



Annual Report

January 24, 2019

On November 6th, 2017, Bangor Area Wrestling (BAW) became incorporated with the State of Maine and became a 501 (c) (3) nonprofit organization through the IRS with the long-term goal of fostering thriving varsity high school wrestling teams in the greater Bangor Area. At the time of organizational inception, there were no school supported programs in the greater Bangor area.

The purpose of Bangor Area Wrestling is to provide resources for stakeholders (wrestlers, coaches, families, and school administrators) wishing to develop the wrestling skills of K-12 grade students that will attend high school in Bangor/Brewer/Hampden/Old Town/Orono/Hermon, Maine. The organization supports entities and activities that are in alliance with the vision of Bangor Area Wrestling. Emphasis is placed on activities that support student growth as athletes and responsible citizens as well as coach development. Bangor Area Wrestling fosters a supportive community for all to enjoy the sport of wrestling.

In an effort to meet the long-term goal defined above and in order to fulfill our mission, Bangor Area Wrestling will look to experts in youth sports development and coach training to ensure that programs and systems supported by Bangor Area Wrestling are in alignment with the changing developmental and competitive needs of our wrestlers.

Youth wrestlers (grades pre-K through 5): BAW programs will prioritize physical literacy as described by The Aspen Institute Project Play: *Sport for All, Play for Life, A Playbook to get Every Kid in the Game (2015)*. Physical literacy is defined on page 8 of the Playbook as seen below:

The goal of our model is for every child in America to be physically literate by age 12. That is, every 12-year-old should have the ability, confidence, and desire to be physically active for life.

1. ABILITY refers to competency in basic movement skills and an overall fitness that allows individuals to engage in a variety of games and activities. This outcome is achieved through a mix of informal play and intentional teaching of movement skills, among them running, balancing, gliding, hopping, skipping, jumping, dodging, falling, swimming, kicking, throwing and a range of skills that require general hand-eye coordination.

2. CONFIDENCE is knowing that you have the ability to play sports or enjoy other physical activities. It is the result of programs and venues that are inclusive of people with differing abilities, and the support and encouragement from parents, guardians, coaches, administrators, teammates and peers throughout the development process.

3. DESIRE is the intrinsic enthusiasm for physical activity, whether in organized or unstructured formats, in traditional or alternative sport. This result is achieved through early positive experiences that are fun and motivate children to do their best.

In 2018, Bangor Parks and Recreation offered an introduction to youth Folkstyle wrestling for grades K through 5 as they have since 2014.. Athletes learned the fundamentals of wrestling through instruction, drilling, and one-on-one matches with other athletes of similar age and weight. The goal was to continue to bring this exciting sport to the Bangor area and develop a

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robust youth wrestling program where kids can compete, practice good sportsmanship, enjoy camaraderie, and have fun.

44 registered in youth program (grades 1-5) Focus on wrestling fundamentals through instruction, drilling, and practice with matched partner. New & experienced wrestlers will be encouraged to attend as a spectator or participate in the competition of at least one of the local Sunday tournaments held in March (extra fees do apply). (tournaments are generally held in: Ellsworth, Bucksport, Skowhegan, Thorndike, and occasionally UMaine)

20 registered for intro program (grades K-2) for wrestlers who want to learn the basics and who benefit from a program of movement with very little time devoted to large group instruction. The goal of this program is fun, movement, skill building, wrestling fundamentals, exercise through game, etc.

As has been the case for the past several years, approximately 60% of registrations were Bangor residents with 40% being non-residents.

Middle School wrestlers (grades 5-8): BAW programs will align with the philosophy of the Pine Tree Middle School League where our middle school team(s) compete. *The Pine Tree Wrestling League believes in fostering an environment for Middle School Wrestlers to learn the proper sportsmanship that will lead them throughout their lives. Secondary to this end, this league is a place to learn the fundamentals of wrestling while passing through a feeder program into future levels of competition. Throughout this process, the league wants the wrestlers to have fun and not concentrate on winning as the main goal.*

In 2018, Bangor Area Wrestling hosted its first middle school team. **15 wrestlers** competed in 11 of 16 weight classes in the Pine Tree league. Dual record for the season was 13 wins, 8 losses.

Demographics: by grade-- 8th, one; 7th, three; 6th, four; 5th, seven;
by school system--Bangor, 9; Old Town, 5; Hampden, 1.

High School wrestlers (grades 9-12): BAW will seek to offer guidance and advocacy for wrestlers in the greater Bangor area that wish to compete. High school programs are under the jurisdiction of the Maine Principal's Association (MPA). To that end, BAW will seek to act as a liaison for wrestlers, school administrators, and the MPA when applicable.

Long-term Goal:

By the 2020-2021 school year, the greater Bangor area will be home of at least one Class A and one Class B high school varsity wrestling programs.

As of January 2019, there are no varsity wrestling programs in the greater Bangor Area. 1 Bangor High wrestler travels to Nokomis to wrestle, 1 Hermon wrestler travels to Bucksport to

wrestle, 3 John Bapst wrestlers and one Bangor Christian wrestler travels to Ellsworth to wrestle. Old Town High School athletic director opened a dialogue with Howland regarding a potential collaboration. In addition, he polled high school and 7th and 8th grade students regarding potential interest in varsity program. (Reportedly, a pre-season meeting drew 5 potential wrestlers at the high school and 13 responded in the affirmative in the 7th & 8th grades.)

Short-term Goals:

Wrestlers:

In order to demonstrate emphasis on growth as students, athletes, citizens, and successful creation of supportive environment, the following will be measured:

- 1) 98% of middle school wrestlers will be academically eligible as defined by passing all classes throughout the wrestling season.

New Policy implemented for 2019 season. Coach Daniel Considine will be leading efforts to ensure compliance with this policy. Coach C is uniquely qualified for this role given his background as an educator at Bangor Regional Program.

- 2) 80% of middle school wrestlers will participate in a BAW sponsored or individually initiated volunteer activity of at least 2 hours between wrestling seasons.

53% (8 of 15 wrestlers reported completing volunteer activity Board adopted goal in September, well after season was over. Wrestlers were provided two opportunities to give back to Salvation Army on June 22nd & August 6th, 2018. The Salvation Army provided team practice space. Wrestlers and families were not made aware of this goal at the conclusion of the 2018 wrestling season.)

- 3) 85% of eligible middle school wrestlers will return to wrestle with the team (retention & grit).

As of 1/22/19, unclear how many will be returning for 2019 season from last season. We will continue to track.

- 4) Wrestlers in our middle school program will demonstrate improved wrestling skills as measured by family response to end of season survey to the statement "coaches were knowledgeable and my wrestler's skills improved throughout the season." In addition, coaches will provide a written report of overall trends of the team.

13 family responses, 85% strongly agreed, 15 % agreed to statement "coaches were knowledgeable and my wrestler's skills improved throughout the season."

School aged athletes wishing to wrestle will have resources and support to thrive on and off the mat.

In 2018, Bangor Area Wrestling hosted its first middle school team. Fifteen wrestlers competed in 11 of 16 weight classes in the Pine Tree league. Dual record for the season was 13 wins, 8 losses. Five of our wrestlers placed in the top 4 of their weight class at the Regional tournament, with another four selected as alternates for the East/West tournament. Our team was recognized with the Team Sportsmanship award!!

Two of our 7th graders placed at the East/West tournament:

Xander Doty placed 2nd at 240 lbs and Elijah Hoshide placed 4th at 99 lbs.

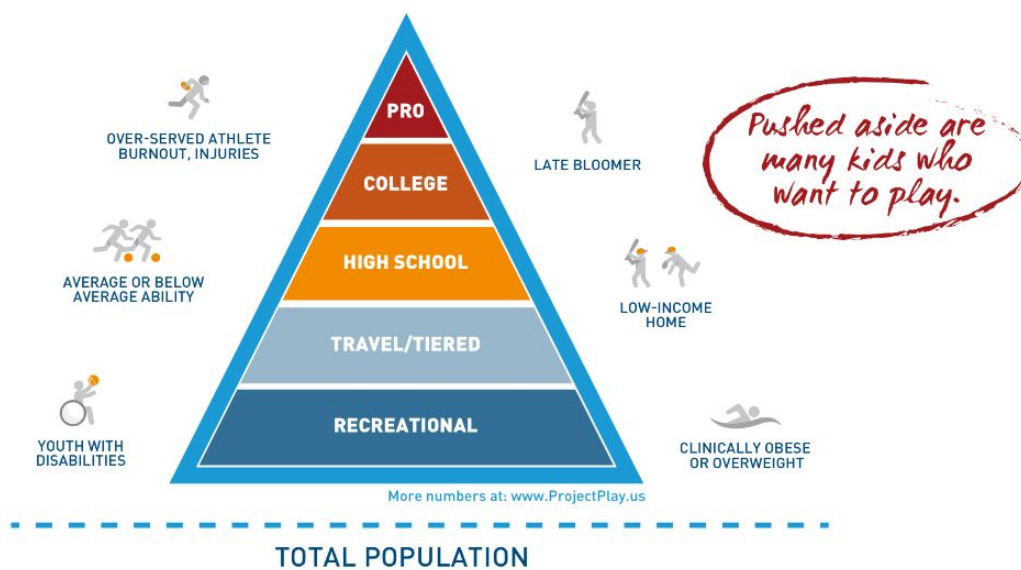
Demographics: by grade-- 8th, one; 7th, three; 6th, four; 5th, seven;

by school system--Bangor, 9; Old Town, 5; Hampden, 1.

Efforts to foster a supportive community for ALL to enjoy the sport of wrestling will include focusing on youth that are frequently “pushed aside” according to Aspen Institute, Project Play (page 7 of Playbook).

Fig. 4

TODAY'S BROKEN MODEL PYRAMID DOES NOT MAKE ROOM FOR ALL CHILDREN



Overserved athletes at risk for burnouts & injuries: sports sampling and the importance of participating in a variety of sports/ training techniques will be encouraged.

All athletes are encouraged to participate in other sports and activities. The youth wrestling season hosted by Bangor Area Wrestling is intentionally short (approximately 8 weeks) and designed so that youth can participate in other winter sports, such as basketball and ice hockey. Long term development of our wrestlers and the sustainability of programs in the area require that wrestlers be eager to return to the mat each season and dedicated to giving their best effort during that time.

Average or below average abilities or youth with disabilities: with their coaches, athletes will be encouraged to determine age and developmentally appropriate individual goals and small

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successes will be celebrated. Students with physical or intellectual and developmental disabilities will be provided opportunities to participate. Students with alternate learning styles, including attention deficit and autism have had success in our programs and other wrestling programs. Efforts will be made by BAW Board of Directors and Coaches to educate area guidance counselors and special educators to the opportunities for their students to become wrestlers.

During youth competitions, each wrestler is assigned a "primary coach" so that they can follow the athlete and build upon skills and lessons learned during each match.

Coach Daniel Considine has had conversations with the director of Special Education in the Bangor School Department in order to advance awareness.

Late bloomers: Outreach will include efforts to connect with 6th-12th grade students that have been "cut" from other sports, or who neglected to develop physical literacy, including "confidence" and "desire" as youth.

Old Town's Leonard Middle School AD did refer a new wrestler. He was made aware of the middle school program through the advocacy of wrestlers and families that participated in the 2018 season.

Bangor Superintendent did allow for information about the middle school team to be on display at the 2 middle schools (Cohen & Doughty).

Low income:

50% of our wrestlers will be eligible for free or reduced lunches at their schools. Efforts will be made to seek community and foundation support to reduce registration fees and out of pocket costs for families (namely uniforms, gear, and transportation.)

40% of our middle school wrestlers in 2018 met the criteria for free or reduced lunch.

An after school wrestling club at Fairmount School for grades 4-5 will be held Q3, starting January 31st, 2019. Tiffani Lindsey is the Program Director for Bangor School Department's 21st Century Community Learning Centers and is the contact for the program. Teacher, Joe Bennett is assisting with our middle school coaches and youth coach coordinator.

Outreach/ demonstration event was held at Boys & Girls Club in Bangor on Thursday, January 17th, 2019 and well received.

Reduced registration cost for middle school wrestlers from \$150 to \$100 for the 2019 season with an option to "try wrestling" for \$30 until mid-February before committing to full season. Applied (unsuccessfully) to the following to request monies to purchase 10 sets of uniforms, shoes & headgear for low income: REACHES, Bangor Rotary.

Bangor Parks & Recreation does have a sponsorship program which families can apply for in order to reduce cost of youth program.

Chair of Bangor Area Wrestling has been coordinating matching up interested wrestlers with needed equipment (such as shoes) and reaching out to potential partners to seek funds for wrestlers in need of sponsorship. One successful outreach was done through a guidance

counselor at an area middle school who engaged staff to help fundraise to cover registration costs for a middle school wrestler.

Clinically obese or overweight: Wrestlers compete against opponents based on weight class. Weight management is closely monitored and strict guidelines promote healthy wrestler weight loss when appropriate.

Middle School Coaches discuss appropriate weight classes with wrestlers and their families (as necessary) to ensure a collaborative effort of safe weight management. Youth wrestlers compete in “Madison style” groupings at local tournaments which means there are no weight classes but that wrestlers are grouped in brackets against athletes of similar weight, age and experience. High School wrestlers must comply with Weight Management Program established by the Maine Principals’ Association, commonly referred to as the Alpha Weigh-In system. See link provided at the end of this document for more details.

Families:

In order to demonstrate perceived success on goals of wrestler growth as students, athletes, citizens, and the successful creation of supportive environment, the following will be measured:

95% of families of youth and middle school wrestlers will report on completed family satisfaction surveys that BAW programs to met or exceeded expectations.

100% of youth program respondents (19/19) reported that the program exceeded (12) or met (7) expectations (Bangor Parks & Recreation 2018 programs)

100% of middle school program respondents (13/13) judged the program to be above average (12) or average (1).

98% of families of youth and middle school wrestlers will report on completed family satisfaction surveys that they would definitely or strongly recommend BAW programs to other families.

100% of youth program respondents (19/19) stated they would recommend the program to others (Bangor Parks & Recreation 2018 programs)

92% of middle school program respondents (12/13) stated they would recommend the program to others (10 strongly agree; 2 agree; 1 neither agree nor disagree)

Efforts will be made to follow up with families of wrestlers that have registered for youth or middle school programs and missed a week or more of practice in order to better understand causes for any attrition.

3 middle school students started practices, but did not commit through the season in 2018. One cited sensory issues with the contact sport. He plays football, but his mother felt like the pads and helmet from football helped provide weight that helped with tactile sensitivity which wrestling did not offer. A second had originally chosen not to play winter sports, wishing to “take a break.” He gave wrestling a try, but decided he didn’t want to commit to the practice and competition requirements of the team. A third suffered from the flu early in the season, coupled with other medical complications from a newly diagnosed chronic condition, the practices were more grueling than he was able to manage.

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Coaches:

Coach development needs and interests can vary from technical aspects of wrestling, to coaching methods, to safety. In order to demonstrate emphasis on coach development and success in fostering a supportive environment, the following will be measured:

85% of volunteer youth wrestling coaches will participate in individualized training as measured by pre and post season surveys (reviewed by and completed in partnership with the Board selected Youth Coach Coordinator). Coaches will document completed training (formalized or through mentorship).

New for 2019. Coaches have begun completing the pre-season survey. 90% of wrestling coaches will express satisfaction and a desire to coach wrestling with BAW in future season(s) as evidenced by an end of the season satisfaction survey.

New goal to track for 2019. Traditionally, coaches only move on when their children are no longer in the program or have advanced to the next level, or in the case of some of our younger coaches, when schooling takes them out of the area.

100% of Middle School Coaches demonstrating a commitment to BAW for at least one year, will complete Copper or Bronze Certification, including SafeSport Certification through USA Wrestling.

New goal for 2019. One of our practice leaders for the Bangor Parks & Recreation youth program took the initiative to pay for and complete the certification class through USA Wrestling himself. Chair has asked Board to consider financial support for coaches that express interest and have been with our program at least one year to complete certification process as funding is available.

School Administrators:

BAW will make efforts to provide education and resources for school administrators as requested in regards to current BAW programs as well as the possibility of hosting future wrestling programs through area school departments. BAW invites opportunities to collaborate with area school departments to help them meet their own strategic goals toward wellness, student engagement, and athletic success.

John Bapst AD, Dan O'Connell attended end of season wrap up meeting 4/23/18

Board members, Erik Charles, Don McCann & Kristie Miner met with Old Town AD, Jeremy Bousquet 11/6/18

Fall 2018, Bangor Superintendent was provided with Strategic Plan, Middle School Wrestling Registration packet and BAW brochure. Dr. Webb approved information about middle school team to be allowed in Cohen and Doughty schools.

Safety:

In order to thrive, athletes must feel safe and be free from injury. BAW takes safety very seriously. Folkstyle wrestling is a contact sport, not a "collision" or "impact" sport. As with all

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sports, injuries can occur. An official is within arms reach during each match and may stop the match at any time for “potentially dangerous” conditions. Weight management is closely monitored and strict guidelines promote healthy wrestler weight loss when appropriate.

100% of coaches will undergo background checks and provide references.

All coaches complete the background check release form and provide references. The Bangor Parks & Recreation completes the checks in accordance with their policies and notify the Bangor Area Wrestling Chair immediately of any concerns. For the Old Town YMCA program, a similar process is followed using their own background check release.

100% of middle school wrestlers and their coaches will participate in safety training, including recognition & prevention of concussions, second impact syndrome, and skin infections. All participants will complete a post training quiz.

This is a new policy to be implemented in 2019. 50% of Middle School coaches did complete the CDC “Heads Up” concussion education program prior to the 2018 season. 2019 wrestler registration packet includes information about personal responsibility toward ensuring proper hygiene to reduce risk of ringworm and will be reinforced at practices. All wrestlers will be asked to complete a pre-season health survey including a checklist designed to recognize history of head injuries/ concussions as BAW has no potential for IMPACT® testing

100% of youth/ volunteer coaches will receive information about safety issues, including head injury & skin infection in writing periodically throughout the season.

Mats are cleaned prior to each practice in an effort to reduce skin infections. All volunteer coaches did receive Bangor Parks & Recreation Concussion and Head Injury Protocol in 2018.

Special Recognitions:

2018 Pine Tree Wrestling League East Region Sportsmanship Award

2018 Little Bucks Taylor Darveau Team Sportsmanship Award

2018 Mt. View Youth Round-Up Good Sportsmanship Award

2018 Maine Amateur Wrestling Persons of the Year: Jordan Fogg, Daniel Considine, Aaron Hoshide, Kristie Miner (Bangor Daily News published article, WABI announced award on newscast)

Community Outreach:

Hosted middle school tri dual at Mary Snow School 3/15/18

Hosted middle school 5 team dual at EMCC on 3/17/18 (Fox 22 Bangor provided coverage)

Riverfest in Old Town 9/29/18

Demonstration at Boys & Girls Club 1/17/19

Open House, meet & greet at Parks & Rec 11/30/18

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Festival of Lights Parade 12/1/18

BAW banner on display during football games hosted by Bangor Jr. Rams at Cameron Stadium

Presentation at Rotary Club of Bangor, Maine 10/9/18

Presentation at Orono-Old Town Kiwanis 12/4/18

Upcoming changes for 2019:

- Addition of youth program at Old Town Orono YMCA (maybe partnership with UMaine wrestlers taking lead and coaching with BAW coaches only supporting at weekend tournaments)
- Bangor School Department's 21st Century Community Learning Centers to offer a wrestling after school club at Fairmount School for grades 4-5 during the 3rd quarter, coached by BAW volunteers.
- Veazie Community School Flex Friday program will offer wrestling during 3rd quarter, coached by BAW volunteers.

References & Resources:

Aspen Institute, Project Play

<https://assets.aspeninstitute.org/content/uploads/2015/01/Aspen-Institute-Project-Play-Report.pdf>

USA Wrestling

<https://www.teamusa.org/USA-Wrestling/Coaches/NCEP-Certification>

Maine Principals' Association

<http://www.mpa.cc/index.php/forms-and-important-dates/90-individual-activities-new/wrestling>

Wrestling, A defense against ADHD

https://www.newyorkwrestlingnews.com/news_article/show/652589-wrestling-a-defense-against-adhd

Additional Coach Resources:

Winning Youth Coaching

<https://winningyouthcoaching.com/home-2/>

Positive Coaching Alliance

<https://www.positivecoach.org/>

Train Ugly (Understanding the science of learning & performance)

<http://trainugly.com/>

CDC Heads Up to Youth Sports

<https://www.cdc.gov/headsup/youthsports/index.html>

Maine Principals' Association Weight Management Program

<http://www.mpa.cc/index.php/interscholastic-activities-and-committees/wrestling/weight-management-program>

National Athletic Trainers' Association Position Statement: Skin Diseases

<https://www.nata.org/sites/default/files/position-statement-skin-disease.pdf>