

Burrell Youth Wrestling 2021-2022

Registration Information

SINGLET DEPOSIT - Singlets will be distributed at practices November 16, 17, and 18th. A deposit check of \$80 is paid at the time of receiving the singlet and once the singlet is returned at the end of the season your check will be returned to you. Checks will only be cashed for lost or damaged singlets.

RAFFLE TICKETS - This year each wrestler will be required to raise \$100 (\$50 for each additional sibling) selling the raffle tickets enclosed in this packet. The \$100 fee paid with your registration covers these tickets upfront, so all money collected selling these tickets will be your reimbursement. You may request to sell more tickets by contacting Katie Thompson or any board member (all money from any extra tickets must be turned in). Raffle ticket stubs **MUST** be turned in **NO LATER THAN** Tuesday, December 14. The drawing will be held live on facebook on December 17th at 7pm. Additional Fundraising opportunities will be available throughout the season.

SUPER TROPHY SPONSORSHIPS - All families will also be required to collect Super Trophy sponsorships in the amount of \$50 (forms are enclosed). You may collect from local businesses wishing to make a donation or your family can sponsor. First year wrestling families must obtain at least **ONE \$50 sponsor**. All other wrestling families must obtain at least **TWO \$50 sponsors** or **ONE \$100 sponsor**. **Super Trophy Sponsorships are due no later than January 20, 2022.**

VOLUNTEER REQUIREMENTS - Along with fundraising comes volunteering. We appreciate any and all help we get from our BYW family, and if everyone can pitch in a **little**, no one will have to do **A LOT**. Therefore we ask each family to please volunteer to work at least **TWO** shifts at **EACH** home wrestling event. Shift details and signups will be available at a later date through Alyson Shirey. **To ensure that volunteer shifts are fulfilled we require all families to submit a deposit check in the amount of \$100 that will be returned to you after your volunteer requirements are met.** Please complete the form below and submit with your volunteer deposit check.

If you have any questions please reach out to us at burrellyouthwrestling@gmail.com.

Thank you everyone for your support,

Victoria Thomas
Burrell Youth Wrestling President
724-875-5072
burrellyouthwrestling@gmail.com

BURRELL YOUTH WRESTLING VOLUNTEER DEPOSIT 2021-2022 SEASON

BYW is a completely non-profit organization. All money raised by this organization goes directly to liability insurance, dual team fees, Keystone League membership, mat supplies(replacement), trophies, tournament coaching stipends, City of LB Auxiliary security, singlet replacements, referee fees, janitor fees, advertising costs, dumpster costs, printing costs, weekly coaching salaries, cleaning supplies, kitchen staff, banquet food, gifts and awards.

We achieve this by operating completely through the efforts of over 200 volunteers throughout the season! However, if even one volunteer does not show up to one of their shifts, it greatly affects the efficiency of the event and, in order to compensate for that void, a great deal of extra work by others is necessary. A poorly run event is an exhausting nightmare for all parties involved and a sure-fire way to keep participants away for the next event.

A deposit communicates the need of BYW for you to keep your commitment, and if necessary, allows a volunteer to take some responsibility for not having done so. Please, fulfill your obligation, not to just get your deposit back, but to contribute to the amazing organization that we all create each year!

BYW is requiring a deposit check in the amount of \$100 (*one per wrestling family)

If your agreed upon volunteer obligations are not met, we will cash your deposit check

THERE IS NO REFUND FOR PARTIAL COMPLETION OF SHIFTS

3 shifts per wrestler family per season

One shift for the Keystone match (Saturday 12/4/21)

Two shifts for Super Trophy weekend (one each day 2/26/22 & 2/27/22)

AM & PM shifts are available for all three days (as always family members are welcome to help fulfill your obligation)

It is your responsibility to check in and out of your shift **Volunteer Coordinator Alyson Shirey** (602) 540-6709 to ensure a complete record of your volunteer hours.

Your full deposit will be returned after all shifts have been completed

Wrestler name: _____ Parent name: _____

Parent signature: _____ Date: _____

Burrell Youth Wrestling 2021-22 Contact Information

BOARD OF DIRECTORS

Victoria Thomas	President	vicandcoot0515@gmail.com	(724) 875-5072
Alyson Shirey	Vice-President	alysonshirey8@gmail.com	(602) 540-6709
Emilie Thompson Amber Markham	Secretary Co Secretary	Eclaypool11@yahoo.com Amarkham75@gmail.com	(724) 594-3123 (412) 584-3111
Victoria Thomas Alyson Shirey	Treasurer	To be handled by president and vice president until position is filled	
Adam Thompson	Director (Coaches Coordinator)		(724) 681-0182
Mandie Diaz	Director (Cafeteria)	Mandiediaz14@gmail.com	(724) 351-0148
Denise Tanilli	Director	tanillid080@yahoo.com	(412) 527-7643
Emilie Thompson	Director (Banquet)	Eclaypool11@yahoo.com	(724) 594-3123
Katie Thompson	Director (Fundraising)		(724) 594-3580
Amber Markham	Director (Apparel)	amarkham75@gmail.com	(412) 584-3111
Nick Speer	Director (Super Trophy Director)	nspeer06@yahoo.com	(724) 961-9012
Brian Barrett	Director		(412) 335-5421

Important Dates:

October 19 - Practice for all wrestlers

October 21 - Practice for all wrestlers

October 26 - Practice for all wrestlers

October 28 - Practice for all wrestlers

October 31 - Last day for registration

November 1 - First night of Monday/Wednesday practice for advance/fast track wrestling group

November 2 - First night of Tuesday/Thursday practice for early wrestler group

November 4 - Parent meeting at 6:15pm in the HMS Cafeteria

November 16-18 - Singlet Distribution

December 4 - Keystone Match @ Burrell High School

December 8 - Pictures

December 11/12 - Week 2 of Keystones (Time and place TBD)

December 14 - Raffle ticket stubs due

December 17 - Raffle ticket drawing live on BYW Facebook at 7pm

December 18/19 - Week 3 of Keystones (Time and place TBD)

January 8/9 - Week 4 of Keystones (Time and place TBD)

January 15/16 - Week 5 of Keystones (Time and place TBD)

January 20 - Super Trophy Sponsorships due

January 22/23 - Week 6 of Keystones (Time and place TBD)

February 5 & 6 - Keystone Qualifiers (Time and place TBD)

February 12 & 13 - Tournament of Champions (Time and place TBD)

February 26 & 27 - Burrell Super Trophy at Burrell High School



Noah Strong Program

The Burrell athletic community recently lost one of its most hardworking individuals. Noah Cornuet passed away suddenly in August 2014 due to an unforeseen health issue. Noah was an active member of Burrell Youth Wrestling and Flyers Football and never shied away from the hard work and dedication it takes to excel as a Burrell athlete. Also, as a Boy Scout, Noah always found a way to provide help to those in need. BYW would like to honor Noah by encouraging our wrestlers to complete the workouts listed below and make every effort to do one thing out of the ordinary during the week. Be extra nice to your brother or sister, help them with homework, listen to your parents, take-out the trash without being asked. You know what we mean!

These are extra workouts to be done at home that will help improve your strength. Complete the exercises and update your progress below. Do as many sets as it takes to complete using good form. Feel free to use MS pull up bars before or after practice. Please ask any coach if you have any questions.

Wrestlers that complete Noah Strong will be recognized at the banquet.

Keystone Team

Tournament Team

- | | | |
|---------------------------|-------------------------|-------------------------|
| 1. Push-ups | grade X 5 | grade X 10 |
| 2. Squat & calf raise | grade X 5 | grade X 10 |
| 3. Sit ups | grade X 5 | grade X 10 |
| 4. Pull ups (or bar hang) | grade X 2 (X 5 seconds) | grade X 5 (X10 seconds) |
| 5. Position wall sits | grade X 10 seconds | grade X 20 seconds |

1 day a week- Keystone Team 2 days a week- Tournament Team

-----cut here and bring to practice when complete-----

	Week 9	Week10	Week11	Week12	Week13	Week14	Week15	Week16
Day 1								
Day 2								

Wrestler's name & signature _____ Parent/guardian initials _____

-----cut here and bring to practice when complete-----

	Week 1	Week2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Day 1								
Day 2								

Wrestler's name & signature _____ Parent/guardian initials _____