



### **New parents, what to expect at the tournaments:**

1) Weigh-Ins are usually from 6-8 am (please check the weekly tournament e-mail or the event flyer). Please have your child there around 7 am. With his/her singlet on. There will be a sign for weigh-ins once you enter the building. Most of the tournaments are held in the gymnasium or field house, so look for all the traffic entering the building.

Once you find the weigh-ins, locate one of the Lemont Bears coaches and your wrestler will receive a blue card for weigh-ins with his/her name on it.

After your child had weighed in, you are free to get some breakfast or hang out in the gym until wrestling begins, usually an hour after weigh ins end.

2) The Lemont Bears family's will gather in the same location in the gym, so look for the Lemont Bears Banner or one of the coaches to see where to sit.

Now you can sit back, relax and wait for your child to wrestle.

3) Once wrestling begins the different age groups will be called to the bull-pen. The bull-pen is a staging area where all the kids in your Childs age group will gather before they are sent to a mat to wrestle.

Most tournaments are 4 man brackets for tots (6 and under) bantams (7-8 year olds) and some intermediate (9-10 year olds). Novice (11-12) and Senior (13-14) age groups usually are 8 man brackets, depending on the tournament.

4) The coaches will be looking for their wrestlers once they are called to the bullpen, so if you have a question, ask one of the coaches.

5) Keep an eye out for your child as they come out of the bullpen, there is a lot of chaos and several matches going on at the same time, so you don't want to miss your child wrestling. The coaches will be at mat side with your child instructing them as the match goes on. You are free to take pictures away from the edge of the mat and cheer your son/daughter on.

6) Once your child is finished wrestling the coaches will talk to them briefly and then they are free to go hang out until their next match. Depending on the tournament, the next match may be an hour or longer after the first. Some tournaments will run all age groups through a Round at a time. Once your wrestler has finished his second match, most of the tots and bantams will be finished for the day. **Please ask the coaches if your son/daughter is finished before you leave for the day.**

7) Your child will receive a medal (usually), 1st through 4th at mat side or they may be called to the head table to pick up their medals. If they finish in 1st place, they may also receive their bracket board for the day, which shows the kids they wrestled that day and the scores.

IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO ASK THE COACHES AT ANYTIME DURING THE DAY. IT CAN BE VERY CONFUSING/CHAOTIC, SO PLEASE DONT HESITATE.

GOOD LUCK BEARS WRESTLERS!!!!

**“More enduringly than any other sport, wrestling teaches self-control and pride. Some have wrestled without great skill - none have wrestled without pride.” Dan Gable**

**"Once you've wrestled, everything else in life is easy." *Dan Gable***