

North Kitsap

Wrestling Handbook 2014

As your coaches, it is our goal to help you reach your goal in the sport of wrestling, whether it is to be part of a great team or win the coveted State Championship. We can only provide the direction and atmosphere to help you with your opportunity to reach your goals that you set for yourself.

We can teach you the hard work that is needed both mentally and physically, but it is up to you to be the best wrestler and person you can be. We can help you learn the moves you need to win, but as much as we want to we cannot wrestle the match for you. We will be there to help you become a better wrestler and a stronger person at the end of the season whether you win or lose we will be in your corner. Our commitment is to you! But we also have a commitment to North Kitsap High School to help make this team become a respected and dominant leader in this school and around the state.

Wrestling is a tough sport it will beat you up, physically, mentally and emotionally. Over the years, I have had athletes who went into other sports tell me they were in a lot better shape at the end of wrestling season then they have been in any other sport.

We will be in the best physical shape, because of the conditioning we get in the practices. The fun in the sport of wrestling does not come in fooling around at practices or taking short cuts when drilling because no one is looking. The fun comes when you are declared the winner of your match in front of your family, friends and your school. **You become a winner in the practice room** – with hard work and open mind. The technique you learn in practice will be repeated over and over so the actions you have in matches become natural reactions.

WRESTLING is a sport that involves a lot of commitment and self-discipline will involve the following actions:

- (a) Being to practice on time from start to finish.
- (b) Making sure you are academically eligible.

Always be ready to answer the call, when you are called upon...

- (c) Maintaining proper weight control, don't allow yourself to have big swings in weight.
- (d) Portraying oneself as one worthy of respect (both on and off the mat)
- (e) Always helping your teammates to become better wrestlers and people.

TEAM EXPECTATIONS: It is imperative that we establish a framework of expectations for the tradition we would like everyone to see. These are the expectations and guidelines for Viking wrestlers, will help them achieve success not only in this sport, but in life as well.

- 1) Varsity wrestlers are expected to have a **C or better in every class.**
- 2)

GRADES: Wrestling at North Kitsap High School is a privilege; to be eligible to wrestle, it is the responsibility of the athlete to maintain passing grades and appropriate behavior in and outside of class.

If, at any time, a wrestler has a grade of C- or worse he/she is expected to attend any tutoring that is available for that class and get with the teacher to get their grade up. I will also email the teacher and ask if the wrestler is being productive in the classroom.

As a member of this team, and as a maturing young adult, take responsibility for your schoolwork and your actions at all times. Your education is the number one reason you come to school, so get the most out of your time here.

If you are not attending and/or you are not being productive in the classroom you will not wrestle for a Varsity spot, until the grade is up. **DO NOT LET YOUR TEAMMATES DOWN...**

FUNDRAISING: Fundraising is a part of North Kitsap Wrestling program. We use the money to pay for the tournaments we attend, our transportation, uniforms and gear and awards.

EQUIPMENT: Wrestlers are responsible for all equipment checked out to them. Any equipment not turned in at the end of the year or damaged will be charged to the wrestler. Show the team your respect and appreciation for their support by keeping your equipment in top notch condition.

ATTENDANCE: Each wrestler must be at school the full day to be eligible to practice or to compete in a match. If you have not been in school the full day, you will be required to get a note from the Athletic Director/Office saying you may practice.

DRUGS/ALCOHOL/TOBACCO: These items have been deemed hazardous to your health. It is not wise to use or be around those who are using them. Have enough commitment to yourself and your team to stay away from any contact with them. The consequences of such actions are clearly stated in the "Athletic Code" you signed at the beginning of the season. **If you have any instance of abuse of these substances, you will not be eligible to letter at the end of the season.**

PRACTICE: It is detrimental to your wrestling eligibility or your success when you miss the opportunity of being at

practice. By learning technique and gaining the conditioning at each practice you will be more successful on the mat. If you cannot attend a practice, bring a written note to give one of the coaches, or call **Coach Larson at 360-394-2220/360-930-1064** (leave your name and the reason you are not at practice and the date). **Practices will start at 2:45 p.m. Be punctual – be on the mat/track, ready to practice shoes tied and not seeing a trainer.**

After every practice, be sure to take a shower, showers are the most effective way to avoid skin diseases. Wash your practice gear daily. Use the restrooms before practice, not during practice. **Lock all your belongings in the locker room.**

Never leave the practice area without permission. Always bring your head gear for practice..

Wrestlers that miss practice need to do some extra work to make up for some of the practice time missed. Good practices are the backbone of any quality wrestling program. We will practice on Saturday, days of no school and we will have some holiday practices.

INJURIES: It is essential that **all injuries** be reported to one of the coaches immediately. The coaches may refer you to the trainer for further treatment. **If the athlete is referred to a doctor, the athlete must obtain written permission from that physician prior to returning to practice or competition.** If you need to be taped for practice, report to the training room after school – before practice. Getting taped is not an excuse for being late for practice. **If you visit a doctor for a skin disease, your doctor's excuse has to be dated and the location of the disease must be specifically stated.**

In our sport, minor injuries occur regularly. We try to prevent injuries by properly conditioning and strengthening our muscles. If you are injured be sure to follow the rehabilitation instructions given to you by the school trainer. The injured area has been weakened and should be taped before practices and competitions if possible.

WEIGHT: This is the “black eye” of wrestling, due to inappropriate methods sometimes used for weight loss. Washington State has a mandatory hydration screening for wrestlers. This is the state guideline and you are not able to compete at a lower weight than what they have prescribed for you. You may challenge this if there is an issue. My philosophy on weight control is **not** to lose the most weight possible just because you think you have a better chance of winning. Instead, a wrestler should eat a well- balanced diet, work on his/her conditioning to be in the best shape possible shape and concentrate his/her efforts on becoming a better wrestler.

All wrestlers must be within two pounds of the weight class they are challenging for – before practice begins on the day of challenges. Also, our wrestlers will be expected to be within 1 pound before practice – the day before a meet. Anyone who does not make weight at a scheduled competition has let his teammates down. You may have taken away the opportunity for one of your teammates to compete at the event. **The wrestler who does not make weight may not wrestle that day or the next event following this missed weight.**

CHALLENGES: Are to decide which wrestler has the privilege of wrestling on the Varsity, we will hold weekly challenges. A challenge match is a regulation match in which the wrestlers of each weight class challenge each other to decide who will wrestle Varsity that week. You will be expected to have a **C** or better in all your classes to challenge. If not, you will be expected to be meeting with a tutor and being productive in the classroom. You may only challenge at one weight on challenge day. If two people challenge one person – the Varsity Wrestler will wrestle both challengers, the first challenger will be decided by a coin flip. Challenges are stressful for both athletes and coaches; therefore the outcomes may not be what is expected and each wrestler needs to encourage all of their teammates who are wrestling in the match.

DAY OF MEET PROCEDURE: Check your weight after school and at an earlier time if the scales are available. For each match there will be a time to arrive at the school. **It is important that each wrestler be on time and check in.** For away matches, we will not hold the bus up; we go by Coach Larson's watch not yours. If an athlete misses the bus he/she forfeits their opportunity to wrestle at that meet and may also lose your spot for the next tournament and meet. All team members are expected to be at all meets and tournaments, unless there has been prior notification made with the coach...

For meets held at home, all wrestlers will take the mats back to the practice area. As proud members of North Kitsap wrestling, we need to host quality matches to earn the respect of our opponents and fans.

During the match each wrestler is expected to conduct him or herself in a respectable fashion. Whether the match ends in victory or defeat, our wrestlers will shake the opponent's and coaches hand. Your next task is to think about how you can improve for the next match. After competing, wrestlers are to remain with their teammates. Encourage your teammates in their efforts on the mat. Only those wrestling should be around the bench area, everyone else should remain in the stands. At tournaments, there will only be two people in North Kitsap's corner.

The day and age of cell phones have become more and more common, but there is a time and place for them. When we are at Dual meets all cell phones are to be turned off and put away 30 minutes before the start of the meet. If you are using it to record matches then turn it on before the start of the match. If you are in the stands out of the team area, you can use them. Team area includes behind the bench. I ask the parents to be supportive of this expectation, and understand if your son/daughter does not text you back. The number one thing on a wrestler's mind should be the match.

TRANSPORTATION: As stated in the “Athletic Code”, “Students who participate in athletic events must ride to and from those events in District provided transportation – unless other arrangements have been made, in writing, with the school.”

TEAM DISCIPLINE: In life, we have to make a lot of choices and there are consequences for all of these choices – good and bad. To help the athletes make good choices that are expected from North Kitsap wrestlers, we have a team work attitude that will be maintained throughout the season. When expectations are not met expect some hard work to follow and all the team will do the hard work. The time of hard work should also be used to recover the conditioning the athlete missed while absent from practice, or rethink the choice they made that earned them the extra work. Please understand that the expectations we have is a learning experience that will help them mature in life and wrestling. There are some things that are not covered specifically in this handbook because some things are self explanatory. The coaches will have final decision of who will compete in the meets and tournaments along with the weight class wrestled.

Worse case:

- 1.) If you happen to have a lapse of judgment which the coach feels warrants your removal from practice or not to participate in the event you will need a letter of reason to why you were told to leave, before you come to the next practice.
- 2.) The second time you are asked to leave you will need a letter and it will need to be signed by your parents/guardian.
- 3.) I will look forward to coaching you next season.

If a Viking wrestler misses ten practices without an excuse he/she will be dismissed from the team. The practices of our sport are essential to the welfare of our team and the wrestler’s improvement.

AWARDS

TEAM CAPTAINS: The team will vote for Team Captains during the second week of practice. With great leadership and hard work they will serve as the captains for the entire season. The captains should be wrestlers who are good leaders, and meet the expectations of a North Kitsap wrestler.

We will have three team captains, and two alternate captains. The alternate captains will be given a captain’s spot when the elected captain fails to meet the expectations of a North Kitsap Wrestling captain in his/her leadership and/or his/her workout habits. The failure can happen during practice, at meets and tournaments, or at any school function. The captain will be warned prior to his/her removal and he/she will become an alternate captain – in case another opening happens and the former captain has shown the leadership and work capabilities expected of a team captain.

BERSERKER AWARD: After each match, the team will vote for the North Kitsap wrestler they feel gave all they had in their match. A Berserker award winner is aggressive throughout the entire match. This wrestler does not have to win their match, although they usually do, but they continue to wrestle their best and give all their effort even in the face of adversity.

The Berserker of the year wrestler will be selected from prior award winners.

MOST IMPROVED WRESTLER: Each North Kitsap wrestler should have a mind set that enables them to improve throughout the season. This award goes to the person whom the team and coaches feel has improved the most this year as a wrestler at North Kitsap High School.

MOST INSPIRATIONAL WRESTLER: This award goes to the wrestler that has inspired their teammates the most. The team decides the award at the end of the season.

The Sögur WRESTLER: This most valuable wrestler award goes to the wrestler that has had the most positive impact on their teammates. The team and coaches decide the award at the end of the season.

THE Söguöld (Age of sagas) AWARD: This award is not given out yearly. It rewards Viking wrestlers that have earned the respect of their coaches and peers as one of the best wrestlers in the state at their weight class. The Söguöld must also excel in the classroom as well – earning a cumulative grade point average of 3.0 or better. This wrestler must be respected for his/her personal character. Coaches will choose this award.

PERFORMANCE AWARDS

G.P.A. AWARD: The wrestler with the highest cumulative grade point average. The wrestler with the highest second quarter grade point average will also receive an award.

TEAM POINTS: The North Kitsap wrestler who scores the most Varsity team points

MOST PINS: This award goes to the wrestler that has the most Varsity pins.

TECH PIN AWARD: The wrestler who has met Technical Fall criteria before the pin.

J.V. WRESTLER OF THE YEAR: This award goes to our upcoming Viking wrestler who has earned the most team points wrestling JV. To be eligible for this award; 75% of the matches they wrestle need to be JV matches.

LETTER AWARD: The following point schedule applies to earning a Varsity letter. The points are earned for each Varsity match wrestled. There are partial points for Junior Varsity matches.

Additions:

4 points	Win by fall
3 points	Win by Technical Fall
2 points	Win by a Major Decision
1 points	Win by a Decision
2 point	Each Varsity event wrestled and <u>all Forfeits and Byes</u>
1 point	For all J.V. Tech Pin/Pins
1/2 point	For all J.V. Wins
1-3 points	Community Service Bonus (Amount arranged prior to with coach)

Deductions:

3 points	The athlete missed a practice without giving a note to the coach or a phone call with a reason. <u>Text messaging is not acceptable.</u>
0-2 points	The athlete had an excused absence from practice and is making up the conditioning.
0-2 points	The athlete is late for or leaves practice early.
3 points	A wrestler challenges at a weight class, but on match day they do not make weight.
3 points	A wrestler does not attend a match, and there was no note submitted to the coaches.
1-2 points	The wrestler does not help with the mat set up and tear down at home matches or tournaments.
3-6 points	Poor Sportsmanship – Including but not limited to: Throwing headgear, arguing with an official, disrespectful attitude towards your coach or opponent. Not Shaking your opponents hand.
3-6 points	Personal Behavior - Actions unbecoming to a Viking wrestler. Examples: ejection from a match, classroom problems, receiving lunch detention or I.S.S.
	Note: Sagging pants are NOT ALLOWED at any Viking wrestling event, i.e. tournaments, duals, and traveling.
0-1 point	Use of negative words or phrases – Including but not limited to: I Can't, I Stink, I Suck, Hate, Never, Not Fair, Too Hard

To earn a Varsity letter a wrestler **must earn 40 points**. If the wrestler does not earn 40 points, but qualifies for the regional tournament and wins their pig tail to be in the bracket of 8 he/she will earn a Varsity letter. **To be eligible for a Varsity letter you must finish the season in good standing, and turn in all the school issued wrestling gear.**

The coaches will make the final decision on all Varsity letters.

As the parent or guardian of _____, if you have any questions or concerns about your son/daughter please feel free to call and make an appointment to talk with the coaches. However, I do ask that you do not talk to the coaches about these concerns following any wrestling meet or tournament. I have instructed all of our coaches not to discuss personnel or team problems during or immediately following a wrestling meet or tournament. If you have questions, please use the proper time to ask your questions and get the answers to your concerns.

My North Kitsap wrestler and I have read and understand all the rules and guidelines listed in the wrestling team handbook. We agree that all North Kitsap wrestlers must follow the rules and guidelines that are established by the North Kitsap Wrestling Coaches, North Kitsap Administrators and agree that we will follow all such rules and guidelines.

Our signatures below indicate that we (student/wrestler and parent/guardian) have read and agree to comply with the content in this handbook and all of the North Kitsap High School Athlete's Conduct and Responsibility standards. We agree that the athlete will attend all practices and games in which his or her North Kitsap High School wrestling team participates in. This implies that the high school team's activities take precedent over any club, recreational or non school events. **Please return this signed the next practice day**

PRINTED NAME OF STUDENT/ATHLETE: _____

SIGNATURE OF STUDENT/ATHLETE: _____ **DATE:** _____

PRINTED NAME OF PARENT/GUARDIAN: _____

SIGNATURE OF PARENT/GUARDIAN: _____ **DATE:** _____