

## PARENT ORIENTATION SUMMARY

For those who missed the virtual session, here is a summary of our Parent Orientation:

- ELWC was formed in 1975 as Sterling Wrestling Club; renamed in 2014. Last year, ELWC was the largest club in Virginia and 4<sup>th</sup> in the nation. ELWC is a youth club (ages 4-14) operating in the winter season only.
- Core values include ensuring all kids have a positive experience, obtain great exercise, and hopefully fall in love with the sport.
- Board of Directors: Matt LoSchiavo, Doug Muhlbauer, Paul Grinups, Rick Hall, Tom Houck
- Lead Coaches: Corey Burns (Junior Leopards), Mike Gonzales (Leopards), Middle School (Mike Froelich), and Matt LoSchiavo/Rick Hall (Gold)
- Many of our teams had to combine for Nov/Dec due to lower turnout; hoping for increases and return to normalcy in January
- All practices are Mon/Wed from 5:30-7 pm at TOP (Gold also practices on Friday at same time)
- If you haven't been to TOP before, check TOP web site for exact address (GPS systems often wrong)
- Initially, one family member allowed per practice
- Try to be on time with shoes on and ready to go at 5:30
- Do not attend practices if experiencing any COVID symptoms
- We follow Operation Safe Mat Return which includes daily screening and limiting of partners
- Main league is WWS at TOP—there will be optional tourneys starting on December 5
- All coaches must have USA Wrestling Cards (includes background check and safesport training)
- All wrestlers must purchase \$15 USA wrestling memberships at [www.themat.com](http://www.themat.com). Please present copy of membership card or receipt at first practice.
- Wrestlers are encouraged to get gear at TOP store (discounted prices, local 501c3 nonprofit) in advance. Special hours on Sunday from 12-3. Also open before practices but next week, but we encourage you not to wait until then
- Each team needs a Team Manager; other volunteer opportunities will come available as season progresses.
- With all teams practicing at the same time and place, it's easy to move kids around if this makes sense. Especially with COVID precautions, it will take some time to know the kids and make such adjustments. Coaches will be observing the kids, of course, but feel free to reach out as well.
- Team coaches will communicate directly with their families via email, teamsnap, etc.
- Hygiene is very important----showering as soon as possible after practice with good soap (e.g., DEFENSE soap), cleaning gear regularly, inspecting body, trimming fingernails, etc. If you ever see suspicious red spots or rings, check with coaches before participating.