

Annandale Mat Rats - Getting Started 2015-2016



Practices:

- First practice is Tuesday, 11/3 from 6:30PM to 8:00PM
- If you have not already registered, please do so prior to our first practice.
 - Register and pay here: <http://www.abgc.org>
 - Register in person at 4216 Annandale Rd, Annandale, VA 22003
- This season's practice schedule is (same as last year):
 - Tuesday (ALL LEVELS) – 6:30PM to 8:00PM
 - *Thursday (ADVANCED ONLY) – 6:30PM to 8:00PM
 - Friday (ALL LEVELS) – 6:30PM to 8:00PM
 - *Criteria for "Advanced" practice will be clarified at the parents meeting
- No Parents in the mat room during practice?
 - After 11/13, parents will not be allowed in the mat room during practice

Club Communications and Resource:

- TeamSnap (<https://annandalematrats.teamsnap.com>) – We will use this online tool for most of our correspondence, scheduling and general administration. It is strongly recommended you register and subscribe to the emails and alerts to stay on top of cancellations and updates.
- Club Website (<http://annandalematrats.com>) – This site will be used for general information to the public and media management. Please rely on TeamSnap for the latest schedule changes and alerts!
 - **Useful Links and Downloads:** <http://annandalematrats.com/?p=99>
- Facebook (<https://www.facebook.com/annandalematrats>): Please "Like" the club page and check for team pictures and social updates. Again, everyone should rely on TeamSnap for critical updates.
- Please direct any questions to admin@annandalematrats.com. This email will distribute to the current administrative staff.

Club Terminology:

- Norther Virginia Wrestling Federation (NVWF): AKA the *League or Federation*
 - Bantam, Midget, Junior, Intermediate and Senior? See below
- Annandale Boys & Girls Club (ABGC): Parent organization (this is the youth club)
- Annandale Mat Rats: Part of ABGC operating under a different name
 - "Advanced" Wrestler: 1+ experience and/or stronger/heavier and/or focused wrestler
 - "Beginner" Wrestler: First-year and/or younger and/or smaller wrestler

Meets (subject to change):

- Almost always takes place on Sundays
 - 7:45am - 8:30am: **Bantam** (born 2009-2010) / **Midget**(born 2007-2008)
 - 10:45am - 11:30am: **Junior** (born 2005-2006)
 - 12:45pm - 1:15pm: **Intermediate** (born 2003-2004)
 - 2:45pm - 3:15pm: **Senior** (born 2001-2002)
- Recommended Reading (found here <http://annandalematrats.com/?p=99>):
 - NVWF – What to Expect 2015-16
 - Parents Guide to Youth Wrestling by Bill Campbell

Fair Competition:

- Automated Pairing System: Based on age, experience and performance.
- Exceptions and Arrangements: Present case with NVWF official and/or opposing coach for special arrangement.