



2018 Belmont Youth Wrestling 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 Youth Wrestling Program will begin after school on Monday, October 08. All Belmont, Northwest, St. Joe, St. Peter, Wyneken, and Zion boys in the 3rd, 4th, and 5th 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.

Participants may ride their normal bus to Belmont Middle School and walk over to the high school for practices. Coaches and wrestlers will be waiting to escort them into the wrestling room. The wrestlers may use the locker facilities in the auxiliary gym. Due to construction at NACS, wrestlers can be picked up at the north entrance of the high school near the tennis courts. (Door N-15) Please pick your child up from each practice promptly at 4:30 P.M.

Once again, pictures will be taken this year on Tuesday, October 09 during practice. Individual shots and team pictures (Bellmont, Northwest, and Parochial Schools) will be taken. Picture packets will be sent home the practice before picture day.

The Belmont Youth Wrestling Tournament will be on Thursday, October 18 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. Parochial schools’ points will be combined against Northwest’s and Belmont’s teams. 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:

Week 1

Monday, October 08 (3:15-4:30)

Tuesday, October 09 (3:15-4:30)

Wednesday, October 10 (**2:45-4:00**)

Thursday, October 11 (3:15-4:30)

Week 2

Monday, October 15 (3:15-4:30)

Tuesday, October 16 (3:15-4:30)

Wednesday, October 17 (**2:45-4:00**)

Bellmont Youth Wrestling Tournament

Thursday, October 18 @ Belmont Middle School 4:00 P.M.

*Please send the attached Parent Permission Form with your child to Mr. Myers at Belmont Middle School, Mr. Dicke at Northwest Elementary or to the first practice on October 08.

*If you have questions about the program, you may contact the following coaches:

Paul Gunsett: Belmont Middle School- 724-3137 or gunsettp@nadams.k12.in.us

Tim Myers: Belmont Middle School- 724-3137 or myerst@nadams.k12.in.us



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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 9th 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: Head Coach- Paul Gunsett: 724-3137 or gunsettp@nadams.k12.in.us
Assistant Coach: Tim Myers: 724-3137 or myerst@nadams.k12.in.us