

Tourney Tips

Make them an adventure! If you are excited and having fun your kids will most likely follow your lead. Maybe stop after the tourney for a milkshake or something they will enjoy and remember.

Have your USA card laminated, it will last a lot longer!

Have your wrestler wear their BIG CAT singlet to weigh in. That is what they weigh in wearing.

Things to bring:

- Head gear is mandatory!
- Change of clothes, spirit bag to carry it all.
- Video games
- Cards
- Books
- Movie player
- A little spending cash for snack bar or shirts, etc
- Tissue or wipes
- Camera/video camera
- Bleacher pad or blanket, as it can be a long day sitting

What to eat? After weigh in dry cereal, boost energy drinks, or ensure. If the tourney is hosting a pancake feed, that is an option as well.

WHEN YOU SHOW UP LOOK FOR OUR TEAM BANNER AND SIT WITH THE TEAM

Between matches: Most tourneys allow you to bring a cooler

- Power bars/other energy bars
- Beef jerky
- Water/Gatorade
- Crackers, different kinds
- Sandwiches
- Fruit

Is your wrestler warmed up? Make sure about ½ hour before each match your wrestler is shutting off the video games, setting down their books, and is somewhere warming up. This includes bouncing position drills, shots, squats, thinking wrestling. **LET THEM KNOW YOU EXPECT THEM TO TRY THEIR BEST AND WHATEVER HAPPENS YOU'RE PROUD OF THEM!**

During the match: Try and not be rude to the ref if you feel he made a bad call. Help your kids stay focused if needed. If this is their first year it is normal for them to be distracted, go easy on them.

After each match:

Make sure they go over and shake the other coaches hand. If they won they need to sign the score card at the scorer's table

Win or lose: HUG THEM AND LET THEM KNOW YOU'RE THEIR BIGGEST FAN!!!

If your kiddo is 5-8 years old it is okay to go back to the pairing room with them and walk out with them. **BE A CALMING PRESENCE, NON-ANXIOUS.** Many of them will be very nervous, let them know this is normal.

Typical tournament schedule:

7am-8am: Weigh in and breakfast

9:15am-9:45am: Warm up with Big Cat wrestlers

10am: Wrestling starts, 5-6 year olds are up first. They will call them to the pairing room, as a parent you can go with them.

The announcer will announce your child's name and what mat they are on, so be listening. The mats are marked by numbers.

The age groups are as follows, and the wrestle in this order:

SESSION 1

4-5 years old

6-7 years old

8-9 years old

10-11 years old

12-13 years old

14-15 years old

SESSION 2

5-6 years old

7-8 years old

9-10 years old

11-12 years old

13-14 years old

If your child is say, a 9 year old, be listening when they call the 7-8 year olds to the pairing room as your child will be in the next group.

Every round of wrestling usually takes about 2 hours before your child will be up again, but it varies.

Tourneys usually wrap up between 3-5pm with medals being handed out for the top 3. If your child is getting a medal make sure to get down onto the floor to get a picture.

BE THEIR BIGGEST FAN, THEY DESERVE IT!!!!