



## ALLATOONA JR BUCS WRESTLING



**Grades:** K-8<sup>th</sup>

**Season:** November-February

**Begins:** Monday, November 9th

**Days:** Mondays, Tuesdays, & Thursdays (6-8<sup>th</sup>)  
Tuesdays & Thursdays (K-5<sup>th</sup>)

**Times:** 6:15-7:45 PM

**Location:** Allatoona HS Wrestling Room  
3300 Dallas-Acworth Highway, NW  
Acworth, GA 30101

**Registration:** Begins Monday, November 2<sup>nd</sup>. Registration Forms and Payment (PayPal) is available on our website.

**Visit our Website:** <http://allatoonabucs.com/jr-bucs-wrestling/>

**Cost:** \$200 for the Season (All Online this season)

**USA Wrestling Card:** \$40 (November 1-December 31, 2020)-  
If you plan on your child competing in tournaments.

**Visit for more info on USA Card:**

<http://www.teamgeorgiawrestling.com/usawmembership>

### **Equipment Needed:**

Wrestling shoes, headgear (recommended), shirt, shorts, and singlet (if competing in tournaments)

**Contact:** Kyle Norred (Allatoona HS Head Wrestling Coach)

Cell: 770-337-2230

Email: [kyle.norred@cobbk12.org](mailto:kyle.norred@cobbk12.org)

### **Wrestling Builds and Teaches:**

Character	Conditioning	Agility
Strength	Coordination	Respect
Speed	Balance	Confidence
Hard-Work	Toughness	Discipline

### **Weight Classes and Age Divisions:**

Wrestlers wrestle someone their same weight and age

### **Practices:**

Warm-Ups and Stretching

Technique: Learning moves, positions, and rules

Drilling: Practicing wrestling moves

Games: Having FUN while learning the sport of wrestling!! Games reinforce wrestling technique the athletes are learning in practice!

Practices are run by teaching wrestling fundamentals and making sure kids work hard. Lessons learned in these practices will help in other sports.

### **Youth Coach:**

**Head Coach:** Scott Roberts

**Contact:** [babyblus2k@yahoo.com](mailto:babyblus2k@yahoo.com)

“Once you have wrestled, everything else in life is easy.” ---Dan Gable

Visit our Website for more Info: <http://allatoonabucs.com/jr-bucs-wrestling/>

## **Allatoona Bucs JR Bucs 2020-2021**

### **Practice Procedures**

1. Start Date: November 9th
  - a. (Days will be determined based on numbers and adjusted if need be)
2. Practices will begin at 6:15 PM and end at 7:45 PM
3. Based on numbers, we will decide how to go about practices. As of right now, follow the flyer practice times and days. If this needs to change, we will inform all parents.
4. Wrestlers will enter in the back of the school in the double doors in the bus lanes.
5. A coach will conduct temperature checks and ask wrestlers if they have experienced any symptoms of Covid-19.
6. Wrestlers should enter the building with a mask on and will be socially distanced by coaches down the hallway until practice begins. (Wrestlers may enter the building at 6:00 PM)
  - a. **Wrestlers will NOT be required to wear masks during practice**
7. Wrestlers will maintain the same practice partners and practice areas throughout this season in order to efficiently contact trace if need be. We will do the best we can if practice partners need to be changed for whatever reason.
8. All wrestlers are required to bring their own water bottles for practice. Water bottles are not to be shared among wrestlers. The water fountain has been closed off by the school.
9. Parents will have to wait outside the building or in their cars during practice. Parents are not to enter the building during practice except for emergency reasons.
10. Once practice is over, wrestlers will be walked back out the same door in the bus lanes they entered.
11. A coach will disinfect the wrestling room with an anti-viral solution after practice is completed.