

Byron Bears Wrestling Guidelines 2014-2015

Program Objectives

Give 100% athletically and academically
BE A GOOD PERSON on and off the mat-You represent wrestling.
TEAM attitude- Poor attitude is contagious and we don't want it spread.
IMPROVE AS a TEAM and an INDIVIDUAL

Qualities we expect are simple... be good people

1. Personal Qualities

*Honesty, Loyalty, Commitment, Respect, Dedication, NO BULLYING.....we are a TEAM and we need to treat each other as family. Represent our sport and our program.

2. Academic Qualities

* Go to class, be on time and don't be tardy, work towards maintaining a C- average, and be respectful of all staff, teachers, coaches, and employees. IF you're not doing well in class, you won't be wrestling. Get help before/during school if you need it.

3. Wrestling Qualities

* Be a GREAT PRACTICE WRESTLER and PARTNER. Push each other every day to get the entire program better. Watch your film, go to meets to scout your opponents, and just wrestle .It doesn't matter when, who, or where.....just be ready to wrestle.

Policies and Procedures

4. Athletic Training

* Be on time before practice if you need something taped or special consideration. Get back to the mat ASAP. Get taped BEFORE practice. **Get checked with Charro Coleman or ON SITE person before going to the Dr UNLESS it is an emergency.**

8. Equipment

* Take care of equipment and lost/ruined equipment must be replaced by you, wear headgear daily, and wash garments properly. Only skin tight Under Armour will be allowed under t shirts and you need spandex shorts.

9. Practice/Competition

- I. BE ON TIME, PRACTICE HARD, BE A GOOD PARTNER, AND HELP CONTRIBUTE TO THE PROGRAM TO BETTER THE TEAM AND YOURSELF. YOU MISS PRACTICE YOU MISS AN EVENT.
- II. It is NOT acceptable to miss a practice for any other reason than a scheduled or emergency doctor's appointment. Makeup quizzes can be done before school, at lunch, or another scheduled time between the wrestler and his teacher. If you have a conflict, CONTACT A COACH, something suitable CAN BE worked out. NEVER show up late for a practice, using schoolwork as an excuse.
- III. If you go home sick, or otherwise miss a practice or event, CALL OR E-MAIL A COACH. It is NOT ACCEPTABLE to tell a wrestler or manager.
- IV. Wrestle Offs
 - a. A coach may require a wrestle off between participants at any time.
 - b. To gain a varsity spot, the lower level wrestler must beat the varsity wrestler 2 out of 3, and MUST win the first match but if the varsity wrestler wins the second match there does not need to be a third match.
 - c. One match wrestle off for junior varsity. If the C-squad wrestler wins the one match, he is now the junior varsity wrestler until next wrestle offs
 - d. WRESTLERS determine what position they wrestle off, but they need to be within 3 pounds of that weight to wrestle off by that weight. If one of the wrestlers does not meet that weight requirement, the other wrestler has the choice of gaining the spot without a wrestle-off, or continuing with a wrestle-off, with remaining rules intact.
 - e. A wrestler cannot lose his spot due to injury. When he is healthy again, the spot is still his. If the under level wrestler wants to wrestle off at that time, he can- time restraints taken into consideration.
 - f. **Coaches determine line-ups for dual meets and dual meet tournaments; Wrestlers, via wrestle-offs, determine individual tournament line-ups. The coaches will move wrestlers in and out and up and down the line-up to do what**

is best for the team, throughout the season. There will be NO shuffling of the lineup via wrestlers. If you wrestle off, that is the weight you make or you don't wrestle. Also just because you win a wrestle off DOES NOT guarantee that you get to wrestle in that spot all the time. Coaches determine lineups and it can change for any reason the coaching staff feels fit.

V Missed Practice/Missed Competition/Missed Lift (Varsity Wrestlers)

- a. Any missed practice, competition, or morning lift that is deemed as unexcused including but not limited to Vacations, Holiday Events, non-medical appointments, etc. will result in the athlete having to make up that time AND sitting an equal number of events if a competition is missed. The coaching staff has the right to determine which duals or tournaments you will have to sit as to decide what is best for the team. For example if a wrestler is gone for a week and misses a dual on Thursday and a Tournament on Saturday, he'd have to miss two events plus making up lost time for practice. Athletes and parents should notify coaches at the start of the season of any major events happening where they'd be gone so the coaching staff may decide when the athlete might have to miss.
- b. IF an athlete has more than 3 *unexcused* absences, additional consequences may apply such as but not limited to losing such honors as All Conference, End of Season Awards, Captainship, etc.
- c. JV unexcused practices will be handled differently and will be decided by the coaching staff.

10. Weight Management

- a. Coaches will NEVER ask a wrestler to "CUT" to an unreasonable weight. If a coach gives you a suggestion for a certain weight, it is in his judgment that weight is safe for you to wrestle, and may be the best weight for you to wrestle at. If a doctor certifies you, you can make the weight.
- b. If a wrestler doesn't make weight for a meet/tournament, they will not wrestle.
- c. EAT... **DO NOT** starve yourself... You must eat or you will actually lose muscle mass. You need to eat and then burn off the extra calories. This is done through extra conditioning which will ultimately help you be a better wrestler

11. Locker Room: Home and Away

- a. Lock up all valuables with a school lock or give to a coach, keep shower area clean and free from trash, take care of the scale and free from dirt and water, and make sure to SHOWER EVERY DAY AFTER PRACTICE AT SCHOOL to avoid any skin issues.
- b. Any left over items the wrestler will have to do conditioning to get equipment back and if the item is lost and the item has to be replaced the athlete/parents will be responsible for replacing that item.

13. Travel

- a. BE ON TIME, Dress appropriately (No Jeans, No T-shirts, No holes, no baseball hats) and remember that bus time is to mentally prepare for the upcoming match. Make sure you have all gear before and after we get on the bus. Proper Dress Attire for Weekday matches is nice pants and collared shirt or sweatshirt. Home meets we dress up with shirts, ties, and nice pants (no jeans). Weekends is nice jeans and any school appropriate shirt.
- b. Kids are expected to stay until the conclusion of their portion of the match, dual, etc. ONCE JV for example is 100% done then they can sign out BUT this does not include Home Meets. ONCE Varsity is all done then they can get signed out. IF you're on Varsity and are done with the tournament you have to stay until the Varsity is all done. Leaving early will result in making up time or missing an event. We need to support our team.

14. Coaches Discretion:

***The above guidelines are to be understood as guidelines. As coaches, there are MANY different situations that come up throughout the year and we have to deal with consequences, lineup changes, behavior in/out of the room, attitudes, match counts, behavior, not making weight, etc and the coaches have the final say on what happens. We as a staff will decide who wrestles and when and what certain consequences may be. If the wrestler or parents have ANY issues they should be addressed with the coaching staff.**

*VARSITY LETTER CRITERIA: 15 varsity matches or 18 varsity team points (not counting forfeits) in dual meets or dual meet tournaments.

I have read the Byron High School Wrestling guidelines and understand their implications. I will adhere to the rules as an athlete, and as a parent, I will help my son adhere to the rules to the best of my knowledge. I understand that the coaches are trying to do what's best for the entire program. I also understand that the MSHSL Guidelines are to be followed. By signing this you also agree to not hold the Byron School District, the Byron Wrestling Program, or the Byron Wrestling staff liable of any injuries sustained in practice, lifting weights, meets or tournaments, camps, summer wrestling, off season wrestling, such as Freestyle or Greco or any variation thereof. I also understand that any Byron Wrestling garments that are lost or ruined will be replaced by the parent or wrestler.

Parent Signature date

Wrestler Signature date