

WRESTLERS HANDBOOK 2011-2012



RAWC Objectives

The Renfrew Amateur Wrestling Club was established to promote, foster, and teach the sport of amateur Olympic-style wrestling and to provide the maximum opportunity for all members to participate. We strive to develop community spirit, and encourage sportsmanship and good fellowship amongst all participants to the betterment of their physical, mental and social well-being. We develop, organize and control team and individual competition to the maximum of playing accommodation and financial resources. We sponsor and promote athletic, social and such other activities as contribute to the finances and goals of the RAWC. To that end, all members of the RAWC are expected to abide by rules of ethical behaviour as well as the rules of wrestling practice.

www.rawc.renfrew.on.ca

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Who We Are

The Renfrew Amateur Wrestling Club presently operates three teams as well as supervises the wrestling program at all area elementary schools and the two Renfrew high schools. Additionally, the RAWC supports the wrestling programs offered other areas as outlined in the constitution. Local Renfrew County School Boards and the RAWC have developed a unique cooperative arrangement that shares facilities, equipment, and expertise.

The **Senior Team** begins practising in October and wraps up their season in early April. Senior Team members are male or female second year Bantams through Junior/Senior.

The **Mat Rats** begin their season later in October. This invited team of select Novice, Kids and first year Bantams continues on after the Grant Lavallee Qualifier with Team Renfrew.

Team Renfrew, the RAWC's third team is made up of enthusiastic Novice, Kids, and Bantam wrestlers selected by the RAWC from the area schools that participate in the Grant Lavallee Qualifier and or the Renfrew Rumble.

A board of volunteer directors and coaches oversees the operation of the RAWC. The board is elected or appointed annually at the AGM in May. Services provided by the club are made possible by the strong support of Renfrew and area communities.

To run a healthy and successful program takes a full team. Team members include the athletes and their parents, but also the coaches, managers, fundraisers, and a solid board of directors. It will be important for you to know the following people this year.

Coaches

Club Head Coach	Larry Hanniman	613-432-5170
Senior Team Head Coach	Harry Smith	613-433-3680
Mat Rat & Team Renfrew Head Coach	Jamie McDonald	613-281-3900

Grant Lavallee	Senior Team		Grant Lavallee	Mat Rats
Jasmine Scobie	Senior Team		Ed Picard	Mat Rats
TBA	Senior Team		Shane Smith	Mat Rats
TBA	Senior Team		Adam Picard	Mat Rats
TBA	Senior Team		Amanda Picard	Mat Rats
			Spiro	Mat Rats

Manager	Name	Phone
Senior Team	Jasmin Scobie	613-432-2086
Mat Rat Team	Tina Smith	613-433-3793

Renfrew Amateur Wrestling Club Board of Directors

Board Members			
Shane Smith	Club President	(h) 613-433-3793 (c) 613-401-6095	shanesmith71@gmail.com
Fred Forster	Vice President	613-432-9310	forster@explornet.ca
Sue Burnett	Secretary	613-433-9840	s_burnett@sympatico.ca
Scott McDonald	Treasurer	613-432-1188	scottmcdonald747@hotmail.com
Tina Smith	Fundraising Chair	613-433-3793	britt&sam71@gmail.com
Jamie McDonald	Operations Chair	613-433-3900	jamie_mcdonald700@yahoo.com
Grant Lavallee	Recruitment and Development	(c) 613-312-9008 (h) 613-433-3138	grant_wrestle@hotmail.com
Janine LaFont	Special Events & Promotions	613-433-9984	janine7tims@hotmail.com
Norm Bujold	Community Representative	613-432-8614	noron@nrtco.net
Larry Hanniman	Club Head Coach	613-432-5170	lhanniman@sympatico.ca

Fund-raising

The Renfrew Amateur Wrestling Club generates all its income from corporate and service club donations and the strong fund-raising efforts of its members with support from the community. Members of all three teams are required to participate annually in several fund-raising events that support their teams specifically and the RAWC generally or cover the cost themselves directly. Fund-raising provides the means for tournament registration and travel, equipment purchase and maintenance, coaching and officiating development, etc.

The RAWC is very proud to be able to offer the most comprehensive program (to interested and enthusiastic athletes of all ages and both sexes) at the least cost in the province! Our primary objective is to make our sport accessible and exciting to as many persons as possible. This would not be possible without the ongoing support of the membership, our volunteers and the community.

- Members of the Senior and Mat Rats teams have varied fund-raising endeavors that run throughout their program and that all members may participate in.
- Team Renfrew members have a condensed season, financially supported largely by two events, the Tag Days and Bottle Drive. Participation in both these events is mandatory (exceptional circumstances will be addressed by the coaches and chairperson of the fund-raising committee on an individual basis).

Not participating in fund-raising has consequences.

Those choosing not to participate in fund-raising events will be required to pay the equivalent of funds raised by others to cover their athlete's costs. Further details are available for parents or members by the coaches and/or the board at a parents meeting prior to the start of the season.

Practice Locations and Times

All wrestlers are reminded that they are expected to **arrive 10-15 minutes before practice** begins to assist in the setting up of the mats (if required). Wrestlers are to be dressed appropriately and ready to practice when practice commences. Wrestlers are expected to assist in putting away the mats after practice.

Senior Team: 2nd year Bantams through Juniors/Senior

Where:	Renfrew Collegiate Institute, C Gym
When: October - April	Mondays thru Thursdays
	6:00pm - 7:30pm

Mat Rats: Select members of the previous year's Team Renfrew and elementary age youth not having a school team

Where:	Renfrew Wing
When: October - March	Mondays 5:30pm - 7:00pm
	Thursday 5:30pm - 7:00pm

Team Renfrew: Invited novice, kids and bantams

Where:	TBD
When: TBD	TBD
	TBD

Practice Attendance and Dress Policy

Wrestlers are expected to **arrive at least 10-15 minutes before start of practice** to assist with setting up the mats and are expected to remain after practice is over until the mats have been put away and the area is tidy.

The RAWC believes that wrestlers should participate in other activities (ie football, hockey, volleyball, drama, etc). If you are unable to attend practice because of other commitments, please tell your coaches in advance so that they can prepare practices accordingly.

- Wrestlers are expected to be dressed appropriately before practice begins.
- Singlets, shorts & t-shirts, are acceptable... jeans are not
- Clean indoor running shoes or wrestling shoes **only** on the mats. Wrestlers are discouraged from wrestling in their socks or bare feet. Neither practice is safe or hygienic.
- Jewellery is not allowed on the mat. Wrestlers will remove all rings, earrings, navel rings etc as well as any watches prior to the start of practice.
- Wrestlers are encouraged to leave valuables at home.

Do not use metal hair clips, barrettes or ties with metal pieces to hold hair back.

NO clothing with pockets, zippers or metal. **Shoes** must not have loops or they must have the loops taped.

GO TO THE BATHROOM OR OBTAIN A DRINK OF WATER before practice begins the coaches will allow for breaks during practice at their discretion.

If you must leave during practice please speak to your coach first to obtain permission.

Code of Conduct

The RAWC has a Code of Conduct Policy. The following is an abridged version. Wrestlers are reminded that it is their responsibility to be aware of all RAWC policies on conduct and ethical behavior. For more detailed information, please ask your coach or manager for a copy of the Code of Conduct or visit our website at www.rawc.renfrew.on.ca and click on Members Area, then on Code of Conduct.

Conduct

- All members are expected to treat each other, their coaches and managers, and supporters with courtesy and respect at all times.
- Rude behaviour towards officials, event organizers, or members of the public will not be tolerated.
- Expressing their displeasure with officials or other event organizers by any means other than by accepted protest procedures is not allowed. Your coaches and managers will handle it!
- Making comments to a meet official with regards to a coach, officials or athletes abilities etc, during a competition is not allowed
- attempting to disrupt, distract, or in any way interfere with the performance of an athlete during competition or training is not allowed
- The RAWC relies heavily on parents and other volunteers for all aspects of its operation. In the performance of their delegated duties, these volunteers have the full backing and support of the RAWC Board and coaching staff. All members are reminded to treat volunteers and chaperones with the courtesy, respect, and spirit of co-operation that you would give your parents and coaches.
- It is unacceptable for any member to physically strike or abuse another person regardless of the situation or location.

Behaviour at Sanctioned Tournaments (local, away), Trips, Events

While attending these events, all members of Team Renfrew (Senior, Junior, Mat Rats) are reminded that they are representing the communities of Renfrew and Area (including Shawville area), the RAWC, the province of Ontario and as well as their parents and supporters. As such, the RAWC, demands that all athletes behave in the best way possible while travelling to and from these events, while in accommodations arranged for by the RAWC, and while at the event as well.

Rules

- All RAWC athletes are expected to behave in a courteous manner at all times.
- All RAWC athletes are expected to stay with the team, or where they have been instructed to stay, at all times. Do not leave on your own, with another team member, or with your family for any reason without letting a coach or manager know.
- All RAWC athletes are expected to respect each other and the property of others at all times, including while travelling to and from the event, while participating in the event, while residing in the accommodations provided, as well as at all other times.
- NO SMOKING, CONSUMPTION OF ALCOHOL, OR USE OF ILLEGAL DRUGS AT ANY TIME during practice, at tournaments, travelling to/from tournaments or in accommodations provided by the RAWC.
- All team members travelling without parents are to reside in the hotel room or other (i.e. billet) to which they are assigned unless they request permission and are given permission to change rooms by the Team Manager. **Team members are responsible for any damage resulting to the accommodations to which they are assigned unless they change arrangements as noted above.** DO NOT CHANGE ROOMS ON YOUR OWN WITHOUT LETTING THE TEAM MANAGER KNOW.
- All members of Team Renfrew (Junior, Senior, Mat Rat) are to obey the instructions of all RAWC coaches and managers, as well as host officials while at all events.

Pool Use

The RAWC always attempts to find accommodations in facilities with a pool. Most facilities do not provide pool supervision. Parents and chaperones are reminded that pool supervision of wrestlers in their care is your responsibility. Due to large team numbers in relation to pool size, it may be necessary for the coaching staff to institute a pool schedule to ensure safe, equitable access to the pool for all wrestlers. This schedule (if required) will be discussed with parents, chaperones, and wrestlers and will be posted.

Curfew

The RAWC has a curfew policy to ensure that all athletes are well rested and well prepared for competition. Those athletes, not wrestling, are still required to respect the curfew policy as other teammates in the room or adjoining rooms may still be wrestling. Members are reminded to be respectful of others staying in your room and in the adjoining rooms at all times.

Whether staying with or without their family members wrestlers are to follow the following curfew times to assist in the athlete's best performance.

Novice/Kids age group	9:30pm in rooms	10:00pm lights out
Bantam age group	10:00pm in rooms	10:30pm lights out
Cadets age group	10:30pm in rooms	11:00pm lights out
Juveniles age group	11:00pm in rooms	11:00pm lights out
Junior/Senior age group	11:00pm in rooms	11:00pm lights out

Coaches may at their discretion change the curfew should programs run longer than expected at a specific competition/event. The new curfew will be for that event only and will reflect a reasonable time. In the cases where wrestlers of different age groups are in the same room, the curfew that applies to the youngest wrestler in the room must be observed.

Parents and supporters are expected to respect the curfew of the athletes staying in your room.

RAWC curfews do not override curfews set by the hosting facility.

Consumption of Alcohol

There is to be **no consumption of alcohol by any member** while attending any RAWC sponsored/sanctioned competitions, practices or sporting events, while travelling to or from such competitions, practices, or sporting events, or while staying in accommodations arranged by the RAWC at such competitions. Persons found in contravention of this code will be subject to penalties.

The procurement, provision, or serving of alcohol to members of the RAWC under the age of majority of the Province of Ontario, by members of the RAWC Board or its coaches and managers is strictly forbidden at all times.

Consumption of alcohol, by members of the RAWC coaching staff during practice or competition is strictly forbidden. It will be the responsibility of the most senior coach present to ensure that the consumption of alcohol by all members of the coaching staff, chaperones, and team officials while attending competitions, programs, and events, or while supervising the team will be limited. A designated coach similar to the designated driver should be selected at each event.

Whenever possible, a hospitality suite/room should be arranged to ensure adequate supervision of persons traveling with the team. Adults should be encouraged to leave alcohol in this room (if provided) to ensure that athletes in their room or under their supervision do not have access to alcohol or witness the consumption. There may be children who have experienced trauma associated with drinking or have major issues surrounding alcohol. An adult having even one drink may affect these children very badly or bring out hidden fears.

Remember that we are at these events for the athletes benefit!

Drug Use / Abuse

The use of illegal drugs, (by any member of the RAWC, its Board, and members of the coaching staff) at any program, event or competition sponsored or sanctioned by the RAWC is strictly forbidden and subject to penalties, including immediate dismissal from a position of authority and notification of the appropriate law enforcement authorities and the OAWA.

Team managers, chaperones, officials and coaches will not provide medication of any kind to any athlete under the age of majority for any reason permission or prior written and signed permission of the athlete's parent or guardian.

Parents and athletes will be requested to fill out medical information form and consent to administer medications as part of the registration process. This information will be considered confidential. Parents may request that all copies of this information be returned to the parent at the conclusion of the season. A current consent to administer medications will be obtained each season and will last for the duration of the season unless the parents advise otherwise.

Smoking

Smoking, by any RAWC athlete, while at any practice, program, event or competition, while travelling with the team to and from such events, or while staying in accommodations arranged for by the RAWC is forbidden. OAWA guidelines as well forbid smoking by member athletes at OAWA sanctioned events or competitions.

Members of the RAWC Board and coaching staff are not to purchase, procure, provide, or distribute smoking materials (cigarettes, cigars, tobacco, papers etc) to any RAWC athlete or to make it possible for RAWC athletes to pursue this practice during competitions, programs, or events sponsored or sanctioned by the RAWC, while travelling to and from such events or while staying in accommodations arranged by the RAWC.

Harassment

The Canadian Human Rights Commission has defined Harassment as any unwanted physical or verbal conduct that offends or humiliates. At no time will harassment be tolerated by any individual whether an athlete, coach, or member of the RAWC.

Theft / Vandalism

Vandalism, theft or possession of stolen property, is prohibited. A wilful act of destruction to the property of others is prohibited. It is the responsibility of the individual perpetrating such acts to make restitution when required.

Weight Control

The Renfrew Amateur Wrestling Club opposes excessive weight loss. The Renfrew Amateur Wrestling Club also forbids the use of artificial means to achieve weight losses.

For the purpose of weight loss, the senior Team Renfrew coach (Head Coach, Senior Team, Junior Team, or Mat Rat) is deemed responsible for the weight loss practices of his/her athletes. Coaches will monitor their athlete's weight and overall physical condition on a regular basis. Parents, of RAWC wrestlers who are under the age of eighteen (18), will be alerted and kept informed of the coaches concerns.

For all RAWC sponsored or sanctioned events, programs, or competitions, the use of artificial means and extreme weight loss measures are strictly prohibited. In addition, these methods are currently in violation of RAWC Code of Ethics/Conduct and OAWA guidelines. Artificial and extreme measures of weight loss include:

- the use of diuretics, laxatives, and other medications
- the use of saunas
- the use of rubber suits or other vapour impermeable items, as well as
- the use of excessive clothing

For athletes in good physical condition, weight loss should not exceed 3% of total body weight as recorded at the last practice immediately preceding the event.

No athlete should be allowed to drop below a safe body fat ratio.

Male/Female Relationships

The coaches of the Renfrew Amateur Wrestling Club strongly discourage boyfriend-girlfriend relationships amongst teammates.

In a team where both males and females train together it is important to set guidelines. The primary purpose of joining the team should be to better ones self. To do this, focus must be directed at the task presented. It is for this reason that the club strongly discourages interactions that distract from this focus (i.e. friends attending practice and distracting the athlete, being with your girl/boy friend on the team). If a boy/girl friend relationship develops amongst teammates, it will not be appropriate to display such relationships at practice or while at tournaments (ie pretend that you are not boy/girl friends in these circumstances)

If you have questions about this ask your coach.

Consequences and Penalties

While at practice or sanctioned events, the Senior Coach of any team (High-school, Mat Rats, or Team Renfrew) is empowered to apply the following penalties at their discretion. It is not necessary to follow these penalties in order.

- verbal reprimand
- written reprimand
- suspension from the program, event, or competition
- removal from the team and or sending the violator home

NOTE: The President of the RAWC and the Head Coach must be notified either before or as soon as possible afterwards if the last penalty above is imposed.

If a conversation with an athlete is to be considered a verbal reprimand, the athlete (or their parent) is to be advised that it is a verbal reprimand.

This doesn't prevent the designated coach or the team managers running a practice or heading up an event, from addressing disruptive, disrespectful, or dangerous behaviours, with an athlete, at the time. These persons must be able to address this behaviour as they see fit. They may speak to the athlete or ask the athlete to sit out if the behaviour is serious enough. They will then speak to their Senior Coach at the first available moment to inform them. Should the Senior Coach then speak to the athlete, they may consider their conversation a verbal reprimand.

Members of the Renfrew Amateur Wrestling Club violating the Code of Ethics/Conduct at any time may be subject to one or more of the following penalties:

- Verbal reprimand
- Written reprimand
- Placement on probationary membership
- Suspension of financial assistance, if applicable
- Suspension of membership privileges including participation as a member of the team at National or Provincial programs, events, or competitions (present and/or future)
- Suspension from program, event or competition
- Removal or dismissal from team or club (cannot be imposed on elected positions)
- Requirement to make restitution to any party or parties for damage
- **For infractions occurring during out of town trips, the penalty may include the individual being removed from the team and sent home. This includes the following:**
 - Return transportation costs are the responsibility of the individual.
 - Automatic six-month suspension from any program, event, or competition followed by a two-year probationary membership period. Any reinstatement of membership privileges will only be considered once the cost of return transportation as noted above is reimbursed to the RAWC.

Note: The President of the RAWC must be notified of the imposition of this penalty either before or as soon after as possible. The Team Manager, Head Coach, or Senior Coach must ensure that the individual is met upon arrival. If this is not possible, this penalty will not be imposed and an appropriate alternate penalty will be determined.

All members and their coaches travelling to such out of town competitions and their parents (if applicable), will be notified in advance of this policy and possible penalties.

Combination of any of the above noted penalties, or a determination of another penalty as deemed appropriate.

All athletes (if 18 or over) or their parents (if under 18) will be required to sign consent to abide by this policy as part of their registration for participation in the program.

**PLEASE COMPLETE AND RETURN TO YOUR WRESTLERS
COACH/MANAGER PRIOR TO THE FIRST PRACTICE.**

PARENT AND WRESTLERS RESPONSE FORM

My wrestler,
and I have a copy of the Wrestlers Handbook and are
familiar with its contents and will abide by its
policies. Further we understand that we can receive more
detailed information on all RAWC policies by speaking
with our coach or accessing the RAWC website
www.rawc.renfrew.on.ca

Parents signature*

Date

Wrestlers signature

Date

*Wrestlers eighteen years of age or older do not require
a parent's signature