



TOUGHER TOGETHER. STRONGER FOREVER.

OUR MISSION



**CULTIVATE EXCELLENCE**  
Elevate our athletes’ wrestling abilities and overall athletic performance to the highest standards.



**INSTILL DISCIPLINE**  
Foster a strong work ethic, commitment, and resilience in every wrestler, shaping them into responsible individuals.



**PROMOTE HEALTHY LIFESTYLES**  
Advocate for and support healthy living practices that enhance performance and wellbeing on and off the mat.



**ENCOURAGE GROWTH**  
Support both personal and athletic development, empowering our athletes to achieve their fullest potential.



**FORGE COMMUNITY**  
Build a tight-knit and supportive environment that connects athletes, coaches, and families, encouraging lasting friendships and teamwork.

SEASON AT A GLANCE

|                                                                                                                                                                 |                                                                                                                                    |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
|  <b>SEASON DATES</b><br>Preseason: Nov – Dec<br>Season: January – Early March |  <b>FIRST MATCH</b><br>Mid-January              |
|  <b>PRACTICES BEGIN</b><br>Preseason: November<br>Season: Early January       |  <b>CHAMPIONSHIPS</b><br>Mid March – Late March |
|  <b>MATCH NIGHTS</b><br>Fridays                                               |  <b>MATCH TIME WINDOW</b><br>6:00 – 8:00 PM     |

GEAR INFORMATION

| MANDATORY GEAR<br>(INCLUDED IN FEE)                                                                                                                                                                                                                                     | RECOMMENDED GEAR<br>(NOT INCLUDED)                                                                    |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>✓ Wrestling Shoes (no outdoor use)</li><li>✓ Singlet (provided)</li><li>✓ Warmups (provided)</li><li>✓ Headgear</li><li>✓ Mouthguard (if applicable)</li><li>✓ Practice Attire (shorts, t-shirt)</li><li>✓ Water Bottle</li></ul> | <ul style="list-style-type: none"><li>✓ Knee Pads</li><li>✓ Head Gear</li><li>✓ Mouth Guard</li></ul> |

Please label all items with your athlete’s name.

OUR APPROACH TO WEIGHT & HEALTH

|                                                                                                                             |                                                                                                               |                                                                                                                               |                                                                                                                                |
|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
| <br>Compete at a healthy, natural weight | <br>No weight cutting—ever | <br>Emphasize proper nutrition & hydration | <br>Coaches guide safe weight class choices |
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PITTSFORD WRESTLING TEAM STRUCTURE

A clear pathway. High standards. Every wrestler, every step of the way.



1. NOVICE TEAM  
LEARN. GROW. HAVE FUN.

BEST FOR  
NEW WRESTLERS

|                                                                                     |                                                                                                                          |
|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|
|  | <b>Intro to wrestling</b> in a fun, low-pressure environment.                                                            |
|  | <b>Participation:</b> Encouraged to participate in one tournament during the season at the HFL Novice event.             |
|  | <b>Match Notification:</b> Notify coaches via email or text by Monday before match day if your athlete wants to wrestle. |
|  | <b>Expectations:</b> Flexible and welcoming—focused on building skills, confidence, and a love for the sport.            |



2. BULLDOG TEAM  
DEVELOP. COMPETE. COMMIT.

NEXT LEVEL  
DEVELOPMENT

|                                                                                       |                                                                                                                                                                                   |
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|    | <b>Weight Classes:</b> 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 110, 125, HWT (max 165).                                                                                      |
|  | <b>Weight Maintenance:</b> Must maintain weight within a two-pound allowance of their class.                                                                                      |
|  | <b>Commitment:</b> Attend every Friday team match (home & away) and practices on Mondays & Wednesdays.<br><i>Commitment &amp; attendance are essential for safety and growth.</i> |
|  | <b>Wrestle-Offs:</b> Starting positions are earned through wrestle-offs guided by our coaching staff.                                                                             |
|  | <b>Tournaments:</b> Minimum of two tournaments during the season. Additional opportunities based on readiness & coach’s advice.                                                   |



3. CUP TEAM  
ELITE. COMMITTED. DRIVEN.

HIGHEST LEVEL  
OF COMMITMENT

|                                                                                       |                                                                                                                                                                                      |
|---------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <b>Commitment:</b> Attend every Friday match (home & away) Jan – Early March and practices on Tuesdays & Thursdays from 6–8 PM.<br><i>Only illness or injury are valid absences.</i> |
|  | <b>Tournaments:</b> The Cup team is required to compete in four tournaments as a group.                                                                                              |
|  | <b>Weight Class Rules:</b> Follow NYS & Section 5 guidelines. Maintain weight and make healthy choices—no weight cutting.                                                            |
|  | <b>Team Cap:</b> Limited to 28 wrestlers to ensure focused training and development.                                                                                                 |
|  | <b>Heart of the Program:</b> Builds resilience, discipline, and commitment—preparing athletes for success at the Modified and Varsity levels and beyond.                             |

IMPORTANT INFORMATION

|                                                                                                                                                                                                                                        |                                                                                                                                                                                                                |
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|  <b>COMMUNICATION</b><br>Team updates via Email & TeamSnap. Confirm matches by Wednesday.                                                         |  <b>PARENT ROLE</b><br>Support commitment, encourage effort, respect coaches, and model positive sportsmanship.           |
|  <b>ATTENDANCE POLICY</b><br>Consistent attendance is expected. Unexcused absences may impact match & tournament eligibility.                     |  <b>MATCH DAY BASICS</b><br>Arrive early, be ready, and bring gear, water, and snacks. Weigh-ins occur before each match. |
|  <b>HEALTH &amp; HYGIENE</b><br>Shower after practice & matches, keep nails trimmed, clean gear regularly, and report any skin issues to coaches. |  <b>DEVELOPMENT PATH</b><br>Novice → Bulldog → Cup → Modified → Varsity                                                   |
|  <b>NYWAY CARD (MANDATORY)</b><br>All athletes must register for a NYWAY card and have an active card on file to participate.                     |                                                                                                                                                                                                                |

QUESTIONS? WE'RE HERE TO HELP.

Please reach out to your team manager or coaching staff.  
[pittsfordjrwrestlingcomms@gmail.com](mailto:pittsfordjrwrestlingcomms@gmail.com)

