



Golden Gate Wrestling Policies (GGWC 09.09.2019)

1 September 2019 – 31 August 2020 Season

**A CA 501c3 Non-Profit operating ~35 years out of San Francisco's
Parks and Recreation's Eureka Valley Rec Center (EVRC) and
Sanctioned by CA USA Wrestling (USAW)**

Non-Profit Philosophy/Mission:

GGWC provides affordable access to certified quality programs for San Francisco YOUTH. MEMBERS are *REQUIRED* to support the GGWC egalitarian Model of mentoring/coaching high school and college YOUTH. The GGWC ADULT program exists as a pipeline to develop those Leaders/Coaches needed to sustain GGWC's YOUTH Development Model. GGWC was modeled on the original NYC inner city '[Beat The Streets](#)' program, and does *NOT* exist as a 'Drop In' ADULT Open Mat recreational facility.

GGWC GENERAL INFORMATION:

1. **Practice Schedule:** Tuesday and Friday 6-9pm Upstairs Mat Room
2. **Optional Schedule:** Saturday ~2-5pm on request 3 weeks prior with \$100
3. **Required Attire:** Singlet or RashGuard (supplied)/Shorts, Wrestling Shoes or BareFoot)

ABSOLUTELY NO STREET SHOES & NO METAL PIERCINGS on the MAT !!

4. **Required ListServ Subscription:** GGWCPractice@YahooGroups.com
<https://www.groups.yahoo.com/neo/groups/GGWCPractice/info> (to join)
5. **WebSites:** <https://www.wrestlerswob.com/ggwc/> <https://www.ggwc.org>
6. **FaceBook Subscription:** <https://www.facebook.com/goldengatewoc/>
7. **Required 2019-2020 USA Wrestling Competitor -or- Leader/Coach Card:**
<https://www.usawmembership.com/login> ~\$55/year
8. **Required 2019-2020 GGWC Dues (Annual or Semi-Annual):**
<https://www.dermodynamics.com/WWBGGWCPayPal.htm> \$100/year
9. **MAT Access will be strictly enforced:** <https://www.ggwc.org/practice-eligibility.pdf>
10. **GGWC/USAW Accident Report:**
https://wrestlerswob.com/ggwc/GGWC_USAW_Accident_Report.pdf

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GGWC Rules:

1. All Medical and Liability Insurances from USAW covering EVRC, GGWC, COACHES, and MEMBERS are automatically rendered *INVALID* by USAW if any of these GGWC RULES are violated.
2. A GGWC CA-USAW Leader/Coach with at least a USAW NCEP Copper Wrestling Coach Certification *MUST* be present to run a GGWC practice: Calvin Malone, Marty Dirks, or Gene Dermody are currently Copper/Bronze Certified. MEMBERS may *NOT* run a practice without a Certified Coach present.
3. USA Wrestling Leaders/Coaches are covered by the USAW Insurances just like Competitors for Practices. However, Leaders/Coaches *CANNOT* formally compete in sanctioned tournaments. They may however participate in Exhibitions.
4. *NO ONE* is allowed on the MATS without a Competitor -and/or- Leader/Coach Card !!! For new interested people, they can watch from the sidelines.
5. *NO ONE* is allowed on the MATS without having paid their GGWC DUES !!! \$100 annual or \$50 semi-annual 1 September 2019 and 1 February 2020.
6. As an IRS/CA 501c3 Non-Profit, GGWC members *CANNOT* operate as if it were a Commercial Dojo. Individual MEMBERS *CANNOT* charge coaching fees or use GGWC resources to promote organizations other than GGWC. There are no Contractor/Employee positions, and there are no organizational 'SubLeasing' or 'Co-Branding' provisions.
7. GGWC is autonomous in its operation, and is subject to legal agreements with EVRC (rental contract), USAW (insurance/sanctioning), San Francisco Non-Profit Business (operation license), and CA Secretary of State (501c3 non-profit status).
8. GGWC enforces USAW's 'SafeSports' policies which include a respect of personal privacy . There will be *NO PHOTOS* taken at Practice by MEMBERS. GGWC will manage all GGWC related Social Media posts.

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Golden Gate Wrestling (GGWC) at Eureka Valley Recreation Center
100 CollingWood St. SF CA 94114 +1.415.831.6810 (practice facility office)
Tuesday/Friday 6-9pm / On-Demand Saturday 3-5pm upstairs All Purpose Room

Basic Policies:

1. Golden Gate Wrestling (GGWC) has operated out of Eureka Valley Recreation Center as a SF Parks and Rec program since 1986.
<http://wrestlerswob.com/ggwc> wrestler@dermodynamics.com +1.415.373.8015
2. GGWC is a 38 year old San Francisco based 501c3 non-profit that specifically services KIDS (Camp Grappling), YOUTH (Alliance WC), and ADULT wrestling/grappling programs.
3. GGWC is the ADULT program focused on FreeStyle/GRECO/Grappling for all > 18 years old.
4. Camp Grappling is the GGWC KIDS wrestling program focused on the 'KIDS' aged 6-11 years old.
5. Wrestlers/Grapplers in *-ALL-* GGWC ADULT programs (> 18 years old) are *-required-* to purchase a USA Wrestling membership card in order to protect the Wrestler/Grapppler with a full medical policy, and the GGWC coaches and SF rec center with a \$2mil liability policy. The card can be obtained on-line at <http://usawmembership.com/login> . Look for membership, competitor/coach, SF Bay Area Wrestling Association (BAWA), and Golden Gate Wrestling Club (GGWC). The card is ~\$55 and is valid from September through August. Please print off a copy of the card to give to the coaches. *You must have a copy of the card with you whenever you come to practice!* This card entitles the Wrestler to local/state/national competitions as well as full medical insurance coverage. The card also covers \$2mil liability for everyone involved with GGWC's programs as USAW sanctioned/charted clubs.
6. GGWC requires of the ADULT wrestlers/grapplers an *annual* dues fee of \$100 to cover maintenance of the mats, etc... This is *-in addition to-* the ~\$55 USAW Competitor Card. GGWC has a CreditCard/PayPal link: The dues can be paid semi-annually.
<https://dermodynamics.com/WWBGGWCPayPal.htm> .
7. Just-Giving Non-Profit 501c3 Tax Deductible Donations to GGWC programs:
<https://donate.justgiving.com/donation-amount?uri=aHR0cHM6Ly9kb25hdGUtYXBpLmp1c3RnaXZpbmCuY29tL2FwaS9kb25hdGlbnMvYzY0MmE5MDM4YzYxNGRhNGExMWFjNzQ5Y2NhNjA3NTc=>
8. USA Wrestling *-requires-* that GGWC staff its practices in all programs with qualified certified adult coaches who have had *USAW background checks*. These USAW Coaches background checks are also available from <https://usawmembership.com/login> for ~\$55. Certified coaches are required to be present for an official insured program practice to occur.

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Basic Policies (continued):

9. As stated above, All Wrestlers in ALL GGWC ADULT programs must have current valid USA Wrestling cards with them at practice in the event of an injury that requires visiting the hospital emergency room. The closest hospital ER is a few blocks away at: Davies Medical Center 45 Castro St. @ Divisadero & Duboce Ave SF CA 94114 +1.415.600.6000.
10. To join the GGWC ADULT email ListServ and be kept informed of the practice schedule, please send an email to: GGWCPractice-Subscribe@YahooGroups.com . You will then receive an email invite and be subsequently added. You do not need a Yahoo email address to be added to the ListServ.
11. Once added to the GGWC ListServ, you can contact the coaches and the group by sending an email to: GGWCPractice@YahooGroups.com . It is recommended that you *always* send an email to this ListServ before each practice stating whether you are coming or not, your name, weight, age, skill level so others will be more motivated to get to practice.
12. All Wrestlers in any program will be *given* a Team rash guard T-Shirt to be worn at practice. Wrestlers should wear legitimate compression shorts, board shorts, or singlets. Jewelry, baggy clothes with pockets, and street shoes are prohibited. Grapplers may choose to be barefoot. For skin protection, All wrestlers/grapplers *-MUST-* wear a rash guard T-Shirt.
13. Schedule: GGWC ADULTs and YOUTH all styles: Tuesday/Friday 6-9pm Saturday 3pm.
Camp Grappling (KIDS) Saturday 12-2pm

Keep this information handy.

Thank You from the Coaches of GGWC at Eureka Valley Recreation Center

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**Golden Gate Wrestling at Eureka Valley Recreation Center
confidential Individual Wrestler Emergency Form for ADULTS**

(PLEASE print, fill out, and return this page to the Coaches at your first practice)

Name: _____

DOB (mm/dd/ccyy): ___/___/___ **Tel#:** _____

Address: _____

eMail Address: _____

Experience: _____

City: _____ **State:** _____ **ZipCode:** _____

Shoe: 7 7.5 8 8.5 9 9.5 10 10.5 11 11.5 12 12.5 13

RashGuard T-Shirt Size: XS S M L XL **Weight (#lbs):** _____

Health Issues: asthma epilepsy allergies other:

Emergency Contact Name: _____

Relationship: _____ **Tel#:** _____

I have read and agree to abide by the basic polices of GGWC:

Signature: _____ **Date:** _____
