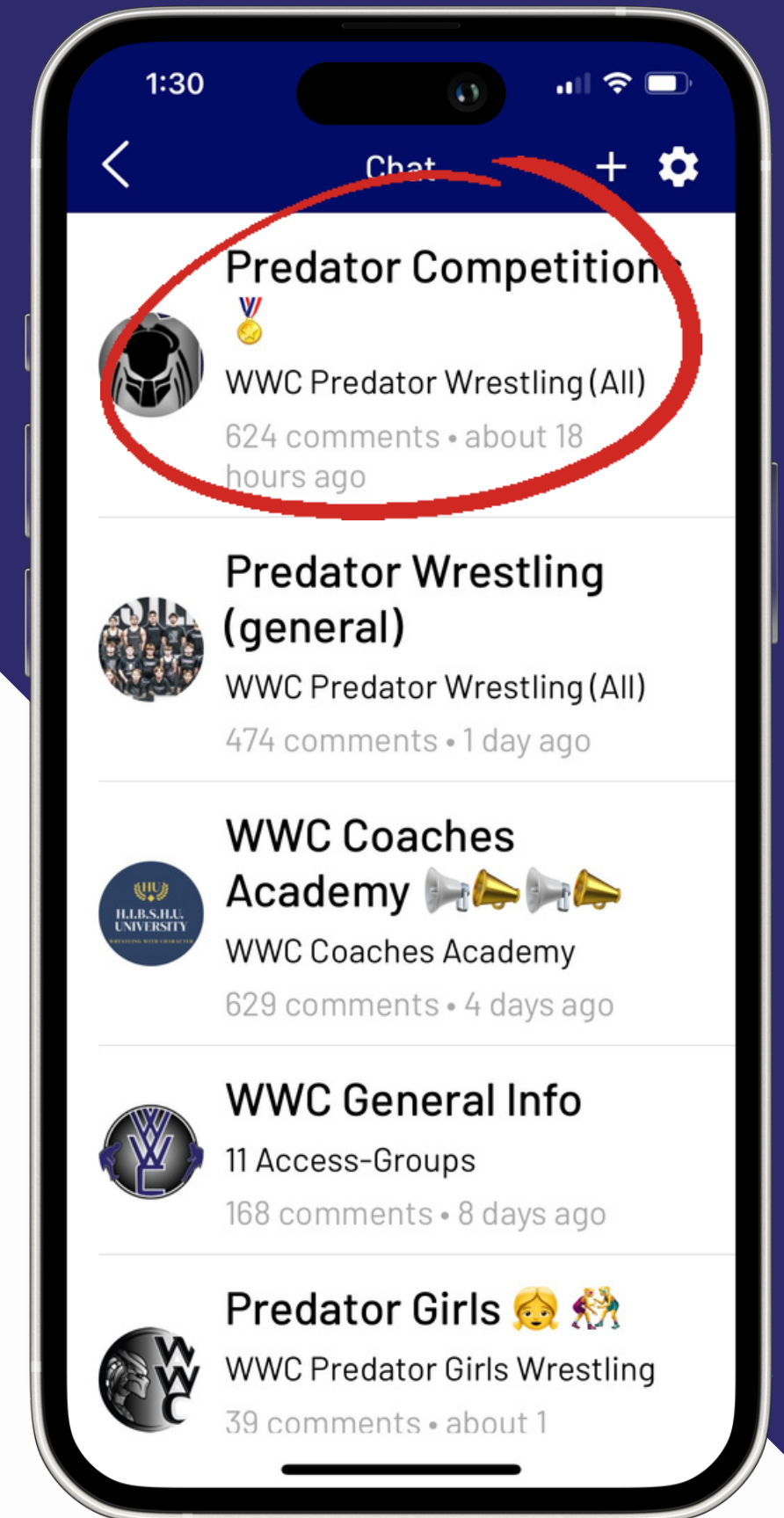
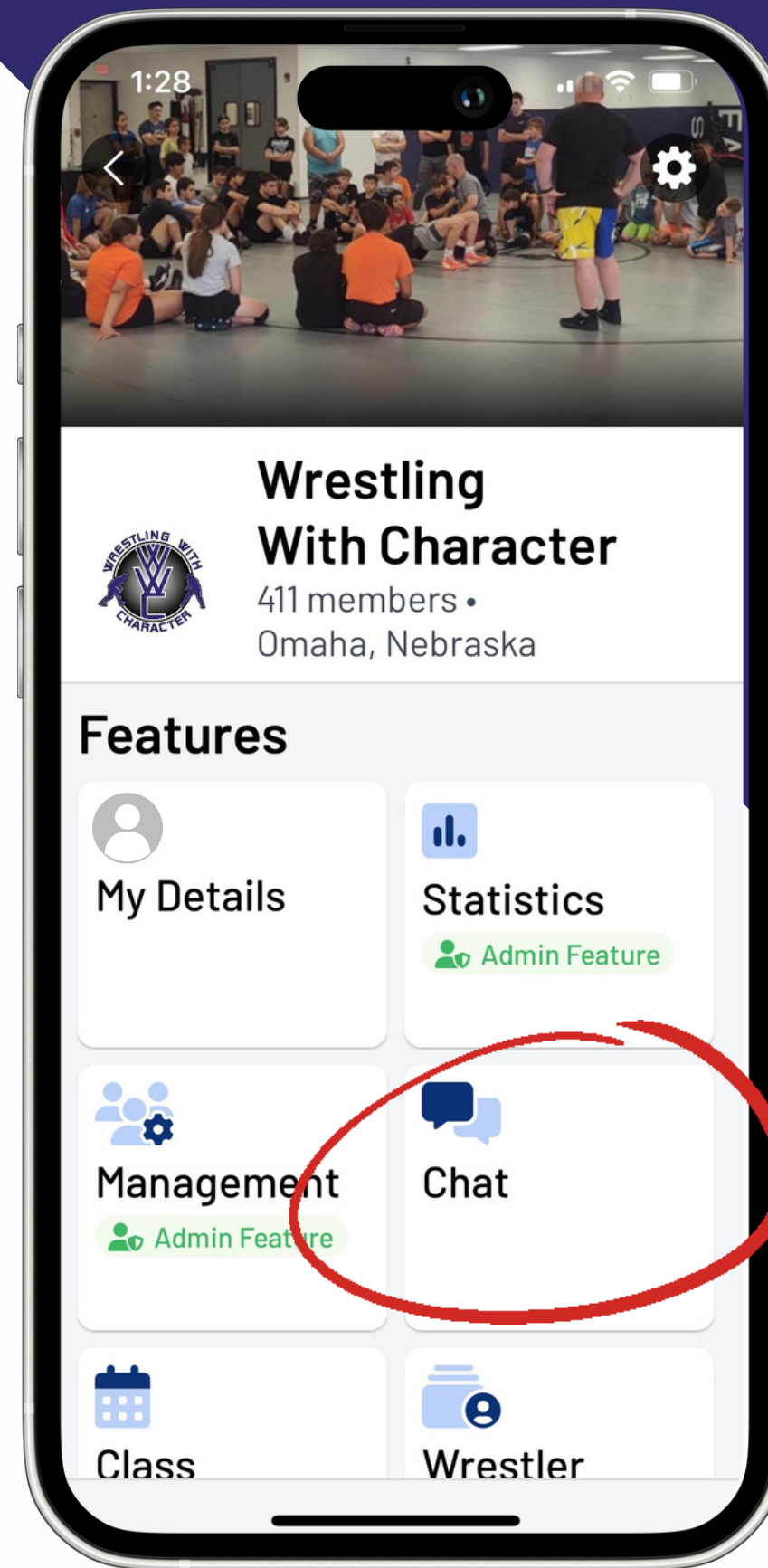
TEAM APP CHAT GROUP

Tournament Specific

We establish a weekly group chat for individual tournaments, exclusively including parents who have notified us through the Tournament Participation Form.

This makes real-time communication about specific events easy for parents and coaches.

- *"We're warming up on mat 2"*
- *"Lets meet for a picture after this round by the concession stand"*
- *"We're running late - can you let the director know?"*
- *"Billy woke up sick, can someone let the director know he's not coming?"*
- *"Hot dogs are on sale for \$1 :)"*



FOCUS ON THE PROCESS

WRESTLING: THE WORLD'S OLDEST AND GREATEST MARTIAL ART.

We view competition as a tool for self-testing.

Our focus is on maximum effort and continual improvement, guided by principles like :

- Personal responsibility
- Earning achievements
- Embracing the Predator Mindset.

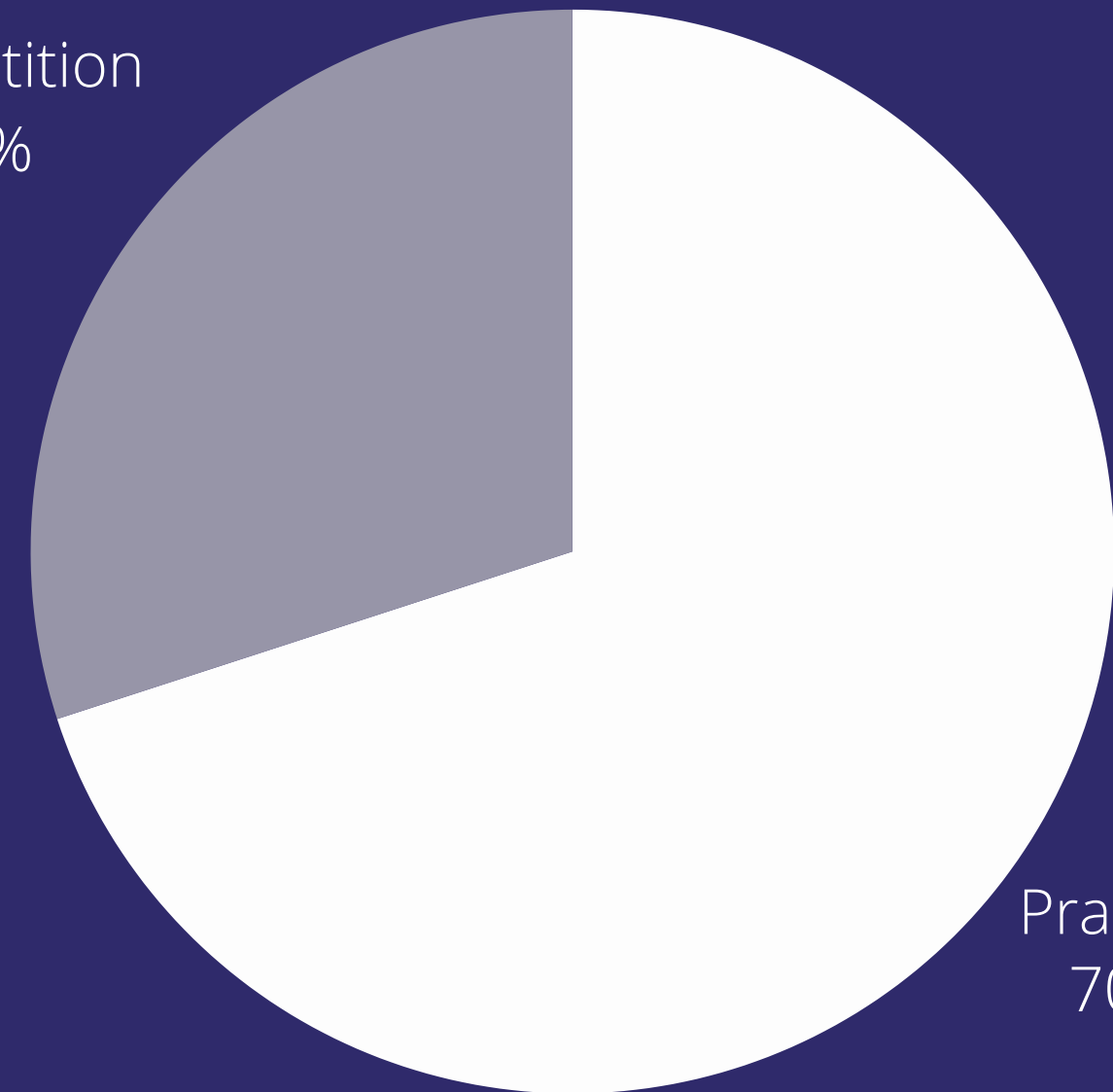
Competition participation is earned based on factors such as :

- Emotional maturity (primary consideration)
- Practice to competition ratio
- Practice attendance, effort, and behavior

Criteria may vary for each athlete.

IDEAL YOUTH WRESTLING RATIO

Competition
30%



Practice
70%

***IT'S NOT ABOUT WINNING OR LOSING.
IT'S ABOUT WHAT YOU LEARN.***

THE ATHLETIC TRIANGLE

COMMUNICATE

- Absences
- Late Arrivals
- Competition Intentions
- Any personal/behavioral considerations (if comfortable)

ATHLETE

CODE OF CHARACTER

Expectations of Athletes and Parents

- Practice
- Competitions
- Our Culture

Please review with your young athlete, sign, and return.

**WE ARE
STRONGER
TOGETHER**

COACH

PARENT

THANK YOU

Your commitment to understanding our process is truly appreciated. By joining our community, you become a vital part of inspiring a new generation to embrace and thrive in the extraordinary world of wrestling. Together, we pave the way for greatness and instill a passion that transcends generations.

Additional Resources

- Predator Mindset
- Predator Wrestling Philosophy

