



Annual Report
January 2020

12/30/19

Note from Bangor Area Wrestling Chair, Kristie L. Miner:

Dear Members:

As I prepare this 2nd report of our organization, I'm blown away to see all that our group has accomplished this past year. You will find that our progress is documented against our strategic plan goals (highlighted in yellow). We developed a strategic plan to ensure that our combined actions are purposeful and heading in the same direction. This allows us all to see how each of our little parts contribute to the bigger picture. In my opinion, the picture is beautiful! Thank you so much for sharing your talents, time, and families with us this past year.

Sincerely,
Kristie

ANNUAL REPORT:

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.

Old Town /Orono YMCA: We had three kids enrolled in youth and eight in intro. The youth group was made up of fourth and fifth graders. The intro participants were aged pre-k to second grade, only one of these participants had a year of wrestling experience, the rest were new to wrestling. The coaches made the experience fun for both groups with lots of games that focused on wrestling fundamentals, perfect for the intro age group. It was great to have the UMaine wrestlers coach and inspire this next generation of wrestlers.

Bangor Parks & Recreation: In 2019, 27 registered in the youth program, 24 registered in the intro program. Two youth wrestlers received special recognition. Cooper Keeler was awarded Most Outstanding Wrestler in Dexter and Gavin Ashton was recognized as having Outstanding Sportsmanship at Mt. View.

Tournaments attended: Belfast, Ellsworth, Foxcroft, Bucksport, Dexter, Skowhegan, Howland, Mt. View, Marshwood, Madison

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.*

Bangor Area Wrestling had a very exciting second season! The regular season entailed an 8-3 record and a 6th place finish in the Crossover Duals. We then hosted the Regional Championship at Bangor High School. Hosting this tournament was a great honor as it was the first time being held in Bangor. In what

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was certainly the highlight of the season, Bangor Area Wrestling used the "home field" to their full advantage placing second as a team! This second place finish was fueled by our NINE placers: (4) 2nd place, (3) 3rd place and (2) 4th place. These nine wrestlers then went on to compete in the Pine Tree Championship. Here they battled for a 10th place team finish with (2) 2nd place and (1) 3rd place individual finishes. To conclude the season, their first ever Marshwood New England's Champion was crowned at the 285 lb weight class, Xander Doty from Old Town! Bangor Area Wrestling has arrived and is here to stay!

Roster breakdown by grade: three 5th graders, five 6th graders, four 7th graders, five 8th graders

Roster breakdown by town: 1 Brewer, 10 Bangor, 1 Hampden, 1 Levant, 4 Old Town

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.

Bangor High School was the site of the 2019 Pine Tree East Regional Middle School Wrestling Tournament

Kristie presented during public comments at Bangor School Committee with several Bangor wrestles and their parents present on 2/6/19 offering an invitation to attend a practice or the Regional tournament to be hosted at Bangor High (no one attended). That same month, Kristie spoke at open comments on 2/11/19 of a Bangor City Council meeting inviting them also to meet our wrestling community. During the City Council & School Committee joint workshop on December 18th, 2019, Councilor Ben Sprague brought up the need to look at offering wrestling along with his request that the City & School Department work together to establish a plan for adequate fields and athletic facilities to cover the needs of the City & School Department (including the vision of being able to host large scale soccer tournaments in Bangor)

Erik Charles spent the year speaking with Old Town superintendent (David Walker) and athletic director (Jeremy Bousquet) and Howland coach (Ben Duhane) so that by the Fall of 2019, our 3 Old Town middle school alum added 2 additional freshman (class of 2022) to their roster and are competing as a team of 5 independents with Penobscot Valley High School in Howland. Families are coordinating transportation to and from practices & competitions. Received the following e-mail from a well respected referee that has been following BAW and our story after Old Town competed in one of its first tournaments of the season: "I thought you may find this interesting-

A team of "independent" wrestlers from Old Town High School, made up of 5 members (at least 4 of whom were members of your team last year) beat out 2 varsity programs and were 4 points away from beating another. Combined, they took a second and two fourth places.

Sometimes we all need some validation. Hope this helped."

Aaron Hoshide has been connecting with Howland coach and others regarding changes to MPA wrestling this upcoming season

Kristie spoke with Bangor High Booster's past treasurer who said that the Booster's have helped other varsity athletes (such as downhill skiing) with uniforms. She suggested that the request be submitted to Principal Butler for prior approval and ask that he forward the request to the Boosters for financial support. Rebecca Kirk, mother of Jeffrey, the Bangor High wrestler did secure help to cover cost of his uniform through Principal Butler.

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.

Currently all wrestlers compete as "independents" for their high schools. 1 Bangor, 1 Hermon, 5 Old Town

Kristie had 2 conversations with Steve Vanidestine, athletic director of Bangor High in the fall of 2019. During the first conversation (11/20/19), he agreed to reach out to John Bapst (last year had 3-5 wrestlers competing with Ellsworth) to see if between them they could figure out a physical space for wrestling and perhaps entertain the idea of a coop team. At the time of the 2nd brief conversation (11/26/19), he reported he had spoken with John Bapst and it wasn't going to work out. Though he thinks wrestling would be a great program for Bangor, especially to help other programs such as football & track, his final comments were "I don't know what to tell you. Move to a community where there is wrestling."

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.

Goal met. Coach C checked report cards and spoke with each wrestler at beginning of season and followed up with any concerns throughout the season. However, policy not exactly followed in that there was no formal written sign off from teachers mid-season (season was a week shorter than normal and with several wrestlers joining late r/t basketball, it did not seem necessary to do this)

- 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.

Opportunities at for Salvation Army give back on 6/21 where 5 of 17 middle school wrestlers volunteered a 2nd opportunity on 8/5 was not attended. In addition, a 6th wrestler did complete independent volunteer activities. Leaving only 35% of middle school wrestlers completing this encouraged

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

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

71% (10 of 14) eligible middle school wrestlers returned from 2018 to compete in 2019 (all 4 that didn't return were approached and encouraged to return, general response was that "wrestling not for them")

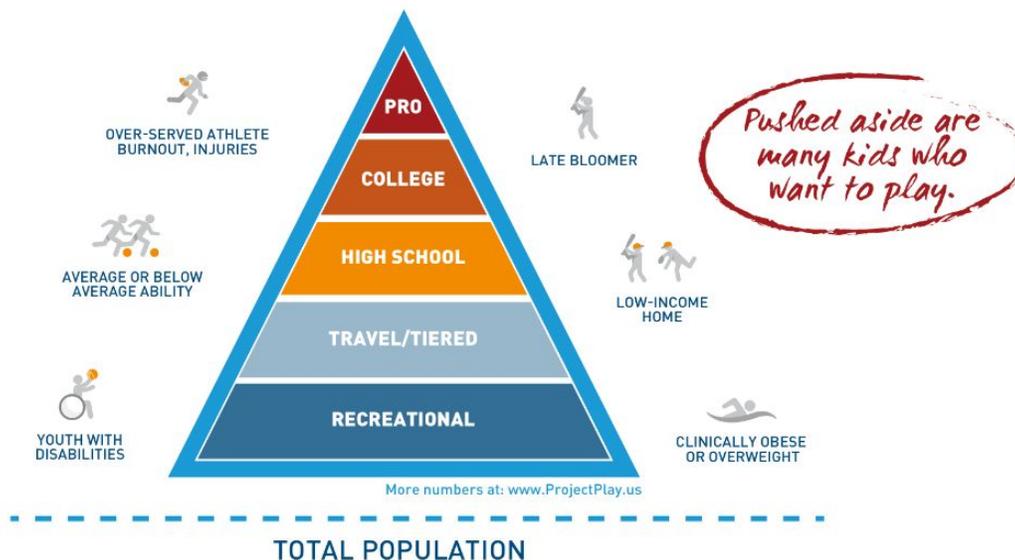
- 4) Wrestlers in our middle school program will demonstrate improved wrestling skills as measured by family response to end of season survey to the statement "coaches were knowledgeable and my wrestler's skills improved throughout the season." In addition, coaches will provide a written report of overall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

See Middle School report above; in response to survey question "...my wrestler's skills improved throughout the season" 71% strongly agreed, 29% agree (total of 14 responses)

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.

In an effort to recruit girls to wrestling:

1/27/19 Eric Marsh to speak to George Bishop, coach of Maine Inferno Ice Hockey (youth- MS girls) to discuss ways to introduce them to wrestling

2/6/19 Michele Maybury & Jordan Fogg on Good Morning Maine Foxx 22 News

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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 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.

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.

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.)

6 of 17 (35%) of middle school wrestlers were eligible for free or reduced lunches. Every effort was made to ensure that those that expressed an interest was able to participate (sought donations for registration and used wrestling shoes to use)

Middle school coaches and coach coordinator donated time at Fairmount School (grades 4-5) for a weekly wrestling program during the 3rd quarter in order to introduce kids from low income homes to sport of wrestling. Report from Tiffani Lindsey:

15 students participated in Wrestling for 8 weeks. Mr. Bennett raved about the program. He said for a couple of students, this is exactly what they needed. It boosted their confidence and helped them learn to work together. One mother also speaks volumes about the program and was pleased that her son was able to get extra skills work right at school.

We would love to do it again next year!

Tiffani Lindsey

Program Director for Bangor School Department's
21st Century Community Learning Centers
Downeast, Vine Street, and Fairmount Schools

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.

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:

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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% middle school families satisfied (86% above average, 14% average, total of 14 responses)

93% of youth families satisfied (64% exceed expectations, 29% met expectations, 7% did not meet expectations, total of 14 responses)

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 middle school families would recommend BAW (85% strongly agree, 15% agree, total of 14 responses)

93% of youth families would recommend BAW (93% yes, definitely; 7% probably not; total of 14 responses)

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.

One middle school wrestler stopped coming after a hard slam in Ellsworth, follow up with mother by coaches and Chair, she stated it had scared him. He had been taken to his PCP and mother reported "he didn't have a concussion," but he was frightened to return to wrestling.

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).

Coach Simons individually registered and completed USA wrestling coach training

All coaches completed a pre-season survey, post season follow up proved challenging

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.

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.

** need to address at annual meeting on 1/16/2020

School Administrators:

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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.

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 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.

Completed through formalized processes with Bangor Parks & Recreation & OTO YMCA

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.

3/1/19 presentation to Middle School team by Kristie L. Miner, MS, CCC-SLP about concussions with release of health survey to document if any baseline symptoms

Coaches talk about hygiene daily. 3/6/19 shared a Ringworm Fact Sheet with the Middle School team

Jamie Ashton shared Ringworm sheet with youth program in first week.

UMaine coaches completed pre-season training on 2/5/19, including discussion with Kristie Miner about concussions. Required online YMCA training.

BPR youth coaches were provided Bangor Parks & Recreation concussion policy and discussion took place on 1/24/19.

ADDITIONAL NOTES:

COMMUNITY OUTREACH

2/6/19 invited Bangor School Committee members to come out and watch wrestlers and connect with wrestling families

2/11/19 Public comments at Bangor City Council meeting with invitation extended to meet the wrestling community

3/4/19 presentation at Parks & Recreation & Harbor Committee meeting

2/7/19 presentation at Rotary Club of Old Town

10/18/19 BAW hosts Jr Rams and Bangor Middle School football players in tailgating and demonstration event prior to Bangor High Football game at Cameron Stadium (very well received. As of 12/30/19 we are aware of 2 new 7th graders interested as well as several youth wrestlers as a result of the outreach)

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

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>