
**BULLDOG
WRESTLING**



**PARENT
HANDBOOK
2011-2012**

BULLDOG WRESTLING PARENT HANDBOOK

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GO BULLDOGS!!!



BULLDOG WRESTLING FAMILY

Welcome to Bettendorf Bulldog wrestling! For those returning for another year, welcome back. For those in their first year, you are in for a great time. Bulldog wrestling is truly a family experience. From our youngest members in the Bulldog Wrestling club, to our Bettendorf Middle School team, through to the Bettendorf High School Varsity and Junior Varsity teams, each team and parent is encouraged to participate to the fullest extent and support each other.

- The Bulldog Wrestling Club provides the youngest wrestlers from ages around 5 to 14 years old, grades kindergarten through 8th grade, an opportunity to learn and compete
- The Bettendorf Middle School is the next step in competition allowing students in grades 7th and 8th to compete against other MAC schools.
- The Bulldog High School team provides the ultimate in competition, from regular season, to districts, and finally the state competitions.

Each level of Bettendorf wrestling helps the other – with funding, equipment, support for special events, and in many other ways.

Best wishes to all our wrestlers in the 2011-2012 Season!

COACHES

- ★ Coach Dan Knight, Varsity
- ★ Coach Mark Trizzino, Assistant Varsity
- ★ Coach Bill Matthys, Sophomore
- ★ Coach Craig Wagner, Assistant Sophomore
- ★ Coach Colin Wikan, Freshman

And a host of coaching assistants whom help throughout the year.

OPENING MEETING & PARENT INFORMATION

Each year Coach Knight holds a parent's meeting to discuss the year and to inform parents on expectations. At this meeting you will also have the opportunity to order clothing and other wrestling gear through Mat Moms, which supports our wrestlers.

Coach Knight will provide a schedule with bus times. We highly recommend you keep all information for reference throughout the year.

There are other ways to keep informed as the following websites and Facebook pages can keep you in the loop:

- - www.bulldog-wrestling.com (Coach Knight's website)
- - www.bulldogwrestlingclub.com (Club information)
- - www.facebook.com/page/Bettendorf-Wrestling-Mat-Moms

The following e-mails are provided for additional information:

- - Bulldogwrestling1@gmail.com (Coach Knight)
- - bettyouthwrestling@gmail.com (Bulldog Wrestling Club)
- - SallyAtwell@ruhlhomes.com (Sally Atwell, Mat Moms President)
- - Kerr4761@me.com or Glynns@mchsi.com (Sheri Kerr or Lisa Glynn, Co VP)
- You can reach the BHS Activities Office at 563-332-8761

Bettendorf Bulldog Boosters Club

The purpose of the Booster club is to promote and support wholesome and desirable High School and Middle School athletic squads, cheerleaders, dance/drill team and Special Olympians; to conduct fund-raising projects to provide additional funds for the athletic budget; to cooperate with the officials of the Bettendorf school system and to stimulate good sportsmanship among the members of the athletic squads and fans. If you are not a member of the Booster club, please consider joining to help keep Bettendorf sports and activities active. The money raised through memberships and fund raising helps keep our team's uniforms and equipment up to date so that our children can enjoy sports and activities to the fullest extent possible. As a member, you receive a pass allowing you free admission into all home meets and other home sports events. Please check out the Bettendorf Bulldog Boosters website at: <http://www.bulldogboosters.org/>

BE PREPARED: NIGHT MEETS, SATURDAY MEETS, & OVERNIGHTS

Night dual meets include JV and Varsity matches. Weigh-ins are an hour before the dual meets. Junior Varsity meets start around 6:00 p.m. with Varsity at 7:00 p.m.

Saturday meet start times vary with weigh-ins about two hours before the tournaments/ invitational meets and one hour before dual tournaments. Meets proceed through the day with weight class brackets starting at various times. Come prepared – with seat cushions, Bett gear, and support for your team.

Overnight meets: Varsity travels to overnight meets via school transportation. Hotel reservations for competing wrestlers will be made by the high school. The Kansas City Classic link for fan rooms is <http://www.starwoodmeeting.com/StarGroupsWeb/res?id=1108193419&key=B052F> and for the Cheesehead you can call the Paper Valley Hotel in Appleton or the Baymount Inn.

BIG NIGHTS: CLUB, ALUMNI, SENIOR NIGHT

Jan 19th	Dual vs. Davenport West at Home - Alumni, Sponsor & Poster Night Post Party at Caddy's Sports Bar & Grill, 3700 Belmont Rd., Bettendorf
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SENIOR NIGHT TBA WITH THE ADDITION OF A HOME DUAL MEET IN JANUARY

Other Important Dates

Dated TBD	Bulldog Wrestling Banquet
Jan 15th	Bettendorf Bistate-Club sponsored tournament
Feb 5th	AAU Districts
Feb 25th	AAU State
March 30th	Bulldog Bash, Annual Booster Fundraiser
Apr - Aug	Spring/Summer Wrestling, Summer camps and clinics

2011-2012 Bettendorf Wrestling Schedule

(Dates & Events Subject to Change)

Nov 21st	NOV. 2ND Mat Moms Meeting, 6:00 p.m., Caddy's Parents Meeting 7:00 High School Library
Dec 1st	PV at Davenport West HS 5:30 p.m. (Away) JV & V
Dec 3rd	Keith Young Invitational, Cedar Falls, 10:30 a.m. V UTHS JV Invitational, East Moline, 9:00 a.m. JV
Dec 8th	DEC. 2ND Mat Moms Meeting, 6:00 p.m., Caddy's Dual vs Muscatine at 6:00 p.m. (Away) JV&V
Dec 10th	Cedar Rapids Kennedy Dual Tournament, 9:30 a.m. V Marion Invitational, 9:00 a.m. (JV)
Dec 16th/17th	The Kansas City Classic, Kansas City, MO TBA
Dec 17th	Fresh/Soph MAC Tournament Dav. North HS, 9:00am Tournament), Young's Arena (V)
Dec 18th	Sophomore MAC Tournament, Davenport North, 9:00 a.m., (JV)
Jan 6th/7th	JAN. 4TH, Mat Moms Meeting, 6:00 p.m., Caddy's The Cheesehead Invitational-Kaukauna, WI, TBA
Jan 12th	Dual vs. Davenport Assumption, (Away) 6:00 p.m. JV & V
Jan 14th	Varsity MAC Tournament, Muscatine HS, 9:00 a.m. V
Jan 19th	Davenport West Home, 6:00 p.m. JV&V Alumni Night and Club Night
Jan 21st	Ed Winger Invitational at Urbandale HS, 10:30 a.m. V Bettendorf JV Invitational, 9 a.m. JV
Jan 23rd	FEB. 1ST Mat Moms Meeting, 6:00 p.m., Caddy's Quad at Pleasant Valley, 6 p.m. JV
Jan 28th	Mendenhall Dual, Ames V
Feb 4th	JV MAC Tournament at Bettendorf 9:00 a.m. JV
Feb 7th	State Regional Dual, 7:00p.m. V
Feb 11th	District Tournament at Bettendorf, 12:00 p.m. V
Feb 15th	Iowa State Tournament (See next page)

★ You can find directions to MAC school events on the BHS website under "Athletics" at <http://bhs.bettendorf.k12.ia.us/>

★ Directions to tournament locations and hotel accommodations are found on Coach Knight's website, www.bulldog-wrestling.com

Iowa High School State Wrestling Tournament

Feb 15th	Dual State Tournament, 10:00 a.m. Wells Fargo Arena
Feb 16th	IAHSAA State Tournament 1st Round and 1st Round Cons. 9:00 a.m., Des Moines
Feb 17th	IAHSAA State Tournament Qtr. Finals/2nd Round Cons. 9:00 a.m., Des Moines
Feb 17th	IAHSAA State Tournament Semi Finals/3rd Round Cons. 10:00 a.m., Des Moines
Feb 18th	IAHSAA State Tournament Semi Finals and Finals 3:30 p.m., Des Moines
Feb 18th	IAHSAA State Finals, 6:00 p.m

- * ALL QUARTERFINALS WILL WRESTLE TO COMPLETION BEFORE THE CLASS 3A SEMI-FINALS & 3RD ROUND CONSOLATIONS MATCHES BEGIN

TICKETS FOR IOWA HIGH SCHOOL STATE TOURNAMENT

Iowa High School Athletic Association individual state meet is held at the Wells Fargo Arena (<http://www.iowaeventscenter.com>) in downtown Des Moines, IA. Tickets for the first round are available at the venue or on-line. Mat Moms will send a message when the tickets become available. Tickets for each round become increasingly hard to get as the finals approach and can only be bought at the ticket concession outside the venue. Tickets for finals on Feb 18th are only available through Coach Knight and are dependent upon the number of state qualifiers. For more information on the state tournament format please see: http://www.iahsaa.org/wrestling/State_Wrestling_Information/2011_State_Wrestling_Format.pdf

HOTEL ROOMS FOR STATE TOURNAMENT

Hotel rooms for State are being coordinated through Mat Moms. Please e-mail Lisa Glynn at Glynn@mchsi.com to reserve a room if you are interested in staying with the team and Bettendorf Wrestling supporters. Forms will also be handed out at the district

wrestling tournament. Priority is given to coaches and wrestlers first and it is on a first come, first serve basis.

MAT MOMS

Mat Moms was formed to support Bulldog wrestlers and recognize their achievements after the season. A few things Mat Moms do:

- Meet one or two times during the month to plan for upcoming events.
- Sell Bettendorf wrestling clothing and gear to raise money for Wrestler Memory Books.
- Coordinate concession stand staff for home meets and tournaments.
- Coordinate special events during the year – Club Night, Alumni Night, and Senior Night
- Create and publish an annual one of a kind personalized Memory Book for each wrestler covering the season. The books include photos, statistics, publicity, etc. We are always looking for photos and newspaper articles!
- Plan and set up for the end of season banquet for high school wrestlers and their families.
- Raise funds and organizes with the Bulldog Wrestling Club the wrestling basket for the Bulldog Bash, the Bulldog Booster fundraiser.

Mat Moms always is in need of more help in the following areas:

- Clothing sales at various events
- Concessions at the home games and tournaments
- The Memory Book – please consider helping with development as we have already begun planning for this seasons book. Please see below.
- End of Season banquet – includes planning the menu, buying decorations and gifts, picking up and setting up the banquet, and cleaning up afterward.
- Mat Moms also assists with setting up rooms for parents for overnight varsity tournaments, state individual tournament, and the dual state tournament.

We really could use your help! Please contact us on Facebook at www.facebook.com/page/Bettendorf-Wrestling-Mat-Moms

or e-mail us at:

Sally Atwell, Mat Moms President: SallyAtwell@ruhlhomes.com

Sheri Kerr or Lisa Glynn, Mat Moms Co-Vice Presidents: Kerr4761@me.com or Glynns@mchsi.com

Memory Book

Mat Moms will accept pictures for the memory book throughout the year. The **photos** should be provided to Sheri Kerr on a CD, DVD or Thumb drive within 2 weeks of each event and named using the following format:

LastName_FirstInitial_Event_001

Example: Woodard_J_Assumption_001, Woodard_J_Assumption_002

Parents who are unable to name the pictures should provide the CD, DVD or Thumb Drive to Sheri Kerr within 2 weeks of each event. The memory book will be worked on monthly and therefore, pictures received at the end of the season may not be incorporated.

Newspaper articles should be scanned and emailed to Sheri Kerr at Kerr4761@me.com with the Subject "Memory Book."

Pictures, newspaper clippings and articles may be hand delivered or mailed to the following address:

Sheri Kerr
Memory Book
4761 Eastbury Estates Dr.
Davenport, IA 52807

Questions regarding pictures or the memory book should be directed to Sheri Kerr at 563-506-8809 or Lori Schwarm at 563-529-8145.

BULLDOG WRESTLING CLUB & CLUB DATES

- The Bulldog Wrestling Club is part of the Bettendorf Wrestling family. They support the High School and Middle School teams in many ways to include providing funding for training camps, high school equipment and the end of the year banquet.
- The High School team and Mat Moms fully supports the club by providing Bettendorf wrestling gear for purchase and working at the Bi-State and District Tournaments. The Bi-State Tournament is on January 15, 2012 and AAU Districts on Feb 5, 2012. **Please consider helping at one of these two events.** There are several areas to serve in – clothing sales, ticket sales, concessions – so sign up for one that interests you. The high school Varsity and Junior Varsity teams will be on hand to help with timing, scoring, and other support.

MAKING WEIGHT: A PARENT'S PERSPECTIVE

Being a parent of a wrestler means helping our wrestlers maintain a healthy weight throughout the season. The high school weight rules are found at:

http://www.iahsaa.org/wrestling/Body_Composition/Weight_Management_Rules_09.pdf

Coach Knight will explain the rules on weight class, body fat testing, and the descent plan at the parent's meeting. Don't despair, your wrestler knows about the rules, and coaches assist wrestlers in meeting and maintaining safe weights. Each wrestler will have online access to their body fat analysis and descent plan.

That being said, there is the phenomenon of the weigh-in and concession stand exodus. Just know that between the weigh-in and first match, the wrestler is bound to stop by the concession stand for breakfast, a snack, or both. We've found, while marvelously stocked with lunch foods for the parents, most high school concessions don't have healthy fare particularly for breakfast.

We highly recommend packing a healthy breakfast and/or lunch that your nervous wrestler can eat prior to their matches to keep them sustained throughout the day. Recommendations for eating plans can be found on several websites like this link on the NCAA website:

<http://www.ncaa.org/wps/wcm/connect/e0d12b804e0bbaf1a21df21ad6fc8b25/mat.pdf?MOD=AJPERES&CACHEID=e0d12b804e0bbaf1a21df21ad6fc8b25>.

For parents, however, we recommend the walking tacos at various concession stands and the Hungry Hobo sandwiches and Happy Joe's Pizza at our own Bettendorf concession stand. Support your local concession stand!