



# **2024-2025 Team Binder**

## You are a Mentor & a Coach!



Photo Courtesy of Shutterstock

You recruit & enroll students  
You have a plan for practice  
You have students submit attendance  
You manage inventory  
You're safe & responsible  
And much more!

## Schedule 2024-2025

Aug 17 - 18	Coach & Mentor Training	Belmont High School
Sept 7	Beach Day	Hueneme Beach
Sept 22	Tomorrow's Leaders - Pre-season Training	Belmont High School
Sept 29	Tomorrow's Leaders - Pre-season Training	Belmont High School
Oct 6	Tomorrow's Leaders - College Tour	TBD
TBD	Middle School Showdown	TBD
Oct 27	Tomorrow's Leaders- Super Clinic	Belmont High School
Nov 3	Tomorrow's Leaders- Pre-season Training	Belmont High School
Nov 10	Fall Youth Championships Tomorrow's Leaders Volunteer Opportunity	Belmont High School
Jan 12, 2025	CBU Dual + Benefit	Mt Sac
March 7-9	Cadet/Junior Cal USAW State Championship	Fresno
TBD	Spring Championship	TBD
March 14-16, 2025	Kids Cal USAW State Championship	Freno
March 30, 2025	Tomorrow's Leaders Workshop Freestyle & Greco Coaches Clinic	Belmont High School
April 6, 2025	Angel City Grand Prix & Tomorrow's Leaders Volunteer Opportunity	MT SAC
April 11-13, 2025	Kids Greco/Cadet & Junior Freestyle Cal USAW State Championship	Fresno
April 27, 2025	Tomorrow's Leaders - Workshop	Belmont High School
May 4, 2025	Tomorrow's Leaders - Workshop	Belmont High School
May 30 - June 1, 2025	Kids Freestyle/Cadet & Junior Greco Cal USAW State Championship	Fresno
June 22-28, 2025	Beat the Streets National Camp & Duals	Philadelphia, PA

## 10 ways to be a better mentor

1. recognize the potential in each student
2. be dependable and trustworthy
3. provide a nurturing and supportive environment
4. push students to stretch their abilities
5. know when you need to be the authority figure
6. encourage creative thinking
7. ask questions
8. be a non-judgmental and empathetic listener
9. maintain boundaries
10. provide emotional & physical safety

# Checklist for Positive Coaches

Positive Coaches strive to develop their athletes as competitors and ensure the development of life skills by creating a positive sports culture. Here are simple but powerful things you can do to have a lifetime impact on your athletes as a Positive Coach:

## 1. Prioritize Building Trusting Relationships

- \_\_\_\_\_ Check-in with athletes as they arrive at practices and games
- \_\_\_\_\_ Plan games/activities that help players connect with one another
- \_\_\_\_\_ Listen to understand the perspectives of your athletes, and validate them

## 2. Adopt a Mastery-Focused Skill Development Mindset

- \_\_\_\_\_ Praise effort over of results
- \_\_\_\_\_ Reframe mistakes as learning opportunities
- \_\_\_\_\_ Provide truthful, specific feedback

## 3. Create a Positive Team Culture

- \_\_\_\_\_ Encourage teammates to celebrate and acknowledge each other's successes
- \_\_\_\_\_ Give athletes the opportunity to voice their opinions and shape team values
- \_\_\_\_\_ Acknowledge that athletes come to practice in the context of their day and provide any support they may need

## 4. Show Players That You Want to Be There

- \_\_\_\_\_ Always show up to scheduled practices and games on time, unless you have communicated to the players and families otherwise
- \_\_\_\_\_ Be mindful of your tone and body language, does it communicate that you are happy to be there with them?
- \_\_\_\_\_ Participate safely and appropriately in practice and have fun with your team

Help transform the culture of youth sports. Embrace your role as a Positive Coach and let people know that you are coaching to develop competitors and life skills. Encourage others to become part of the PCA movement.



## 5 Ideas to Recruit Wrestlers

- 1 make sure your current students are having a positive experience
- 2 do a demonstration during PE Class, lunch, or an assembly.
- 3 remind your students every day to bring their friends
- 4 post flyers all over campus
- 5 post flyers around the community

# Enrollment

**\*Please note changes to enrollment periods this year. \***

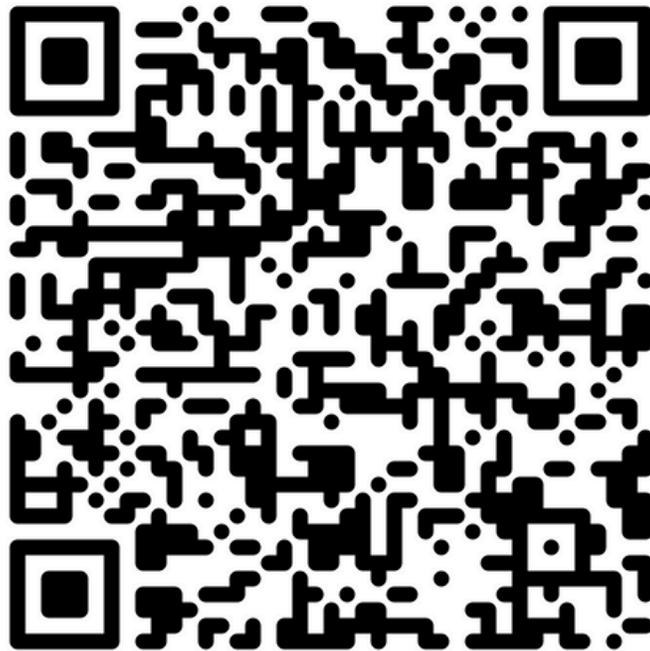
- 1 Enrollment is no longer rolling, there will now be enrollment periods for kids to sign up, to avoid mid-season newcomers.
- 2 Please communicate this change with your programs.
- 3 Please have your year-round kids enroll for all three sessions during the fall enrollment.

Session	Enrollment Begins	Enrollment Closes	Practice (begins - ends)
Fall	Aug 19, 2024	Sept 30, 2024	Sept 2 - Dec 13
Winter	Dec 2, 2024	Jan 27, 2025	Jan 6 - Mar 14
Spring	March 3, 2025	April 14, 2025	Mar 17 - May 30

# How to enroll ENGLISH

1. The student's parent/guardian must complete the enrollment form online.

<https://beatthestreets-la.org/register-for-the-2024-25-season/>



# How to enroll SPANISH

1. The student's parent/guardian must complete the enrollment form online.

<https://beatthestreets-la.org/registrate-para-la-temporada-2024-25/>



## Equipment & Gear

Beat the Streets Provides following equipment to it's programs, free of charge:

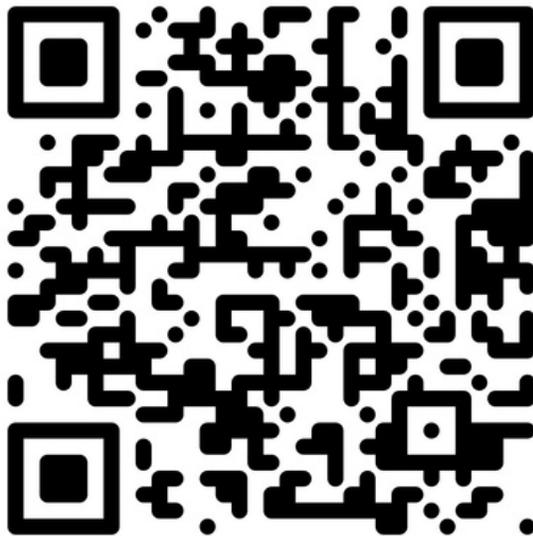
- Mop Pads
- Mop
- Mat Tape
- Head Gear
- Cleaning Solution
- Sprinkler Jug for Cleaning Solution

Beat the Streets provides the following gear for athletes, free of charge:

- Wrestling Shoes
- T-Shirts
- Shorts
- Capris (girls)
- Sports Bras (girls)
- Singlets\*

To request equipment or gear:

1. Please fill out the google Form: BTSLA Equipment & Gear Request.



<https://forms.gle/Uupwatgth7zi3xVC8>

2. Arrange pick-up with Yero Washington [vero@btsla.org](mailto:vero@btsla.org), 213-703-2343.

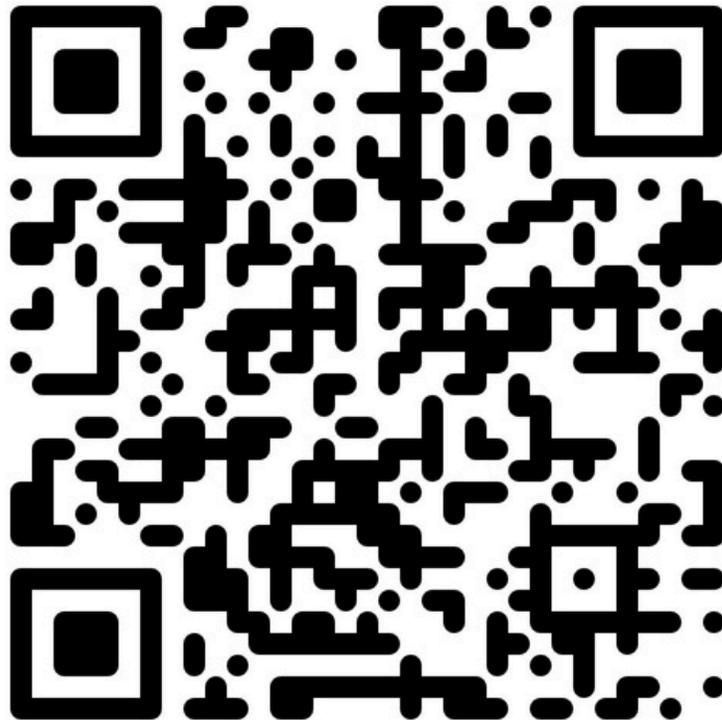
In some circumstances drop off can be accommodated, please communicate your program's needs.

## Attendance

1. You are required to have all of your athletes take daily attendance via google forms.
2. If athletes do not have a phone or device to take attendance, please have a coach, parent, or another athlete check-in on their behalf.

**All athletes** must now **check-in digitally** prior to beginning practice.

It's important we have athlete data for our partnerships & grants.



<https://forms.gle/EUmEtmkFFwFXFTtQ6>

## Payroll

\*Please note changes to pay periods and structure this year. \*

1. Pay will now be **allocated per session** (rather than in the past per-practice.)
2. Pay is tiered upon individual coach rates, and practice frequency.
  - a. The pay range is commensurate with experience and years spent with Beat the Streets Los Angeles.
  - b. Additional payment (\$200-250) will be allocated for attending seasonal jamborees and championships.

Coach	Frequency	Pay Per 10 wk Session
Assistant Coach	2 d/w	\$1,000 - 1,500
	3 d/w	\$1,500- 2,250
Head Coach	2 d/w	\$2,000- \$2,200
	3 d/w	\$3,000- \$3,300

## Payroll cont.

### 3. Paychecks will be sent monthly.

2024 Paydates:	2025 Paydates:
August 30, 2024	January 31, 2025
September 27, 2024	February 28, 2025
October 25, 2024	March 28, 2025
November 29, 2024	April 25, 2025
December 27, 2024	June 27, 2025
	July 25, 2025

- Coaches will remain independent contractors 1099-MISC employees, with no tax withholdings taken from checks.
4. Head Coaches are responsible for selecting their assistant coach and communicating removal of the assistant coach from payroll if attendance is infrequent.
  5. Payroll submissions are no longer required.

## **Mat Cleaning Guidelines**

1. Sweep the floor and mat.

Removal of excess dirt, dust, hair, and other particles from the surface of the mat.

This helps keep your mats in good condition.

2. Mix the Cleaning Solution

Follow directions on packaging for appropriate ratio of water to solution.

3. Apply the Cleaning Solution

Use the Provided Sprinkler Jug to evenly spread the solution across the mat.

**Always use a clean mop pad.**

4. Mop the Mats

Push the mop and pad evenly across the mat ensuring every surface is cleaned.

## Safety

Coaches and Mentors are responsible for the safety of the students in their programs. Coaches and Mentors must act responsibly.

Responsibilities includes:

- **Being responsible on social media**
  - Keeping **wrestling mats clean** to protect against harmful skin conditions
  - Provide for emotional and physical safety and wellbeing of your wrestlers.
- 
- If an injury, damage to premises, or an act of violence occurs - report the incident to Beat the Streets LA Staff AND record the incident on the Incident Log within 24 hours.
  - If you become aware of any abuse, it must immediately be reported to the appropriate law enforcement agency and/or the US Center for Safesport.

## REMINDER

**As a Coach and Mentor you are a mandated reporter.**

**For additional information here is a link to County resources.**

**<https://dcfs.lacounty.gov/contact/report-child-abuse/>**

**As a USA Wrestling Leader you are required to report any abuse to the US CSafesport.**

# Incident Log

	DATE	NATURE OF INCIDENT AND ACTION TAKEN (BRIEFLY DESCRIBE THE INJURY, DAMAGE TO PREMISES, OR EVENT THAT OCCURRED)	FULL NAME OF STUDENTS INVOLVED IN THE INCIDENT	WAS YOUR PARTNER CONTACTED?	WAS BEAT THE STREETS CONTACTED?	WAS/WILL AN INCIDENT REPORT COMPLETED?
1	example: 10/22/2018	While drilling, a wrestler tweaked his ankle and sat out the rest of practice. I contacted the parent to let them know, and recommended they get it looked at when he got home.	Albert Einstein	yes	yes	no
2						
3						
4						

# Incident Log

	DATE	NATURE OF INCIDENT AND ACTION TAKEN (BRIEFLY DESCRIBE THE INJURY, DAMAGE TO PREMISES, OR EVENT THAT OCCURRED)	FULL NAME OF STUDENTS INVOLVED IN THE INCIDENT	WAS YOUR PARTNER CONTACTED?	WAS BEAT THE STREETS CONTACTED?	WAS/WILL AN INCIDENT REPORT COMPLETED?
5						
6						
7						
8						

# Incident Report

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*Program*

*Coach Name*

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*Date of Incident*

*Time of Incident*

Was school police contacted?       YES       NO      Time: \_\_\_\_\_

Was local police contacted?       YES       NO      Time: \_\_\_\_\_

Was the fire department contacted?       YES       NO      Time: \_\_\_\_\_

Was Beat the Streets LA contacted?       YES       NO      Time: \_\_\_\_\_

Was the parent/guardian contacted?       YES       NO      Time: \_\_\_\_\_

Name of parent/guardian

\_\_\_\_\_

Was the program partner contacted?       YES       NO      Time: \_\_\_\_\_

Name of partner contact

\_\_\_\_\_

Who made these contacts?

\_\_\_\_\_



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**Witnesses:**

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*Name*

*Phone Number*

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*Address*

**Statement of Witness:**

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**Individuals injured as a result of incident**

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*Name*

*Phone Number*

---

*Address*

---

*Name*

*Phone Number*

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*Address*

**If School/Local Police/ Fire Department/ Paramedics were called, what action was taken?**

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**Police/Fire: Name & Identification Number**

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**Further developments resulting from incident**

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**Follow-up by Beat the Streets Los Angeles Office**

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\_\_\_\_\_  
*Name of person who completed this report (print)*

\_\_\_\_\_  
*Title*

\_\_\_\_\_  
*Signature*

\_\_\_\_\_  
*Date and Time*

# Social Media Reminder

Coaches must be mindful of their presence on social media.

The content you post is a reflection of you, your work as a Beat the Streets LA Coach, and your community.

We do not routinely monitor your social media accounts, but we have been contacted by parents or others who have concerns about the social media content of people in our community. When this happens, it may become a factor in our decision making with regard to keeping or retaining coaches.

# Volunteer Process

## Overview

All potential volunteers must be cleared before they can be on the mat with your program.

## Procedure

1. All potential volunteer candidates must submit a volunteer application.
2. The volunteer will be screened by 1 or more Beat the Streets Los Angeles executive staff.
3. The candidate must complete USAW Leadership Card process, safe sport modules and background check prior to volunteering.

## Questions?

Contact: Yero Washington 213-703-2343 yero@btsla.org

# Volunteer Application

-----  
Name Date of Birth

-----  
Address

-----  
City State ZIP

-----  
Phone Email

-----  
Emergency Contact/Relationship Emergency Contact Phone Number

Time Available (Hours of operation Mon-Fri 9:00am-8:00pm)

-----  
Monday Tuesday Wednesday Thursday Friday

Anticipated length of volunteering:  
-----

Area of Interest (check all that apply):     coaching     office     events     fundraising     other

Please describe any special skills/interests or any accommodations required:  
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-----

Highest education or specialized training attained/name of school:  
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Brief description of wrestling background:  
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Signature Date

All applicants are considered for all positions without regard to race, color, religion, sex, national origin, age, marital, veteran status or the presence of a non-job-related condition or handicap.

# Wrestling Hygiene Guidelines

1. Always notify your coach if you are sick.
2. Immediately notify your parent, coach, or athletic trainer of any skin rash, infection or problem.
3. Open cuts and scrapes must be bandaged and covered.
4. Wrestlers should always wash their hands before and after practice and after leaving the restroom or locker room.
5. Wrestling shoes must never be worn outside of the wrestling room. No outside shoes are allowed on the wrestling mat.
6. Always shower after every practice and competition.
7. Wash all wrestling clothing after each use. Only wear clean clothes to practice.
8. Wash or disinfect headgear, shoes, knee pads, and similar items frequently.
9. Do not share equipment or water bottles with others.
10. Wrestlers must keep fingernails closely trimmed.
11. Jewelry is not permitted during practice or competition.
12. Mouth guards are recommend for all wrestlers. Wrestlers with braces must wear mouth guards.

# Pautas de higiene de la lucha

1. Siempre notifique a su entrenador si está enfermo.
2. Notifique inmediatamente a su padre o madre, entrenador o entrenador de atletismo de cualquier salpullido, infección o problema.
3. Las cortadas y raspaduras abiertas deben estar vendadas y cubiertas.
4. Los luchadores siempre deben lavarse las manos antes y después de la práctica y después de dejar el baño o el vestuario.
5. Los zapatos de lucha nunca deben ser usados fuera de la sala de lucha. No se permiten zapatos externos en la alfombrilla de lucha.
6. Bañarse/Ducharse siempre después de cada práctica y competición.
7. Lave toda la ropa de lucha después de cada uso. Sólo use ropa limpia para practicar.
8. Lave o desinfecte el protector de cabeza, zapatos, rodilleras y artículos similares con frecuencia.
9. No comparta equipos o botellas de agua con otros.
10. Los luchadores deben mantener las uñas cortas.
11. No están permitidas joyas durante la práctica o la competencia.
12. Se recomiendan protectores bucales para todos los luchadores. Los luchadores con aparatos o frenos deben usar protectores bucales.

## CREATING INCLUSIVE SPORT ENVIRONMENTS



*In inclusive sport environments, no one has to change to fit in. These suggestions can help your team, club, or facility be inclusive for people of all abilities, races, cultural backgrounds, and gender and sexual identities.*

### **PROMOTE AGE-APPROPRIATE AGENCY AND AUTONOMY**

Encourage athletes to set physical and emotional boundaries. Respect the boundaries they set.

Talk to athletes about why something is happening, how it will happen, and give them options when appropriate.

Give athletes with disabilities the help they request, not the help someone assumes they need.

### **COMMUNICATE OPENLY AND RESPECTFULLY**

Initiate team dialogues that set expectations about culture, engagement, and respect for others.

Establish standard processes for dealing with disagreements, conflicts, and intentional and unintentional harm. Refer back to them throughout the season.

Communicate in ways each athlete can understand. Some athletes (such as those with intellectual and developmental disabilities or whose primary language differs from yours) require simplified, clear language. Others do not.

Let athletes know your pronouns and ask them which they use.

### **MODEL RESPECT, EQUITY, AND INTEGRITY**

Get to know each athlete as an individual you are helping to learn and grow, not solely as a means to winning. Value the unique contributions they bring to the team or organization.

Have open, age-appropriate conversations about how issues of oppression such as racism, homophobia, transphobia, and ableism are affecting them.

Do not manipulate or exploit power imbalances.

### **CREATE A TRAUMA-SENSITIVE ENVIRONMENT**

Remind athletes that everyone brings stress and trauma from their day-to-day lives into their sport activities. Check in with them regularly.

If an athlete is acting out or breaking rules, consider what factors may be affecting their behavior before you decide on consequences.

Address harmful behaviors, even if they are not policy violations, to maintain a safe and supportive environment for all athletes.

Integrate Universal Design for Learning principles into facilities, policies, and coaching practices.

Give each athlete what they need to be successful, rather than treating all athletes the same.

Review policies and procedures to ensure there are no barriers for participation.

Create alternate formats for policies, schedules, rules, and other important information. Use simplified language when possible.

Fill in the contact information for the support and reporting resources below. Use the blank space to record other reporting information you want to remember.

<b>FOR LOCAL CRISIS AND SUPPORT RESOURCES</b>	
Local child advocacy center	LA County Child Abuse Hotline: (800) 540-4000 Peace over Violence
Local sexual violence agency	24/7 LA Rape & Battering Hotline 626.793.3385   310.392.8381   213.626.3393 LA County Domestic Violence Hotline
Local domestic violence agency	(24/7 Confidential): (800) 978-3600
Other important resources	Women's and Children's Crisis Shelter (562) 945-3939  Los Angeles County Child Protection Hotline: 1-800-540-4000.

<b>FOR REPORTING ABUSE AND MISCONDUCT</b>	
Local law enforcement (nonemergency number)	877-ASK-LAPD (877-275-5273)
Local child abuse reporting agency	Los Angeles Police Department Juvenile Division/Abused Child Unit 1-213-486-0570
U.S. Center for SafeSport	1-833-5US-SAFE (587-7233) <a href="https://www.uscenterforsafesport.org/report-a-concern/">uscenterforsafesport.org/ report-a-concern/</a>
Designated reporting contact within my local organization	Yero Washington yero@btsla.org
Designated reporting contact within my sport governing body	USAW Manager of Safesport and Compliance: Kenya Dixon kdixon@usawrestling.org

## Reporting Obligations for Adult Participants

An Adult Participant who learns of information or reasonably suspects that a child has suffered an incident of Child Abuse, including sexual abuse, must immediately:

- a. Make a report to law enforcement **AND**
- b. Make a report to the U.S. Center for SafeSport **AND**
- c. Comply with any other applicable reporting requirements under state law.

Reporting to the Center alone is not sufficient. You must report to both the Center, to law enforcement, and comply with any other applicable state or federal laws. Information about state reporting requirements is available at [www.childwelfare.gov/topics/responding/reporting](http://www.childwelfare.gov/topics/responding/reporting).

### Sexual Misconduct:

An Adult Participant who learns of information or reasonably suspects that an incident of Sexual Misconduct has occurred, must immediately report the incident directly to the Center.

If the Sexual Misconduct involves a Minor, it must be reported as Child Abuse as detailed above.

Child Abuse and Sexual Misconduct reporting requirements apply regardless of whether the suspected victim is an adult or Minor at the time the alleged incident becomes known or suspected.

### Emotional Misconduct, Physical Misconduct, or MAAPP/Proactive Policy Violations:

An Adult Participant who learns of information or reasonably suspects that an incident of Emotional or Physical Misconduct (including Bullying, Stalking, Hazing, and Harassment) or a violation of the Minor Athlete Abuse Prevention Policies (MAAPP) or other proactive policies has occurred must report it to the organization (USOPC, NGB, or LAO) with which the Adult Participant is affiliated.

Nothing in the Code requires a victim of Child Abuse or other misconduct, including Sexual Misconduct, to self-report.

# A FACT SHEET FOR Parents



## What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious. Concussions can have a more serious effect on a young, developing brain and need to be addressed correctly.

## What are the signs and symptoms of a concussion?

You can't see a concussion. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how your child or teen is acting or feeling, if symptoms are getting worse, or if s/he just "doesn't feel right." Most concussions occur without loss of consciousness.

If your child or teen reports one or more of the symptoms of concussion listed below, or if you notice the signs or symptoms yourself, seek medical attention right away. Children and teens are among those at greatest risk for concussion.

## Signs & Symptoms of a Concussion

### Signs Observed by Parents or Guardians

- Appears dazed or stunned
- Is confused about events
- Answers questions slowly
- Repeats questions
- Can't recall events *prior* to hit, bump, or fall
- Can't recall events *after* hit, bump, or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Forgets class schedule or assignments

### Symptoms Reported by Your Child or Teen

#### Thinking/Remembering

- Difficulty thinking clearly
- Difficulty concentrating or remembering
- Feeling more slowed down
- Feeling sluggish, hazy, foggy, or groggy

#### Physical

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Fatigue or feeling tired
- Blurry or double vision
- Sensitivity to light or noise
- Numbness or tingling
- Does not "feel right"

#### Emotional

- Irritable
- Sad
- More emotional than usual
- Nervous

#### Sleep\*

- Drowsy
- Sleeps *less* than usual
- Sleeps *more* than usual

*\*Only ask about sleep symptoms if the injury occurred on a prior day.*



# Danger Signs

**Be alert for symptoms that worsen over time. Your child or teen should be seen in an emergency department right away if she or he has one or more of these danger signs:**

- One pupil (the black part in the middle of the eye) larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

**Children and teens with a suspected concussion should NEVER return to sports or recreation activities on the same day the injured occurred.**

They should delay returning to their activities until a healthcare provider experienced in evaluating for concussion says it's OK to return to play. This means, until permitted, not returning to:

- Physical Education (PE) class
- Sports practices or games
- Physical activity at recess

## ➤ What should I do if my child or teen has a concussion?

### 1. Seek medical attention right away.

A healthcare provider experienced in evaluating for concussion can determine how serious the concussion is and when it is safe for your child or teen to return to normal activities, including physical activity and school (concentration and learning activities).

### 2. Help them take time to get better.

If your child or teen has a concussion, her or his brain needs time to heal. Your child or teen may need to limit activities while s/he is recovering from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse. After a concussion, physical and cognitive activities—such as concentration and learning—should be carefully managed and monitored by a healthcare provider.

### 3. Talk to your child or teen about how they are feeling.

Your child may feel frustrated, sad, and even angry because s/he cannot return to recreation and sports right away, or cannot keep up with schoolwork. Your child may also feel isolated from peers and social networks. Talk often with your child about these issues and offer your support and encouragement.

## ➤ How can I help my child return to school safely after a concussion?

Most children can return to school within a few days. Help your child or teen get needed support when returning to school after a concussion. Talk with your child's teachers, school nurse, coach, speech-language pathologist, or counselor about your child's concussion and symptoms.

Your child's or teen's healthcare provider can use CDC's Letter to Schools to provide strategies to help the school set up any needed supports.

As your child's symptoms decrease, the extra help or support can be removed gradually. Children and teens who return to school after a concussion may need to:

- Take rest breaks as needed
- Spend fewer hours at school
- Be given more time to take tests or complete assignments
- Receive help with schoolwork
- Reduce time spent reading, writing, or on the computer
- Sit out of physical activities, such as recess, PE, and sports until approved by a healthcare provider
- Complete fewer assignments
- Avoid noisy and over-stimulating environments

**To learn more, go to [www.cdc.gov/HEADSUP](http://www.cdc.gov/HEADSUP) or call 1.800.CDC.INFO**

January 2021





## ¿Qué es una conmoción cerebral?

Una conmoción es un tipo de lesión cerebral que ocasiona cambios en la forma en que funciona el cerebro normalmente. Es causada por un golpe, un impacto o una sacudida en la cabeza. Las conmociones cerebrales también pueden ocurrir por un golpe en el cuerpo que haga que la cabeza y el cerebro se muevan bruscamente hacia adelante y hacia atrás. Hasta un golpe en la cabeza que parezca leve puede ser grave.

## ¿Cuáles son los signos y síntomas de una conmoción cerebral?

Las conmociones cerebrales no se pueden “ver”. Los signos y síntomas de una conmoción cerebral pueden manifestarse tan pronto como ocurra la lesión o puede que no aparezcan ni se noten sino hasta horas o días después. Es importante estar atento a cambios en la forma en que el niño o adolescente actúa o se siente, si los síntomas empeoran o si “simplemente no se siente bien”. La mayoría de las conmociones cerebrales ocurren sin que haya pérdida del conocimiento.

Si su niño o adolescente indica que tiene uno o más de los signos o síntomas de conmociones cerebrales enumerados a continuación, o si usted nota estos síntomas, busque atención médica inmediatamente. Los niños y adolescentes están entre las personas con mayor riesgo de sufrir conmociones cerebrales.

## Signos y síntomas de una conmoción cerebral

### Signos observados por los padres o tutores:

- Parece aturdido o desorientado
- Está confundido con relación al

incidente

- Responde a las preguntas con lentitud
- Repite las preguntas
- No puede recordar lo ocurrido *antes* del golpe o la caída
  - No puede recordar lo ocurrido *después* del golpe o la caída
- Pierde el conocimiento (aunque sea por poco tiempo)
- Muestra cambios de conducta o de personalidad
- Se le olvida el horario de clases o las tareas a realizar

### Síntomas reportados por su niño o adolescente

#### Área del razonamiento y la memoria

- Dificultad para pensar claramente
- Dificultad para concentrarse o recordar cosas
- Siente que todo lo hace más despacio
- Se siente débil, desorientado, aturdido, atontado o grogui

#### Área física

- Dolor de cabeza o “presión” en la cabeza
- Náuseas o vómitos
- Problemas de equilibrio o mareo
- Fatiga o cansancio
- Visión borrosa o doble
- Sensibilidad a la luz o al ruido
- Hormigueo o entumecimiento
- No se “siente bien”

#### Área emocional

- Irritable
- Triste
- Más sensible de lo usual
- Nervioso

#### • Adormecido

#### Área del sueño\*

- Duerme *menos* de lo normal
- Duerme *más* de lo normal
- Tiene problemas para

*\*Solo pregunte sobre síntomas relacionados con el sueño si la lesión ocurrió en días anteriores.*

# Signos peligrosos

**Esté atento por si los síntomas empeoran con el tiempo. Debe llevar inmediatamente a su niño o adolescente a la sala de emergencias si presenta lo siguiente:**

- Tiene una pupila (la parte negra en el centro del ojo) más grande que la otra
- Está mareado o no se le puede despertar
- Tiene un dolor de cabeza persistente o que empeora
- Debilidad, entumecimiento o menor coordinación
- Náuseas o vómitos constantes
- Dificultad para hablar o pronunciar las palabras
- Convulsiones o ataques
- Dificultad para reconocer a personas o lugares
- Mayor confusión, inquietud o agitación
- Comportamiento anormal
- Pierde el conocimiento (las pérdidas del conocimiento deben considerarse como algo serio aunque sean breves)

**Los niños y adolescentes que han sufrido una conmoción cerebral NUNCA deben regresar a participar en actividades deportivas o recreativas el mismo día en que ocurrió la lesión.**

Deben esperar hasta que un profesional médico con experiencia en la evaluación de conmociones cerebrales les diga que está bien volver a realizar este tipo de actividades. Esto significa que no deben regresar a realizar:

- Clases de educación física (PE),
- Prácticas o juegos deportivos ni
- Actividades físicas durante el recreo

## ¿Qué debo hacer si mi niño o adolescente ha sufrido una conmoción cerebral?

1. **Busque atención médica de inmediato.** Un profesional médico con experiencia en evaluar conmociones cerebrales puede determinar la gravedad de la conmoción y cuándo puede el niño o adolescente regresar de manera segura a realizar sus actividades normales, incluso las actividades escolares y físicas (actividades de aprendizaje y concentración).

**Ayúdelos a que tomen tiempo para mejorarse.** Si

2. su hijo sufre una conmoción cerebral, su cerebro necesitará tiempo para sanarse. Su hijo puede requerir limitar sus actividades mientras se recupera de una conmoción cerebral. El ejercicio o las actividades que requieran de mucha concentración, como estudiar, trabajar en la computadora o los juegos de video pueden causar que los síntomas de la conmoción cerebral (como dolor de cabeza o cansancio) reaparezcan o empeoren. Después de una conmoción cerebral, los profesionales médicos deben vigilar atentamente al niño al realizar actividades físicas y cognitivas, como las de concentración y aprendizaje.

**Converse con su niño o adolescente acerca de como**

3. **se están sintiendo.** Su hijo se puede sentir frustrado, triste y hasta con rabia por no poder regresar a realizar sus actividades deportivas o recreativas inmediatamente, o por no poder mantenerse al día con las clases. Su hijo también puede sentirse aislado de sus compañeros y redes sociales. Hable con su niño sobre estos temas y ofrézcale apoyo y ánimo.

## ¿Cómo puedo ayudar a mi hijo a regresar a la escuela sin peligro después de una conmoción cerebral?

Ayude a que su niño o adolescente reciba el apoyo necesario cuando regrese a la escuela después de sufrir una conmoción cerebral. Hable con los maestros, la enfermera escolar, el entrenador, los patólogos del lenguaje o el consejero escolar acerca de la conmoción cerebral que sufrió su hijo y los síntomas que tuvo.

El médico de su niño o adolescente puede utilizar la información en la carta “CDC Letter to Schools” para entender que estrategias existen para regresar al colegio.

Your child's or teen's healthcare provider can use CDC's Letter to Schools ([https://www.cdc.gov/traumaticbraininjury/pdf/pediatricmtbiguidelineeducationaltools/mTBI\\_ReturntoSchool\\_FactSheet-Pin.pdf](https://www.cdc.gov/traumaticbraininjury/pdf/pediatricmtbiguidelineeducationaltools/mTBI_ReturntoSchool_FactSheet-Pin.pdf)) to provide strategies to help the school set up any needed supports.

La ayuda o apoyo adicional que recibe el niño se puede retirar gradualmente al disminuir los síntomas. Los niños y adolescentes que regresen a la escuela después de sufrir una conmoción cerebral necesitan:

- Tomar descansos según lo requieran
- Estar menos tiempo en la escuela
- Tener más tiempo para tomar exámenes o realizar tareas
- Recibir ayuda para realizar las tareas y
- Disminuir el tiempo en que usan la computadora, leen o escriben
- Suspender toda actividad de recreo, educación física y deportes, hasta que se reciba autorización del médico.
- Realizar menos trabajo académico.
- Evitar situaciones con mucho ruido o que haya exceso de estimulación.

Para aprender más sobre las conmociones cerebrales vaya a [www.cdc.gov/HEADSUP](http://www.cdc.gov/HEADSUP) (en inglés). o llame al 1.800.CDC.INFO

Enero de 2021





Serving Eligible Students and their Siblings ages 1-18 (& Special Education Students thru age 22)

**SERVICES OFFERED INCLUDE:**

Immunizations, Physical exams (routine and sports), Primary care ill visits.

Reproductive health care also available at locations marked with (\*)

(STD testing, birth control and pregnancy testing).

Vision exams also available at locations marked with (^)

For information call

**(213) 202-7590**

or the clinic nearest you

Student Medical Services and Medi-Cal Programs | District Nursing Services

# SCHOOL-BASED HEALTH CENTERS

Region

	CLINIC	ADDRESS	CLINIC DAYS	CLINIC HOURS	PHONE/FAX
E	<b>Holmes EI School Clinic</b>	5108 Holmes Ave. Los Angeles, 90058	<b>Tuesday, Thursday &amp; Friday</b> <i>(Closed Monday/Wednesday)</i>	<b>8:00 am - 3:00 pm</b>	P: (323) 587-3638 F: (323) 582-0723
E	<b>Murchison EI School - Michael Godfrey</b>	1501 Murchison St. Los Angeles, 90033	<b>Monday - Friday</b>	<b>8:00 am - 3:00 pm</b>	P: (323) 909-1185 F: (323) 225-2418
E	<b>San Miguel Healthy Start Clinic</b> <i>GPS: 9819 San Luis Ave., South Gate, CA 90280</i>	9801 San Miguel Ave. South Gate, 90280	<b>Monday - Friday</b>	<b>8:00 am - 3:00 pm</b>	P: (323) 566-8269 F: (323) 566-8665
E	<b>School Enrollment, Placement &amp; Assessment (S.E.P.A.) Center</b>	1339 W Angelina St. Los Angeles, 90026	<b>Monday - Friday</b>	<b>8:00 am - 3:00 pm</b>	P: (213) 482-1301 F: (213) 481-2097
E	<b>Wilson HS School Based Clinic*</b>	4500 Multnomah St., Los Angeles 90032	<b>Monday - Friday</b>	<b>8:00 am - 3:00 pm</b>	P: (323) 780-4580 F: (323) 780-4580
N	<b>Balboa Student &amp; Family Wellness Center</b>	6655 Balboa Blvd, Van Nuys 91406	<b>Wednesday</b>	<b>8:00 am - 3:00 pm</b>	P: (818) 668-2360 F: (818) 758-1612
N	<b>Canoga Park MS Clinic</b>	7739 Farralone Ave. Canoga Park, 91304	<b>Monday, Tuesday, Thursday &amp; Friday</b> <i>(Closed Wednesday)</i>	<b>8:00 am - 3:00 pm</b>	P: (818) 702-1270 F: (818) 702-1253
N	<b>Kennedy HS Clinic*</b>	11254 Gothic Ave. Granada Hills 91344	<b>Monday - Friday</b>	<b>8:00 am - 3:00 pm</b>	P: (818) 271-2547 F: (818) 271-2563
N	<b>Panorama School Enrollment, Placement &amp; Assessment (S.E.P.A.) Center</b>	8015 Van Nuys Blvd. Panorama City, 91402	<b>Monday - Friday</b>	<b>8:00 am - 3:00 pm</b>	P: (818) 909-4545 F: (818) 899-6113
N	<b>Telfair Student &amp; Family Wellness Center^</b>	10911 Telfair Ave. Pacoima, 91331	<b>Medical: Monday - Friday</b> <b>Vision: Mondays &amp; Tuesdays</b>	<b>8:00 am - 3:00 pm</b>	P: (818) 686-8351 F: (818) 654-1652
N	<b>Wellness &amp; Immunization Clinic Zelzah Site</b>	6505 Zelzah Ave. Reseda, 91335	<b>Monday - Friday</b>	<b>8:00 am - 3:00 pm</b>	P: (818) 654-5908
S	<b>Diego Rivera LC Clinic</b>	6100 S Central Ave. Los Angeles 90001	<b>Monday, Wednesday, &amp; Friday</b> <b>Immunizations Only</b>	<b>7:30 am - 2:30 pm</b> <b>For Appointments</b> <b>(323) 846-2003</b>	P: (323) 846-2001 F: (323) 846-2028
S	<b>Drew Student &amp; Family Wellness Center</b>	1409 Firestone Blvd. Los Angeles 90001	<b>Mondays &amp; Wednesday</b> <b>Only</b>	<b>8:00 am - 3:00 pm</b>	P: (213) 460-6768 F: (213) 460-6794
S	<b>Foshay Health Center^</b> <i>Clinic entrance on Exposition Blvd.</i>	3751 S Harvard Blvd. Los Angeles, 90018	<b>Medical: Monday - Friday</b> <b>Vision: Thursdays &amp; Fridays</b> <b>Vision: Wednesdays</b> <b>Vision Services Only</b>	<b>8:00 am - 3:00 pm</b>	P: (323) 373-2788 F: (323) 373-2784
S	<b>San Pedro Vision Clinic ^</b> <b>@Cabrillo El School</b>	704 W 8th St. San Pedro, 90731		<b>8:00 am - 3:00 pm</b>	P: (310) 833-3594
W	<b>Hollywood HS Clinic*</b>	1530 N Orange Dr. Los Angeles, 90028	<b>Monday - Friday</b>	<b>8:00 am - 3:00 pm</b>	P: (323) 993-2355 F: (323) 993-2359
W	<b>Mark Twain MS Clinic</b>	2224 Walgrove Ave. Los Angeles 90066	<b>Tuesdays, &amp; Thursdays</b> <b>Immunizations Only</b>	<b>7:30 am - 2:30 pm</b>	P: (310) 305-3160 F: (310) 398-1627



Ofrecen servicios a estudiantes elegibles del LAUSD y a sus hermanos de las edades de 1 a 18 años, y estudiantes de educación especial hasta los 22 años de edad).

**LOS SERVICIOS INCLUYEN:**

vacunas, exámenes físicos (anuales o para deportes) y visitas por enfermedad.

Las clínicas marcadas con \*también ofrecen servicios para el cuidado de la salud reproductiva (pruebas de embarazo, control natal y prueba de enfermedades de transmisión sexual).

Las clínicas marcadas con ^ también ofrecen servicios para la vista.

Servicios Médicos para Estudiantes y Programas de Medi-Cal Servicios de Enfermería del Distrito

**CLÍNICAS DE SALUD EN PLANTELES ESCOLARES**

Para información, llame al  
**(213) 202-7590** llame a la clínica más cercana

Región	CLÍNICA	DIRECCIÓN	DÍAS DE CLÍNICA	HORAS DE LA CLÍNICA	TELÉFONO/FAX
E	Holmes El School Clinic	5108 Holmes Ave., Los Angeles, 90058	Martes, Jueves y Viernes <b>(Cerrado lunes/miércoles)</b>	8:00 am - 3:00 pm	T: (323) 587-3638 F: (323) 582-0723
E	Murchison El School - Michael Godfrey	1501 Murchison St., Los Angeles, 90033	Lunes a Viernes	8:00 am - 3:00 pm	T: (323) 909-1185 F: (323) 225-2418 T: (323) 566-8269
E	San Miguel Healthy Start Clinic <i>GPS: 9819 San Luis Ave., South Gate, CA 90280</i>	9801 San Miguel Ave., South Gate, 90280	Lunes a Viernes	8:00 am - 3:00 pm	F: (323) 566-8665 T: (213) 482-1301
E	School Enrollment, Placement & Assessment (S.E.P.A.) Center	1339 W Angelina St., Los Angeles, 90026	Lunes a Viernes	8:00 am - 3:00 pm	F: (213) 481-2097 T: (323) 780-4575 F: (323) 780-4580
E	Wilson HS School Based Clinic*	4500 Multnomah St., Los Angeles 90032	Lunes a Viernes	8:00 am - 3:00 pm	T: (818) 668-2360 F: (818) 758-1612
N	Balboa Student & Family Wellness Center	6655 Balboa Blvd., Van Nuys 91406	Miércoles	8:00 am - 3:00 pm	
N	Canoga Park MS Clinic	7739 Farralone Ave., Canoga Park, 91304	Lunes, Martes, Jueves y Viernes <b>(Cerrado miércoles)</b>	8:00 am - 3:00 pm	T: (818) 702-1270 F: (818) 702-1253
N	Kennedy HS Clinic*	11254 Gothic Ave., Granada Hills 91344	Lunes a Viernes	8:00 am - 3:00 pm	T: (818) 271-2547 F: (818) 271-2563
N	Panorama School Enrollment, Placement & Assessment (S.E.P.A.) Center	8015 Van Nuys Blvd., Panorama City, 91402	Lunes a Viernes	8:00 am - 3:00 pm	T: (818) 909-4596 F: (818) 909-4545 T: (818) 899-6113
N	Telfair Student & Family Wellness Center^	10911 Telfair Ave., Pacoima, 91331	Médico: Lunes a Viernes Visión: Lunes y Martes	8:00 am - 3:00 pm	F: (818) 686-8351 T: (818) 654-1652 F: (818) 654-5908
N	Wellness & Immunization Clinic Zelzah Site	6505 Zelzah Ave., Reseda, 91335	Lunes a Viernes	8:00 am - 3:00 pm	
S	Diego Rivera LC Clinic	6100 S Central Ave., Los Angeles 90001	Lunes, Miércoles y Viernes <b>Vacunas Solamente</b>	7:30 am - 2:30 pm <b>Para Citas Llame a (323) 846-2003</b>	T: (323) 846-2001 F: (323) 846-2028
S	Drew Student & Family Wellness Center	1409 Firestone Blvd., Los Angeles 90001	Lunes y miércoles <b>Solamente</b>	8:00 am - 3:00 pm	T: (213) 460-6768 F: (213) 460-6794
S	Foshay Health Center^ <i>Entrada de la clínica en Exposition Blvd.</i>	3751 S Harvard Blvd. Los Angeles, 90018	Médico: Lunes a Viernes Visión: Jueves y Viernes Visión: Miércoles	8:00 am - 3:00 pm	T: (323) 373-2788 F: (323) 373-2784
S	San Pedro Vision Clinic ^ @Cabrillo El School	704 W 8th St., San Pedro, 90731	<b>Servicios de la Vista</b>	8:00 am - 3:00 pm	T: (310) 833-3594
O	Hollywood HS Clinic*	1530 N Orange Dr., Los Angeles, 90028	Lunes a Viernes	8:00 am - 3:00 pm	T: (323) 993-2355 F: (323) 993-2359
O	Mark Twain MS Clinic	2224 Walgrove Ave., Los Angeles 90066	Martes y Jueves <b>Vacunas Solamente</b>	7:30 am - 2:30 pm	T: (310) 305-3160 F: (310) 398-1627

# Coaches Core Curriculum

## Folkstyle

Level 1 Curriculum  
Level 2 Curriculum  
Level 3 Curriculum

## Freestyle

Level 1 Curriculum  
Level 2 Curriculum

## Greco-Roman

Level 1 Curriculum  
Level 2 Curriculum

**USA** **wrestling**

Wrestling Drills & Games

for *videos* of techniques, drills, and games plus additional practice plans, please visit:

[teamusa.org/usa-wrestling/coaches/core-curriculum](http://teamusa.org/usa-wrestling/coaches/core-curriculum)

**USA WRESTLING**



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COACHES APPRENTICE PROGRAM

MARKETING & PROMO POSTERS

CERTIFICATION

COACHES POOL APPLICATION

SAFE SPORT HANDBOOK

SANCTION AN EVENT

RULEBOOK

USA WRESTLING POLICIES

## Points of Contact at BTSLA

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Sarah Reyes	Social Media & Communications Coordinator		sarah@btsla.org
Josue Aguilar	Marketing Intern	213-269-7185	josue@btsla.org