

K-W Kaos Handbook

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Welcome to K-W Kaos Wrestling Team

This handbook was made with you in mind as a reference guide to outline the expectations of the team, the individual, and the parents of all athletes. It is to be used as a reference guide to provide you with information about the sport of wrestling and about K-W Kaos in particular. Please go through this with your student athlete to become familiar with our team and to answer any questions you may have. If you still have questions, please don't hesitate to contact any of the coaches.

Team History

K-W Kaos Wrestling Team was created with the intent to promote the sport of wrestling in Kitchener-Waterloo, to be affordable for all, to provide competitive opportunities, and to develop individual athletes to the best of their ability.

Angela Bender is the high school coach for Bluevale Collegiate since 2013 and has been involved with wrestling as a parent since 2003 with all four of her children wrestling in high school and/or club level.

K-W Kaos Wrestling Team was first conceptualized in the Spring of 2016. It officially started in September 2016.

Team Mission Statement

Wrestling requires character, strong work ethic, building self-confidence, and a commitment to achieving personal best results. K-W Kaos Wrestling Team is committed to providing student athletes the opportunity to develop their personal skills within a strong team environment through technical, physical, and mental training while promoting fitness, fun, and competitive skills. Personal goals will be reached through desire, discipline, and determination of the individual athletes in a supportive team environment, under the direction and guidance of the coaching team.

Team Vision

Chaos theory suggests that small changes at the beginning of a trajectory will create large changes in the distant future. This is often called the butterfly effect. In our interpretation, the chaos logo can represent the idea of many possibilities, as opposed to a single arrow that shows one path as law. In this interpretation, the star is really a positive and inclusive symbol, and urges open-mindedness and tolerance to other's experiences, along with creativity and a blend of different possibilities.

In this way, this symbol represents our team, our athletes, our vision. Like chaos theory suggests, we believe small actions can have huge impacts. The eight trajectories symbolize the values of dedication, leadership, discipline, desire, technical skill, physical fitness, work ethic and mental toughness. These values are crucial to the success of any wrestler and in turn help develop successful adults.

As well, the chaos symbol represents creativity, all possibilities, and a scattering of energy. In this way, this symbol also represents the sport of wrestling as there is no one single way to be successful. By learning and focusing on the basics, the wrestler is then encouraged to find and develop their own personal strengths and style. Creativity, action/reaction strategy, and using a variety of skills will result in success on the mat and off.

In Greek Mythology, chaos was the origin of everything. Chaos was the first thing to exist. Similarly, wrestling is recognized as the world's oldest sport. Wrestling has been recorded and participated in as early as 3000 BC. Former wrestlers often agree that wrestling was a pivotal factor in shaping their adulthood. Through wrestling, athletes learn to push their limits, to build resiliency, to overcome obstacles and to never give up. They learn that success comes out of failure just as chaos comes before order.

So it is with great pride that we welcome you to K-W Kaos. Together we strive to develop youth into successful adults with ethical character through the sport of wrestling. By being a part of Kaos, you accept the challenge of becoming more than your potential.

Listing of Coaches and Assistants

Angela Bender - President and Head Coach

Assistants - Ryan Berkin, Maddison Braga, Bassel Khadra, Mete Kobanner

*All coaches and assistants are required to complete and submit a Police Check prior to working with individual athletes

*other guests and/or assistants may periodically be invited to practices for group or individual training but are subject to the same rules, guidelines, and code of conduct sanctioned by the OAWA.

Watching a Match - How it is Scored

Technical Points (Freestyle)

Technical points are awarded for various takedowns and holds, depending on the level of control during the execution of the move, or the difficulty of the move.

- One point is awarded for stepping out of bounds or reversals, whereby a wrestler in the defensive par terre position executes an action, which now puts him/her behind and in control of the opponent on the mat.
- Two points are awarded for a “takedown” – when a wrestler, from the standing or neutral position, takes the opponent to the mat without back exposure.
- Four points are awarded for a “takedown” or “throw” to the danger position – when a wrestler, from the standing or neutral position, takes the opponent to the mat with direct back exposure to the mat (danger position).
- Cautions – wrestlers who flee the mat, flee a hold, apply an illegal hold, or assume an incorrect par terre starting position, may be given a caution. This results in their opponent receiving one technical point. The opponent of a wrestler who receives three cautions over the duration of a complete match will be declared the winner of the match.

Passivity Procedure (Freestyle)

The fundamental principle of a wrestling match is “total wrestling”. A referee will encourage and stimulate activity at appropriate times throughout the match by gestures and words identifying which wrestler is passive so the wrestler at fault can react.

Passivity is considered to be any behaviour on the part of one or both wrestlers who, contrary to the spirit of continuous wrestling, avoid and/or obstruct the progress of the match.

When passivity continues to be evident, the match will be interrupted and a verbal and visual official warning will be awarded. If the wrestler continues to be passive the referee will declare the wrestler “passive” (upon confirmation from the judge or chair). Upon receiving confirmation, the referee will interrupt the match as long as there is no imminent scoring taking place. The referee will indicate to the wrestler (and may indicate to the coach) that the wrestler is “passive”. A 30 second “activity period” will commence and the identified wrestler will have 30 seconds to score or for the opponent to score.

If either wrestler scores during the 30-second activity period the passivity penalty will be suppressed.

If no scoring occurs during the 30-second activity period, the match will be interrupted immediately and the identified wrestler will receive a caution and the opponent will be awarded one point.

Challenge

The challenge is the action through which the coach, on behalf of the wrestler, is allowed to stop the action and request the jury of appeal and the refereeing body to watch video evidence in case of a disagreement with the call.

The coach must request the challenge by throwing a soft object on the mat, immediately after the refereeing body has awarded or failed to award points to the disputed situation.

Each wrestler is entitled to one challenge per match. If after reviewing the challenge, the jury of appeal modifies the decision, then the challenge can be used again during the match. If the jury of appeal confirms the decision by the refereeing body, the wrestler loses the challenge and the opponent will receive one technical point.

The decision of the jury of appeal is considered final and no further appeal is possible on the disputed situation.

Singlets

Every wrestler can purchase one blue singlet and one red singlet. It is up to the athlete to bring and wear their singlet(s) to every tournament and to take care of them. If additional singlet(s) are required due to misuse, loss, or damage, it is the responsibility of the athlete to purchase additional singlet(s) at the regular cost.

Washing Instructions - Please wash your singlet on cold/gentle cycle or hand wash and hang to dry. This helps the colour last longer and the elasticity of the spandex to last longer.

Parent Notes

Please be aware that although we enjoy working with your child on a regular basis, we are not childcare providers.

- We ask that you drop off your child for practice 10 minutes before the start of a practice and you may arrive 15 minutes prior to end of practice to watch.
- Observation of entire practice is distracting to the coaches and to your child. Please respect the coaching/sporting environment by not attending and observing the practice.
- Please be sure that your child/coaches have contact information as to where and how you can be reached during practices and/or tournaments in case of an emergency, injury, or behavioural issues.
- Please be aware that all athletes are required to assist with set-up and clean up before and after practices. No athlete is allowed to leave before all cleanup is complete. Athletes leaving early for waiting parents causes other parents and athletes to wait longer and puts additional burden on the remaining athletes which is unfair to the other athletes and to the coaching staff
- Practices are designed for the coaches to work with the athletes as much as possible. If you need to speak to a coach, please arrive early to practice or arrange a meeting time with the coaches.
- The coaches will do our best to work with your child as much as possible and based on their needs. Please be aware that some athletes require more attention than others and each wrestler is at a different level technically.

Skin Diseases

Skin diseases are a very serious part of wrestling and we feel obligated to let you know that this is a possibility. K-W Kaos is very careful in trying to eliminate these problems. The mats are cleaned on a regular basis and it is up to the individual athletes to ensure

you are clean, If you notice or are diagnosed with an issue please inform your coaches immediately to prevent further spread. Any open wounds and sores should be viewed by a coach for instructions. In the case of a questionable situation, the wrestler may be required to miss practice or an event until the situation is dealt with medically.

After each practice, the athlete must shower using an appropriate cleaning agent such as spectro-gel or antibacterial soap. Likewise, the athletes must shower as soon as possible after a competition. In addition, practice gear must be washed after each practice.

Practice Schedule

Practices will occur every Monday and Wednesday from 6:30pm - 9:15pm unless otherwise notified. The first 15 minutes of practice and the last 30 minutes of practice are dedicated to the care and clean-up of the equipment. Please check our schedule. Practices will take place in the cafeteria of St. David's Catholic high School. In the event the school cafeteria is being otherwise occupied for school events, we will do all we can to provide practice and training in an alternate location within the school or at an alternate location. This training may include weight lifting, dry-land cardio based training, video review and training and/or a combination of the above. Please come prepared.

Please be aware that if the school is closed during the day for any reason (inclement weather, etc) then practice will also be canceled even if the weather improves. This is a school board policy that we cannot alter.

It will be necessary for your child to wear appropriate clothing to practice - team attire is not required but is permitted. Athletes are encouraged to wear spandex leggings under shorts, a t-shirt, socks and indoor shoes that are only for wrestling. Wrestling shoes are encouraged but not required however, the footwear can only be worn on the mat and not outdoors. Footwear that is worn outside damages the mats, and leaves debris which can be harmful to the wrestlers. Please be considerate of others.

Tournament Schedule

K-W Kaos believes in the importance of development through competition. Your athlete should expect to have the opportunity to compete in up to 5 OAWA sanctioned events. Tournament fees are not included in registration and do not include any costs associated with travel or meals. Most tournaments are fairly local and will not require overnight accommodations, however, in the event of an overnight tournament, the athlete will be required to split the costs of accommodations with the other wrestlers they are sharing rooms with. Males and females will room separately. Chaperones will be in the same hotel but will not share rooms with athletes. Athletes and parents will be expected to sign and follow the Code of Conduct.

Tournament schedules will be provided in a timely manner. Registration for events will (usually) be the week of the tournament with weigh-in schedules provided - exceptions are for larger tournaments such as Matmen Classic, provincials, Nationals. Athletes that do not show up for weigh-ins or follow weigh-in procedures will not be permitted to attend. Tournament schedule will be provided once released through OAWA and decided upon by the Board Members and Coaching Team.

Fees

Fees will be set at the start of the season.

Fees include practice times, OAWA registration fees, insurance costs, and team related equipment. Fees do not include tournaments (example - provincials, nationals, etc.), uniform (t-shirt, shorts, red singlet, blue singlet), wrestling shoes, headgear, kneepads, travel expenses, dietary needs, or extra training camps.

Any team gear may be purchased by individuals at additional cost. Team uniform fees will be set at the start of each season and may be subject to change from year to year. The uniform will consist of a red Team singlet and a blue Team singlet. The uniform will be expected attire for tournaments. At practices, the athletes may wear appropriate practice clothing of their choice.

Athlete Code of Conduct

1. All Athletes must follow the OAWA Code of Conduct as members of the OAWA. As well as the CAWA, Canada, and the Province of Ontario (or any other province or country in which the athlete may be traveling as representative of K-W Kaos), or any host/host venue.
2. All athletes are to address all coaches, officials, parents, volunteers in a respectful manner.
3. All conduct must be representative of K-W Kaos in a positive manner. Inappropriate behaviour, language, sportsmanship, lying, arguing, or any other deviant actions will not be tolerated and may be subject to disciplinary measures.
4. Unless otherwise stated, the following protocol will be followed on overnight trips: coaches will act as supervisors, curfew is 10 pm in rooms and lights out by 11 pm. Athletes must be in their assigned rooms and coaches will perform sporadic room checks. Any facility will be treated with utmost care and respect. Athletes are responsible for any damages resulting to their assigned room.
5. Same gender chaperones will be present on all overnight trips whenever possible.
6. If an athlete shares a room with parents, any other athletes not related to the family will not share accommodations. Females and Males will be kept separate and must not be in cross gender rooms after curfew. Coaches and Adult volunteers are not permitted to room with athletes.
7. Athletes using/carrying/purchasing or otherwise associated with alcohol and/or narcotics is strictly forbidden while under the care and supervision of team coaches and on team excursions. No Exceptions. This includes tobacco. If an athlete is taking medication prescribed by a physician, the coaches must be informed prior to travel and provided with all instructions.
8. Relationships between teammates is discouraged but not forbidden, however please refrain from public displays of affection between athletes or with their partners that may not be team members.
9. Athletes with any suspected or diagnosed infectious or contagious disease are not to return to practice or competition until proper medical attention has been administered and cleared to return. Athletes must notify a coach of any infectious or contagious diseases such as ringworm or impetigo.

10. Harassment (including but not limited to bullying, initiation, “joking”, pictures, exclusion etc.) will not be tolerated. Harassment whether written, verbal, sexual, physical, racial, emotional, or via any form of social media will not be tolerated on the mat or off and could result in termination of membership and/or police involvement.

Parent Code of Conduct

1. Always remember that kids participate in sport for their enjoyment, not yours.
2. Encourage kids to participate, do not force them.
3. Be positive on the child's efforts and performance rather than winning or losing
4. Always encourage kids to participate according to the rules following the code of conduct.
5. Never make negative comments to a child for making a mistake or losing a competition. If you have a positive attitude, they will also.
6. Remember that kids learn best by watching great role models. You are their most influential role model.
7. Reinforce the stance on removing verbal and physical abuse from sports..
8. Always respect the officials decisions and teach kids to do likewise.
9. Always show appreciation for volunteer sports coaches, officials and club administrators.
10. Be on time for all practices, competitions, events, and weigh-ins.
11. Athletes that are prepared for practices, competitions, events, etc are set up for success. Assist with preparation.
12. Be available, approachable, and open-minded in discussions regarding your child or any other Team business.
13. Remember that coaches volunteer their time, talent, and effort.
14. Respect the rights of all participants regardless of their gender, ability, cultural background or religion.

Other Club Policies

K-W Kaos does not support or encourage significant weight loss before or during a competition.

K-W Kaos is meant to enhance and support high school wrestling teams. The High school team and competitions take priority over team events. Coaches will offer support to high school teams without interfering with high school coaching. High school coaches are welcomed and encouraged to provide input or to attend team practices.

Athletes are not mandated to participate in a high school team to be eligible for K-W Kaos team.

In the event that athletic interest and membership exceeds coaching capacity in which safety and/or development may be compromised, K-W Kaos may limit membership. If membership becomes limited, priority will be given to athletes who demonstrate the core values of the team - dedication, leadership, discipline, desire, technical skill, physical fitness, and mental toughness. Membership will be based primarily on coachability rather than pure technical skill.

K-W Kaos recognizes that there are times when athletics and academics collide. Athletes and parents are encouraged to work together to find balance and priorities. While occasionally missing a practice may happen, regular and consistent attendance is expected.

Nutrition

Training hard is only half the battle. Just as you must take a systematic approach towards your training, you must be equally as thoughtful about what you eat and drink. Wrestlers are taking their diets more serious than ever, and it's not a coincidence to find that the best competitors also have a solid diet plan. K-W Kaos strongly recommends that quality nutrition be an essential factor during the wrestling season and especially during tournaments and practices.

Competition in wrestling is based on weight categories. It is optimal for a wrestler to be at the top end of their category when possible. Once a wrestler is placed in a weight category for a tournament, they must maintain that weight (sometimes there is a small allowance) until the competition. Being over in their category can result in disqualification for the individual and jeopardizes the team chance of competition as well.

The coaches of K-W Kaos will assist each athlete in determining their weight category, maintaining weight through nutrition and exercise, and ensuring weight requirements

are met in a safe, healthy environment. Significant “weight-cutting” is extremely frowned upon and is not a part of K-W Kaos mandate. If coaches are concerned about extreme weight changes, parents will be contacted and ability to compete or participate will be discussed.

What to Bring - Practices, Tournaments

Practice

- Appropriate attire - including shorts, t-shirt, footwear. Athletes may choose to wear team gear but not mandated. Singlets are for tournament use rather than practice.
- Water - Athletes are asked to bring 1 or 2 refillable water bottles to practice. K-W Kaos is in support of recycling and reusing water bottles when applicable.
- Positive attitude and strong work ethic

Tournaments

- Nutritious food, snacks, beverages
- Both singlets, easily removable pants (track pants), sweater and/or t-shirt
- Proper footwear - wrestling shoes recommended
- Towel and anti-bacterial soap in case showering facilities are available
- Change of clothing for travel
- Money if going out for a team dinner
- Some form of ID in case of an emergency
- Overnight necessities if on an overnight event
 - Some tournaments have specialized requirements - notice will be given prior to these events

