



Mc Neil Wrestling FAQ

WELCOME TO MCNEIL HIGH SCHOOL WRESTLING!

DON'T PANIC! If you are a first-time wrestling parent, things may seem a bit chaotic. We are here to help!

IMPORTANT WEBSITES AND CONTACT INFO

McNeil Wrestling website: there is basic info on wrestling including weight classes, an intro video, etc.
<https://sites.google.com/roundrockisd.org/mcneilwrestling/home?authuser=0>

McNeil Wrestling Weekly Agenda (Practice Times): It is important that your student checks this every week as things may change. <https://sites.google.com/roundrockisd.org/mcneilwrestling/weekly-planagenda?authuser=0>

McNeil Wrestling Season Schedule:
<https://sites.google.com/roundrockisd.org/mcneilwrestling/schedule?authuser=0>

Coach Chad Dempsey: chad_dempsey@roundrockisd.org or 512.464.6498

Booster Club website <http://mcneilswrestlingboosterclub.ch2v.com/>

Have a question? Contact one of the Booster Club officers:

Booster President, Alisa Jenne: alisabjenne@gmail.com 512.731.2279

Booster Vice-president, Deborah Frankhouser: fourpointlighting@gmail.com 512.632.6446

Booster Secretary, Agellina Caples: agellinacaples@gmail.com 763.300.5284

Booster Treasurer, Dallas Hall: dallas@rliv.net 512.914.6751

Booster Store: We have all kinds of cool stuff to purchase to support your wrestler and proceeds go to the booster club which provides meals, uniforms, and other support for the team. You can also use the store to become a booster member or sponsor.

<http://mcneilswrestlingboosterclub.ch2v.com/content.asp?PageID=6>

Remind: Remind is an App that multiple teachers and coaches use to communicate with students and parents. You can download the App to your phone. Add McNeil High School. Under McNeil, select Add a Class. The class code is @mavwre. That will allow you to receive notifications including last minute updates that may happen during the season.

PHOTOS/VIDEOS

We would love to have any photos or videos you take of the wrestlers. We will update our Facebook and Instagram pages, put them in weekly Mav Mail, as well as use them in our end of year banquet. Please send an email to Agellina (agellinacaples@gmail.com) for more information.

END OF YEAR BANQUET

We will have a banquet in the spring to celebrate the wrestling season. Currently, the date is TBD but we will be looking for volunteers to serve on the banquet committee. It is very important that we celebrate our students and congratulate them on their hard work.

TOURNAMENTS

Tournaments are multi-school competitions and will take place somewhere besides McNeil High School. The tournaments for the entire season are listed in the season schedule link above. Tournaments usually include all levels: Junior Varsity, Varsity, and Girls in all weight classes. In general, they will run on Friday and Saturdays at the locations listed in the schedule.

If you are a first-time parent, attending a tournament can be confusing. Prepare to give yourself extra time - school gyms can be hard to find. Make sure you have a phone number for a parent/ booster to get help if you need it.

Your student will be fed by the Booster Club. We ask for donations to help support meals and snacks for the students, but you do not need to provide food during a tournament.

When you arrive, look for our group in the stands. We will always have a section in the stands as the team home base. This is where your kids will leave their stuff, where we will feed them, etc.

Tournaments will have a display area that tells each competitor when and where they are about to wrestle. This display location varies from place to place so ask the coach where to look for this information. All mats are numbered, and a list of competitors will be displayed. Tournaments use a color code system to inform a wrestler when they are close to their time. Green is time to get ready, Yellow is get to your mat and Red is time to wrestle.

In addition to the display area, tournaments use an App called TrackWrestling : www.trackwrestling.com that gives the same information. Competitors and parents should download this on their phones. Many times, this is easier than having to check a physical display area. However, it isn't the best designed App and can be difficult to navigate. You must register, but you **DO NOT** need to purchase an upgraded version. The free version gets you what you need. Under Events, you can search for the specific tournament your student is competing in. Note that Junior Varsity and Varsity are listed separately. If you get to the Mavericks team list and you do not see your student, you may be on the wrong list.

Booster parents will be available to help you navigate the App. Once you have it working, it makes it much easier to know when and where students will be wrestling.

DUAL'S/ TRI'S

Dual's and Tri's are much simpler. They involve only one or two other schools. Several of these will be at McNeil and generally happen on Wednesdays – check the schedule for location. There are only 1 or 2 mats and the coaches handle the order of wrestlers. Parents can come sit in the stands and watch. The TrackWrestling App is not used for these local competitions.

Since a dual involves only one other school, it is possible your student will not have anyone in his/her weight class to wrestle. Sometimes Coach Dempsey knows in advance and can let wrestlers know whether they will wrestle or not, but sometimes they do not know until the other school arrives and the coaches can discuss who they have. This may all happen at the last minute – your student may be up at school ready to wrestle and find out they aren't. Duals are much more informal, and the coaches match up the kids as best they can. The coaches want everyone to wrestle but students need to be matched appropriately for their safety. Students and Parents should be prepared for last-minute changes.

How to Watch a Wrestling Match

Unlike boxing, where no one (not even the boxers) knows the score, the scoring in wrestling is precise and both the spectator and wrestler alike can follow the progress of the match. The point system used in wrestling is an evaluation of the activity on the mat. It is the referee's duty, among other things, to analyze the situation and signal the points to the scorer.

First - Both wrestlers come forward, shake hands, and step back to their designated red or green area in the center of the mat.

Next - The referee blows the whistle and wrestling begins.

Now - Each wrestler is trying to get control of the other by taking him to the mat with a "Takedown".

Points - The first points are likely to be given for Takedown. When one wrestler gets a takedown the referee signals two points.

Then - The defensive wrestler (or bottom or "down") is trying to ESCAPE or REVERSE and get a hold with which he can keep his opponent's shoulders on the mat for 2 seconds - A FALL.

First Period - Starts from standing or neutral position.

Second Period - Choice of position is decided by the toss of a coin. The winner of the toss may choose either up or down in "Referee's Position" or "Neutral Position" or "Defer" to the other wrestler.

Point System - The following is the point system used for individual matches.

Takedown	2 points	Escape	1 point
Near Fall	2 or 3 points	Reversal	2 points

Definition of Terms: The following are terms and their definitions:

TAKEDOWN - From a neutral position, a wrestler gains control of his opponent and takes him down on the mat.

ESCAPE - When the defensive wrestler gains a neutral position and his opponent has lost control.

REVERSAL - When the defensive wrestler comes from underneath and gains control of his opponent.

NEAR FALL - When the offensive wrestler has control of his opponent in pinning situation and both shoulders or scapulae of the defensive wrestler is held beyond perpendicular to the mat or when the defensive wrestler is in a high bridge or on both elbows for 3 seconds 2 points is awarded and for 5 seconds 3 points is awarded.

FALL - When any part of both shoulders or scapulae are held in contact with the mat for 2 seconds.

DECISION - Earned by the wrestler who has earned the greater number of points.

DEFAULT - Awarded when one of the competitors is unable to continue wrestling for any reason.

DEFER - A strategy that gives the original wrestler the choice in the final period.

FORFIET - Received by a wrestler when his opponent, for any reason, fails to appear for the match.

NEUTRAL POSITION - Position in which neither wrestler has control.

CONTROL - Situation in which a contestant exercises and maintains restraining power over his opponent.

POSITION OF ADVANTAGE - Position in which contestant is in control of his opponent.

REFEREE'S TOP POSITION - Position known as "Top", is the control position where most pins (falls) occur. The top man is positioned after the bottom is set. The top man is required to grasp the bottom mans elbow with one hand and the other hand to wrap around the bottom man's waist.

REFEREE'S BOTTOM POSITION - Position of the man on his hands and knees on the mat. There are two parallel lines twelve inches apart. The bottom man is required to have his hands in front of one line and his knees behind the other.

Texas has adopted the new NFHS wrestling weight classes below. A wrestler can weigh no more than that weight in order to compete at that weight class.

Males 106-113-120-126-132-138-145-152-160-170-182-195-220-285
Females 95-102-110-119-128-138-148-165-185-215

Wrestling is both an individual sport and a team sport. The explanation of a few terms will make this clear.

A **match** is a contest between two wrestlers in a given weight classification. It is also referred to as a "bout".

- A varsity match consists of three, two-minute periods, unless the match ends earlier due to a fall or technical fall.
- A junior varsity match consists of three, one-minute periods, unless the match ends earlier due to a fall or technical fall.

A **dual meet** is a contest in which we a competing against another team for a team victory. In a dual meet, the emphasis is on the team as a whole winning. Matches in all of the 14 weight divisions are wrestled. Each team receives points depending upon the outcome of each of the 14 individual matches. The team earning the most team points wins the dual meet.

Team points for dual meets are awarded based upon the type of win in the individual match:

- Six team points
 - Five team points
 - Four team points
 - Three team points
- Fall, forfeit, default, or disqualifications.
Technical fall (winner outscored opponent by 15 or more points).
Major decision (winner outscored opponent by differential of 8 to 14 points).
Regular decision (winner outscored opponent by less than 8 points).