



# 2022 Belmont Wrestling Elementary Program

*"Some people think wrestling is a big thing in Decatur-like a matter of life or death. But that's not true. It's more important than that."*

~Gary Giessler

– First Belmont Wrestling Coach & IHSWCA Hall of Fame Inductee

Dear Parent(s):

The Belmont Wrestling Elementary Program will begin after school on Monday, October 24. All Belmont, St. Joe, St. Peter, Wyneken, and Zion boys in the 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> grades are eligible to compete. Practices will be held in the high school wrestling room and children will be coached by the high school coaching staff and wrestlers. This is a free program, but wrestlers must have a signed permission form in order to practice. All boys will need clean gym shoes, shorts, and a t-shirt for practice. If your child is unable to attend a practice, please inform a coach beforehand. The wrestlers may use the locker facilities in the auxiliary gym. Wrestlers can be picked up at the north entrance of the high school near the tennis courts. (Door N-9) Please pick your child up from each practice promptly at 7:15 P.M.

The Belmont Wrestling Elementary Tournament will be on Thursday, October 27 in the middle school main gym. Every boy who has participated in the program is eligible to compete in the tournament. We will attempt to fill the following weight classes: 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 130, Heavyweight. However, if a class features too many wrestlers, the class may be broken down into separate divisions. The top four wrestlers in each weight class will receive a ribbon and a BHS Wrestling poster. Champions and Runners-Up will also receive a t-shirt. Team scores will be kept this year as well. Wrestlers will want to support their teammates in hopes of a team championship!!! A team trophy will be awarded at the conclusion of the tournament.

Practices will consist of the following schedule:

Monday, October 24 (6:00-7:15)

Tuesday, October 25 (6:00-7:15)

Wednesday, October 26 (6:00-7:15)

**Bellmont Wrestling Elementary Tournament**  
**Thursday, October 27 @ Belmont Middle School 4:00 P.M.**  
**Spectator Admission \$2 (Kindergarten and Under Free)**

\*Please send the attached Parent Permission Form with your child to Mr. Myers at Belmont Elementary/Middle School or to the first practice

\*If you have questions about the program, you may contact the following coaches:  
Tim Myers: Belmont Elementary/Middle School- 724-3137 or [myerst@nadams.k12.in.us](mailto:myerst@nadams.k12.in.us)  
Sean Faurote: Belmont High School- 724-7121 or [faurotese@nadams.k12.in.us](mailto:faurotese@nadams.k12.in.us)



# 2022 Belmont Wrestling Elementary Program

## PARENT PERMISSION FORM

\_\_\_\_\_ has our permission to participate in the  
**2022 BELLMONT WRESTLING ELEMENTARY PROGRAM.**

We/I as parent(s)/guardian(s), agree to accept all responsibility for medical costs incurred due to any injury during the program's duration.

### WAIVER AND RELEASE

The undersigned, being \_\_\_\_\_, (the "Athlete") and \_\_\_\_\_, (the "Athlete's Parents"), hereby acknowledge that the coaching and training services of \_\_\_\_\_, (the "Coaches") performed/used on a strictly volunteer basis, and that such performance/use is permitted upon the strict understanding that neither the Coaches nor North Adams Community Schools will be exposed to any liability or expense arising from such performance/ use. Therefore, as due consideration and in acknowledge of receipt of due consideration, we, the undersigned for ourselves, on behalf of each other and our respective heirs, beneficiaries and estates, hereby waive and release any and all claims or causes of action I/We may, now or in the future, have against the coaches and/or North Adams arising from or relating to the performance/use described herein, and further agree to hold harmless and defend Coaches and/or North Adams of and from any costs, loss or expense arising from or relating to such performance/use. We acknowledge that wrestling in an inherently dangerous activity and that this assumption of all risk of injury, loss or damage is made with a full understanding of those risks.

Dated this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_\_.

Child's Date of Birth: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Grade 2 3 4 5  
Month Day Year

School: BELLMONT ST.JOE SPI WYNEKEN ZION

Teacher's Name: \_\_\_\_\_ Years of Experience: \_\_\_\_\_

Athlete Signature: \_\_\_\_\_ Shirt Size: \_\_\_\_\_

Parent Signature(s): \_\_\_\_\_

Parent Phone Number(s): \_\_\_\_\_

Parent Email Address(s): \_\_\_\_\_@\_\_\_\_\_  
\_\_\_\_\_@\_\_\_\_\_



# 2022 Belmont Wrestling Elementary Program

## QUESTIONS AND ANSWERS

**Q:** My son is too small and not big and/or strong enough to wrestle, right?

**A:** Wrong! Any **BODY** can wrestle. You don't have to be 6 feet tall to earn a varsity spot in high school. Belmont has had state champions from 98 lbs all the way to 275lbs!!!

**Q:** My son can't become a professional in wrestling when he is older. What is the point of entering him in it?

**A:** Wrestling is a sport that develops lifeskills throughout an individual's entire life. Desire, Intensity, Focus, Dedication, Determination, and Respect are just a few of the skills that come from wrestling. Many wrestlers have commented on how wrestling has helped them in their everyday lives from their occupation to their marriages. Wrestlers get what they work for. It is an individual sport in which all the credit goes to the wrestler, however there is also no one else to blame in defeat. Many Belmont wrestlers have also went into the education field in hopes of returning the favor that the sport has granted them. Scholarships are also available in college wrestling. Division I, II and III colleges have all sought out Belmont wrestlers in the past.

**Q:** Why is wrestling so popular in Decatur?

**A:** Wrestling has always been very popular in Decatur. There are no politics in the sport. People noticed right away that there was a spot just for them on the team and all it takes is hard work. People like the idea that if they want something in wrestling, they just have to go get it. No one can hold them back. Wrestling continues to be the most successful program in the history of Belmont High School. One look at the banners in the high school gymnasium will quickly restate the fact.

**Q:** My son wrestled once when he was younger, but didn't do well. He will never be a wrestler, right?

**A:** Not necessarily. Wrestling is a process, and because of the rich history of Belmont Wrestling, with a great effort, they will most likely see success down the road. Some of Belmont's most successful wrestlers have started wrestling as late as 9<sup>th</sup> grade without much success, yet still went on to become top wrestlers in the state.

**Q:** Will my son get hurt easily in wrestling?

**A:** A former Decatur doctor once stated that a child is more likely to get hurt riding a bicycle than in wrestling. As a coaching staff, we attempt to show basic moves where kids are least likely to get hurt. Basic moves are what win titles anyway!

**Q:** How much one-on-one attention will my son get while at practice and will he possibly wrestle bigger kids?

**A:** Your son will wrestle with different wrestlers around his size, while coaches move around the wrestling room checking for proper technique. Your son may also be allowed to try moves on the coaches, which they love!

**Q:** I've heard wrestlers are rowdy. Is this true?

**A:** We attempt to have our wrestlers aggressive on the mat, but strive for excellence off the mat as well and especially in the classroom. Wrestlers are Student-Athletes. Notice which word comes first?

**Q:** I've heard horror stories about wrestlers losing too much weight because their coach forced them. Is this true?

**A:** Sadly, wrestling has recently had a "black eye" because of this theory. It is true that wrestlers once tried to lose too much weight to wrestle in a lower weight class, but what they didn't realize was the fact that by the time they were ready to wrestle, they didn't have energy in the first place! We demand our wrestlers to be in weight classes close to their normal weight. IHSAA has also cracked down on the sport to ensure that wrestlers are not losing excessive amounts of weight, which has rejuvenated the way people are now looking at the sport. As far as the youth program, we want your child to have fun and learn about the positive aspects of this great sport!

**Q:** Don't wrestlers get a lot of skin diseases?

**A:** As in any contact sport, skin infections can occur. However, we take great pride in keeping our wrestling room extremely clean and stress cleanliness with all of our wrestlers. Our mats are disinfected after every practice and we like to believe that the wrestling room is the cleanest room at Belmont High School!

**Q:** I'd like to hear more. Whom can I contact?

**A:** Feel free to contact the coaches: Tim Myers: [myerst@nadams.k12.in.us](mailto:myerst@nadams.k12.in.us) or Sean Faurote: [faurotese@nadams.k12.in.us](mailto:faurotese@nadams.k12.in.us)