

# Welcome to

Upper Township Wrestling 2020-2021

# Directions:

1. Please read each slide
2. When you are finished, click on the link for the Google Form. Complete the Google Form which is your way of acknowledging that you have read and understand all policies set forth by UTWA.
3. If you have any questions, please email us at: [uppertwphornets@gmail.com](mailto:uppertwphornets@gmail.com)

# Hooray for Wrestling!

Our coaches are eager and excited to begin the 2020-21 season! I know we are all looking forward to getting our children back on the mat doing what they love amongst their friends. We are looking forward to a positive and healthy experience for all. With that being said, we also must be prepared that anything could change at a moment's notice. There are many things that are beyond our control that could change daily.

Our greatest concern is the safety and well being of our children and coaches. To ensure everyone's safety, please review our policies and safety guidelines set forth on the following slides.

# Upper Township Wrestling Board 2020

- President: Dave Schultz
- Vice President: Joe Cunningham
- Treasurer: Danielle Borcky
- Secretary: Michelle Drewnowski
- Fundraising: Siobhan Bernhardt
- Member(s) at Large: Kevin McHale and Anthony Fearnhead
- Head Coach: Frank Sannino

# Anti-Bullying Policy

Bullying is defined as intentionally aggressive behavior that can take many forms: verbal, physical, social, emotional, or cyber bullying. This behavior is often repeated over a period of time. Bullying consists of one person bullying and targeting another, a group ganging up against one person, or one group targeting another group.

No one deserves to be bullied and everyone has the right to feel safe, secure and respected, regardless of race, color, religion, nationality, size, gender, popularity, athletic ability, academic ability or intelligence.

Consequences for bullying are as follows:

**1. First Offense:** Verbal warning and parent contact from a UTWA Board Member.

**2. Second Offense:** Wrestler sits out of practice or match, whichever comes first, and parent meeting with the UTWA Board. The board reserves the right to extend this time if deemed necessary.

**3. Third Offense:** Wrestler is dismissed from the Wrestling Program.

All Infractions will be handled by the UTWA Board

# Anti-Bullying Pledge continued

As an Upper Township Hornet, I pledge to:

- ✓ Never be a bully and never allow others to be bullied.
- ✓ Allow others to feel good about themselves and feel safe at wrestling.
- ✓ Never hurt others with my words or fists.
- ✓ Get to know people before I judge them.
- ✓ Stand up to bullies.
- ✓ Inform adults of bullying – it's not tattling when I keep kids safe.
- ✓ Obey this anti-bullying pledge, even when I'm online.

# Practice Schedule has Changed

Practice will be at the Upper Township Community Center. Safety is our first priority. We appreciate your understanding following all new protocols.

- **Novice** will practice on Mondays from 5:30 to 7:15.
- **Advanced** will practice on Wednesdays from 5:30 to 7:30.
- **All Wrestlers** (Novice/Advanced) will practice on Fridays from 5:30 to 8:30.

**Dress Code:** The dress code is to protect your child. We will be practicing in a public area. Wrestlers will need to wear proper attire for wrestling during practice including shoes and head gear. We request that all wrestlers wear athletic gear and bring body wipes to use before & after practice. Additional Body Wipes and hand sanitizer will also be available at the head table.

## Pick Up locations:

You must remain outside of the community center during child drop off and pick up.

A coach or board volunteer will oversee the children near the parking lot during these times.



# Safety

1. Wrestlers will arrive to practice wearing a mask and will get their temperature checked upon arrival. Once their temperature is checked, they may find their spot within the practice area and unmask.
2. Anyone with a temperature of 100.4 or higher will be sent home and may return to practice once cleared by a physician or after a negative COVID-19 test.
3. Coaches will keep the wrestlers apart using small mat markers.
4. Coaches will wear their masks during the entire practice.
5. Bathrooms: Only one person will be allowed in the restroom at a time. A volunteer will escort each wrestler to the bathroom. Hand sanitizer will also be available at the head table.

## Safety continued....

**If we are notified of someone having the virus**, UTWA will follow the CDC Guidelines and consult with the Department of Health for further directives. Parents will be notified of close contact exposures.

**If your child travels to any states that are on the NJ Travel Advisory List** set forth by the Governor, we ask that you keep your child away from practice during your 10 day quarantine period.

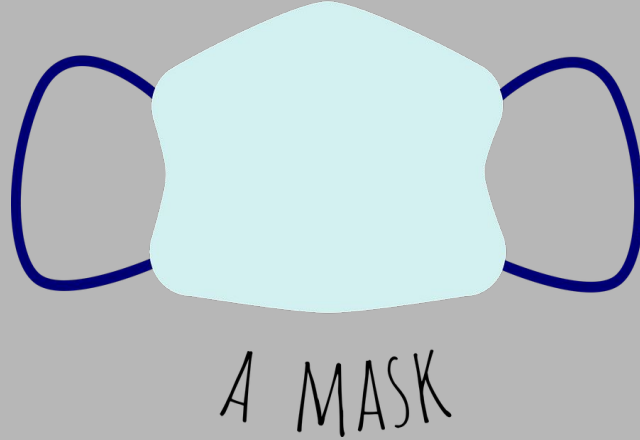
### **In order to decrease the spread of germs:**

- We will keep wrestlers in 4-6 person PODs based on weight and ability.
- We will NOT have matches at this time. In lieu of matches, we will wrestle live within our Upper Township Team in order to give wrestlers a Live Match experience.
- Coaches will have hand sanitizer for wrestlers to use. **We are gladly accepting donations of hand sanitizer & body wipes.**

# What parents can do:

1. When dropping off your child, please wait until your child has their temperature checked before leaving. If your child has a temperature of 100.4 or higher, you will need to take them home.
2. Parents will be unable to attend practice this season.
3. Parents must wear a mask if entering the practice area or to speak with a coach.
4. Please be mindful, if your child is not feeling 100%, it is best to keep them home.
5. Please be supportive if we ask you to bring your child home.
6. Please send your wrestler ready to practice. This includes using the restroom prior to practice, bringing a good sized water bottle (water fountain is unavailable for refills or drinks), wearing proper clothing and bringing all necessary gear (head gear, shoes, etc.)

# Facial Masks



The proper way to wear a facial mask is over the nose and mouth. Please wear your masks appropriately to prevent the spread of germs.

# Matches

1. We will NOT have matches scheduled with outside teams at this time.
2. In lieu of matches, we will wrestle live within our Upper Township Team in order to give wrestlers a Live Match experience.

# Fundraisers

**Raffles:** Since we are waiving the cost of registration and are unable to hold our annual tournament & Beef & Beer we will hold a raffle. The purpose of the raffle is to offset any costs for cleaning supplies we will be purchasing. If you would like to donate any gift cards or items for our raffle basket, please contact our UTWA fundraising coordinator: Siobhan Bernhardt. (sbern1910@yahoo.com) We hope each family will be able to purchase a ticket to support our team. Please look for UTWA emails for more information.

**Scavenger Hunt:** We are in the early stages of planning a fun end of season scavenger hunt...Stay Tuned!!!

# Uniforms

- You should purchase: (We have some items available to borrow at the Hornet's nest)
  - wrestling shoes
  - head gear
  - sanitizing wipes

# Communication

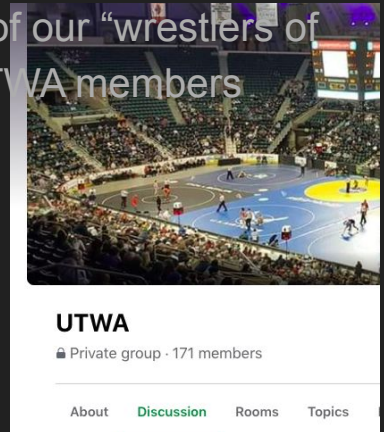
UTWA will be reaching out to you within the next few days in order to communicate any last minute announcements before the first practice.

At times, UTWA will send out emails with practice/event updates so be sure to check your email.

We have a facebook page for questions, announcements, and/or positive comments only. You can join us on facebook by searching “UTWA.” Our coaches and parents often like posting pictures/videos of our wrestlers performing. We will also post weekly pictures of our “wrestlers of the week”. You will complete a google form that will allow you to consent to UTWA members posting images of your child.

Email: [uppertwphornets@gmail.com](mailto:uppertwphornets@gmail.com)

Current UTWA  
Facebook Page





# Acknowledgement of Liability Waiver

In order for your child to participate in practice the week of Monday, Jan. 4th, parents must sign the ***Acknowledgement of Liability Waiver*** set forth by the Township of Upper. Please print it out, sign it, and bring it with you to the first practice. Board members will be collecting them. We will have extra forms on hand in case you are not able to print.

THIS IS A TOWNSHIP REQUIREMENT

## Next Step

Complete the UTWA 2020 Season  
Acknowledgement form [CLICK HERE.](#)