
SHENANDOAH VALLEY WRESTLING CLUB



HANDBOOK

1680 COUNTRY CLUB RD. | HARRISONBURG, VA 22801
WWW.SVWCINC.COM



Welcome to Shenandoah Valley Wrestling Club!

At SVWC, we believe wrestling is about far more than wins and losses. Wrestling is a tool for developing disciplined, confident, resilient young people who are prepared to handle adversity both on and off the mat.

Our mission is not simply to produce successful wrestlers. Our mission is to help develop outstanding young men and women through discipline, accountability, work ethic, respect, and perseverance. Success on the mat becomes a byproduct of consistently doing the right things.

SVWC is committed to creating a competitive, disciplined, and positive training environment for youth of all ages and skill levels.

This handbook is intended to help families understand:

- The philosophy and expectations of SVWC
- Practice and competition standards
- Parent expectations
- Communication procedures
- Safety and hygiene standards
- Club culture and athlete development

We are excited to continue building something special together at SVWC!

SVWC MISSION

The Shenandoah Valley Wrestling Club is dedicated to promoting the sport of amateur wrestling in the Shenandoah Valley. We strive to provide the highest quality instruction and training environment, while promoting good sportsmanship and developing well rounded young athletes. We believe that wrestling teaches our athletes the importance of self discipline, hard work ethic, education, self confidence, and the ability to overcome adversity through determination and dedication.



SVWC STANDARD & PHILOSOPHY

Wrestling is one of the most difficult sports in the world. Through that difficulty, wrestlers learn how to respond to pressure, setbacks, success, failure, and responsibility.

The sport demands discipline, toughness, focus, accountability, and resilience. Those qualities are developed through consistent habits, hard work, and a willingness to embrace challenges.

Expectations of SVWC wrestlers:

- Show up ready and prepared to wrestle
- Give consistent effort
- Stay focused during practice
- Respect coaches, teammates, officials, and opponents
- Compete to the best of your ability with good sportsmanship
- Choose to learn from adversity instead of avoiding it
- Represent SVWC with character on and off the mat

Expectations of SVWC families:

- Support the coaching process
- Encourage effort over outcomes
- Model sportsmanship and respect
- Help create a positive training environment



AT SVWC:

1. *Winning is important, but character comes first.*
2. *Effort matters and is non-negotiable.*
3. *Long-term development matters more than short-term success.*
4. *Discipline creates freedom and opportunity.*

We want our wrestlers to enjoy the experience, but we also believe growth often comes through difficult work, high standards, and accountability.

COMMUNICATION

SVWC uses multiple communication platforms to provide updates regarding: practice changes, tournament information, weather cancellations, schedule updates, and other club announcements. Families are expected to regularly monitor club communications.



TeamReach App: SVWC (code is required; see welcome email)

Email: svwcinc@gmail.com

Phone: 540-383-5352

Facebook: The Shenandoah Valley Wrestling Club

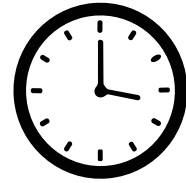
Instagram: @sv_wrestling club

PRACTICE EXPECTATIONS

Be Early, Not Just “On Time”

Wrestlers should arrive early enough before the practice start time to:

- Change shoes
- Use the restroom
- Stretch or warm up
- Be mentally ready to begin practice



Punctuality is an important life skill and demonstrates respect for teammates and coaches.

Open vs. Closed Practices

SVWC will utilize both open and closed practice formats throughout the season.

Open Practices

During open practices, parents and family members are welcome to observe from designated seating areas. We ask that all spectators remain respectful of the training environment and avoid distracting wrestlers or coaches during instruction.

Closed Practices

During closed practices, parents will be asked to drop wrestlers off and remain outside the training area for the duration of practice.

This decision is intentional and is designed to:

- Improve athlete focus and independence
- Minimize distractions during instruction
- Create a more disciplined and competitive training environment
- Encourage wrestlers to problem solve and respond to coaching independently
- Prepare athletes for middle school and high school wrestling environments

Wrestling is an emotional and demanding sport. While parents naturally want to help and support their athletes, wrestlers are often more attentive to parents in the room than to coaches during difficult moments. Closed practices help athletes fully engage with the coaching process and training environment.

We understand this may be an adjustment for some families, especially newer wrestling parents. Please understand that this approach is rooted in athlete development and is intended to create the best possible environment for growth.

Effort Over Results

Not every wrestler will win every match. Winning is often the result of repeatedly doing the right things in practice over time.



What we expect from every athlete is:

- | | | |
|------------------|--------------------------|--------------------|
| • Maximum effort | • Teachable attitude | • Positive mindset |
| • Mental Resolve | • Consistent improvement | |

Parents are encouraged to praise:

EFFORT ★ PROGRESS ★ DISCIPLINE ★ TOUGHNESS ★ RESILIENCE

Room Discipline & Focus

SVWC strives to provide a positive, disciplined, and competitive training environment.

Each wrestler is expected to:

- Give consistent effort
- Listen during instruction
- Stay focused during drills
- Practice safely and under control
- Be a good training partner



Talking during instruction, excessive horseplay, disruptive behavior, foul language, bullying, or an inability to appropriately participate in practice will not be tolerated.

Discipline may include:

- Verbal warning
- Removal from drills/live wrestling
- Removal from practice
- Suspension from club activities if necessary

Our goal is not punishment. Our goal is maintaining an environment where every athlete has the opportunity to learn and improve.

Equipment & Apparel

Recommended practice gear includes:

- Wrestling shoes
- Athletic shorts and t-shirt or athletic top
- Water bottle
- Mouthguards are required for wrestlers with braces
- Headgear (optional unless instructed otherwise)



Please Note

1. Wrestling shoes should **never** be worn outside to protect the health of wrestlers and staff.
2. No hoodies are to be worn during practice for safety reasons.

COMPETITION EXPECTATIONS

Emotional Control

Wrestling is an emotional sport, but emotional control and respect are part of being a competitor. We want our wrestlers to learn how to win, and lose, with maturity and graciousness.

Athletes are expected to:

- Show positive sportsmanship
- Handle adversity appropriately
- Show respect for coaches, officials, opponents, and facilities
- Maintain composure after wins and losses
- Be accountable for their actions



Unsportsmanlike behaviors may result in disciplinary action or removal from competition.

This includes behaviors such as:

- Throwing equipment
- Yelling at officials
- Disrespectful behavior
- Aggressive outbursts

Match Day Focus

Competition days can become chaotic and overstimulating.



Wrestlers should:

Stay near their assigned mat when needed
Listen for bout assignments
Stay hydrated
Avoid unnecessary horseplay
Remain focused on competing

Parents can help by:

Helping athletes stay on schedule
Encouraging calm and focus
Bringing healthy snacks and hydration
Allowing coaches to manage match preparation



PARENT & SPECTATOR EXPECTATIONS

Parents and guardians are an important part of the SVWC community and can help create a positive experience for wrestlers.

During Practice

Parents are welcome to observe during designated open practices.

To minimize distractions:

1. Keep non-wrestling children off the mats and equipment
2. Do not coach your wrestler from the bleachers
3. Keep conversations and device volume respectful
4. Allow coaches to coach during practice
5. Do not step onto the mats unless instructed by staff

If you are interested in helping coach, please email club leadership at svwcinc@gmail.com.

During Competition

We ask families to:

- Cheer positively
- Avoid coaching from the stands
- Show respect to officials and opponents
- Help wrestlers remain calm and focused
- Allow coaches to communicate with referees

***At NO time should wrestlers or parents confront referees, opposing coaches, or opposing athletes.**

SAFETY & HYGIENE

Safety is a priority at SVWC.

We work to maintain a safe and hygienic training environment through:

- Regular mat sanitization
- Proper instruction and supervision
- Emphasis on safe technique
- Skin infection prevention procedures

Hygiene Expectations

Wrestlers should:

- Shower after every practice and competition
- Wash practice gear regularly
- Avoid sharing equipment
- Keep fingernails trimmed short
- Report suspicious skin conditions immediately
- Keep open wounds properly covered



Good hygiene protects both the individual wrestler and the entire team.

TIPS FOR PREVENTING SKIN INFECTIONS

Prevention is more effective than dealing with an outbreak after it starts. Consistent hygiene is one of the best defenses against skin infections in wrestling.

Athletes should:

- Only wear wrestling shoes on the mats.
- Shower as soon as possible after every practice, competition, or workout.
- Wash hands frequently and avoid touching or scratching suspicious skin lesions.
- Wear clean practice clothes to every workout.
- Do not share towels, headgear, water bottles, or personal hygiene items.
- Wash wrestling gear, clothing, knee pads, headgear, and towels after each use.
- Keep fingernails trimmed short and clean.
- Cover any cuts, scrapes, or abrasions before participating.
- Report any unusual rash, sore, bump, or skin irritation to a parent and coach immediately.

Parents should:

- Perform regular skin checks, especially during wrestling season.
- Wash athletic clothing and gear promptly after practices and tournaments.
- Seek medical evaluation for any suspicious skin condition.
- Follow treatment recommendations and participation restrictions when applicable.

Additional Preventive Measures

- Some healthcare professionals recommend using an anti-dandruff shampoo containing selenium sulfide (such as Selsun Blue) or zinc pyrithione (such as Head & Shoulders) as part of a regular hygiene routine. While not a substitute for proper medical treatment, these products may help reduce the risk of certain fungal skin infections when used as directed.

Clean body. Clean gear. Clean habits.

SKIN CONDITION PARTICIPATION POLICY

Because wrestling is a close-contact sport, skin infections can spread quickly. SVWC follows participation standards designed to protect all athletes. Parents/guardians are expected to **promptly** report concerns and seek appropriate treatment for their wrestler.

Please note: active infections **cannot** be covered to allow participation. Any wrestler with a suspected or confirmed contagious skin condition will not be allowed to return to the mat until the following criteria are met:

Ringworm

- *Minimum 72 hours* of antifungal treatment on body; *minimum* of **two weeks** if on the scalp
- Lesions must be dry and crusty

Impetigo/Bacterial Infections

- *Minimum 72 hours* of antibiotic treatment
- No open, draining, or moist lesions
- Lesions must be dry, scabbed, and healing

Herpes Gladiatorum (Mat Herpes)

- *Minimum 120 hours (5 days)* of antiviral medication
- No new lesions for **72 hours**
- All lesions must be dry with a firm crust
- **Medical clearance required**

Unknown Skin Conditions

- Must be evaluated by a **licensed healthcare provider**
- Must be confirmed non-contagious before return

BOTTOM LINE

When in doubt, sit it out and get it checked.

Coaches reserve the right to remove or withhold any athlete from practice, competition, or club activities if a skin condition is suspected to be contagious or raises concerns about the health and safety of participants. The athlete may return once the club's participation criteria have been met.

Protecting all athletes comes first.

FINAL THOUGHTS

Wrestling is challenging. There will be victories and disappointments. There will be difficult practices, emotional matches, and moments of adversity. These moments are where growth happens and character is built.

Thank you for trusting SVWC to be part of your wrestler's journey!

