

BROOKWOOD WRESTLING



PARENT/WRESTLER
HANDBOOK

MISSION STATEMENT

The Brookwood wrestling program is a non-profit wrestling club lead by passionate, nurturing, professional coaches who participate with the local community to promote the amateur sport of wrestling.

Brookwood wrestling will...

- provide necessary support to grow the amateur sport of wrestling in support of the Brookwood High School wrestling program.
- create a supportive atmosphere where student-athletes develop into elite wrestlers.
- develop quality student-athletes that practice good sportsmanship.
- enable wrestlers to become competitive life-long learners who encompass a hard working attitude in all they do.

VISION STATEMENT

Together we will...

- be the platform for Brookwood high school wrestling.
- provide the best instruction, coaching, and resources to our wrestlers and parents.
- foster an environment of discipline, dedication, and determination.
- raise funds to provide the necessary resources for our athletes.

BROOKWOOD WRESTLERS CODE OF ETHICS

A Brookwood Bronco wrestler becomes a CHAMPION when they...

- are committed to the sport
 - learn for their mistakes
 - are mentally tough
 - maintain a good attitude
 - never give up
 - want to improve
 - are physically strong
- have mastered technique
- show good sportsmanship
 - are dedicated
- are well conditioned physically

BRONCO WRESTLING CREED

Without Desire Action is just a dream. Without Purpose, Action is not enough. Success is not measured by Gold Medals but rather our Body of Work. Therefore, Intentional Effort & Preparation will Challenge & Change us Mentally & Physically but will positively impact Development and fuel our Ambition. Ultimately, to embrace the discipline, dedication, and determination required in my pursuit a Bronco will develop the characteristics to be a Champion for Life.

LETS GO BRONCOS!!

BROOKWOOD WRESTLING

VOLUNTEERS ARE ESSENTIAL TO THE SUCCESS OF ALMOST EVERY WRESTLING CLUB, TEAM, AND EVENT. VOLUNTEERING IS A GREAT WAY TO GIVE BACK AND OFFERS IN RETURN A SENSE OF PRIDE AND SATISFACTION. YOU DO NOT HAVE TO KNOW A LOT ABOUT WRESTLING TO VOLUNTEER. IT IS A BOND THAT GOES FAR BEYOND THE SPORT. BELOW IS A LIST OF COMMON WAYS VOLUNTEERS GET INVOLVED, BUT THE OPPORTUNITIES GO WAY BEYOND.

Takedown Club Board Positions

President
Vice President
Treasurer
Secretary
Member at Large

Committees

Corporate Sponsorships - Giveaway/Raffle - Senior Night - Banquet - Managers & Statistics - Service Project - Social Media -Concession - Hospitality -Mat Transporter - Spirit Wear

NOTE: It takes a village to maximize or success. If you would like to take on more of a roll in in any of the above or below areas beyond volunteering requirements let us know.

Website

www.brookwoodwrestling.com

Facebook & Twitter

Brookwood High School Wrestling

TELL US WHAT YOU ENJOY...

Website

Whether or not you have design experience, if you see ways that our website could be improved, we would appreciate your help!

Gear Design

We are open to all ideas about cool apparel and merchandise for our wrestlers!

Fundraising Ideas and Planning

A huge part of being a successful wrestling club will be fundraising. We need help planning fundraising events and coming up with new ideas to create the most fun and beneficial events for our wrestlers and the community!

Takedown Club Board Members

Interested in planning & executing season initiatives and continuing to make BBWC the best? Contact us

Be a Part of of the Brookwood Wrestling Family

Academics

The coaching staff expects wrestlers to set high academic standards and to check in with their teachers regularly to make sure they are maintaining satisfactory grades. Should a wrestler's class grade drop below 74 they may schedule help with the teacher from 2:30-3:30. Afterwards, wrestler reports to practice (3:30-4:30) with excuse note from teacher.

Academic Issues

Make up assignments, tutoring, & intervention should first be scheduled with teachers in the mornings or during guided study. Wrestlers must notify their coach immediately if there are any problems with academics. Wrestlers may miss class due to schedule and state championships. Wrestlers are responsible for communicating to teachers in advance and obtaining any assignments they may miss.

Athlete Clearance Forms

Parents must complete a Rank One Profile for their athlete before BHS sports participation. Rank one Sport is an on-line filing system for physical forms and participation waivers. Rank one directions and GCPS/BHS physical form can be found at <https://www.gcpsk12.org/domain/9988>

Attendance

All absences should be communicated to head coach via guardian. Absence from practice is detrimental to individual development and the team performance. Unexcused absences are not acceptable and can result in dismissal from program. If a wrestler is at school, they should be at practice.

Awards Banquet

All wrestlers and wrestling managers that complete the season will be honored and recognized for their efforts and achievements at the end of the season. The banquet will be held at Brookwood High School in March. Details will be shared to all wrestlers and their family in February. Wrestlers and wrestling managers should dress appropriately (no jeans, short skirts, shorts, or t-shirts). Everyone is encouraged to join in the celebration. The Takedown Club will pay for wrestlers, wrestling managers, and coaches. There will be a modest fee for all others that attend.

Brookwood Takedown Club

The Brookwood Takedown Club is a 501-c non-profit organization. It's primary function is to raise money to benefit the Brookwood wrestling program. The executive board, committee members, and all volunteer work is to help make the program run smoothly for the wrestlers, wrestling managers, parents, and coaches. The Brookwood Takedown Club functions as an adjunct to the High School's wrestling program. We do not act as a board of arbitration between wrestlers, wrestling managers, parents, and the coaching staff. We have no role in the selection of wrestlers or how much mat time they receive. Board members assist in the fundraisers, answering parent questions, organizing volunteers, and providing input to the Head Coach.

Coaches

- Chris Cicora Varsity Head Coach
 - Joe Daniel Asst. Coach
 - Jacob Hale JV Head Coach
 - Scott Tomlinson 9th grade Head Coach
- Bios on all the coaches can be found at www.brookwoodwrestling.com .

Coaching Decisions

The coaching staff makes decisions based on what is best for both, the wrestler and wrestling team. Be mindful when approaching coaches at events. Wrestle offs (matchups within the team in the same weight classes) occur weekly and are used to determine lineups for 9th , JV and Varsity events. Wrestlers are encouraged to work hard and stay positive.

Committees

- Senior Night -Banquet-Social Media
- Golf Tournament-Corporate Sponsorship
- Service Project-Giveaway
- Concessions-Hospitality- Managers& Statistics
- Mat Transporter - Tournament Software operator

Volunteers are always needed and welcomed. Don't hesitate to get involved.

Communication

1- Download Sports Engine APP to receive general team information by Search & Select Brookwood Wrestling . Then Sign up to receive Text Alerts & Push Notifications.

2- Sign up for Remind me 101 text Alerts for last minute changes and quick reminders. Text the message @34dhg to the number 81010. If you're having trouble with 81010, try texting @34dhg to (404) 620-2212.

3- Like us on Face book & Twitter to see results, share success, upload videos/pictures.

Concession Stand Duty

Sales revenue from concessions is significant in raising funds for the Takedown Club. Parents are required to volunteer for two (2) concession duties during the season. Parents will be notified of their schedule and will need to find coverage if unable to work.

Fundraising

All fundraising efforts go directly to the wrestling program for tournament/dual fees, hotel accommodations, equipment, travel expenses, etc. There are two (2) fundraisers each year:

Giveaway/Raffle –Tickets are \$10 and prepaid at registration. Family sells tickets, keeps money, and returns stubs for prize drawing. To thank our families for participating they will receive extra tickets to help lower player registration fee.

Tournaments - BHS host season tournaments to raise funds for our program. We have been a premier destination for officials and competing schools because of the efficiency and hospitality our program has established. Volunteering is essential to our success.

Head Gear

Headgear is required and must be owned by each wrestler. No sharing of headgear!

Injuries

Wrestling is a physically demanding sport and our coaches are committed to making sure the wrestlers are in the best shape possible but injuries do happen. All injuries both related and not related to wrestling need to be reported to Coach Cicora. Any

Injuries Cont. any injured wrestler must see Brookwood's athletic trainer for assessment of the injury and recommended treatment. A rehab schedule will be developed for injuries that can be treated by our athletic trainer. The wrestler would participate in rehab immediately after school and then report to practice after they are done. Injuries do not excuse students from practice or rehab. Missed rehab assignments and or practice count as an unexcused absence.

Lettering

Wrestlers competing in 50% of varsity matches/dates or accumulating 30 varsity team points and volunteering 6hrs of service to our youth program will earn a letter.

Wrestlers competing three (3) years on JV and fulfills team responsibilities will earn a letter. Attendance at practice, matches, behavior, and grades are also taken into consideration. Coach Cicora reserves the right to letter a wrestler in special situations where they have gone above and beyond the call of duty.

NCAA Clearinghouse

All high school student-athletes need to be cleared by the NCAA Clearinghouse if they would like to continue to participate in intercollegiate sports in college. We recommend that student-athletes begin the process during the sophomore or junior years. More information can be found at <https://web1.ncaa.org/eligibilitycenter/common> .

Nutrition

Research has shown that practicing proper methods of weight control are essential to maximizing your athletic performance. Peak physical performance can only occur when the body is supplied with an adequate amount of essential nutrients. Using improper methods of weight control will decrease your level of performance. The Wrestler's Diet found on www.brookwoodwrestling.com provides the necessary information to help you achieve the highest level of performance possible. The psychological advantages of maintaining good nutritional practices are great: you'll wrestle better if you feel good physically and mentally. You will also wrestle better knowing that you have done everything possible to be at your best.

Other Sports/Activities

Wrestlers are encouraged to participate in other sports and school activities.

Multi-sport athletes tend to maintain their physical conditioning. Student-athletes should enjoy their high school experience, however, wrestlers are expected to be committed during the wrestling season from the first day they attend practice.

If a wrestler is not competing in another sport outside of wrestling season we encourage them to participate in the off season training opportunities. Brookwood Wrestling and other local training facilities offer year round development.

Parents

Parent support is the biggest role you can play in a student-athlete's life. We encourage parents to attend and cheer on their wrestler as well as the team. Parents are expected to set the example of sportsmanship to officials and opponents in the stands and work with coaches to provide optimal development. Remember wrestling is a physical and mental sport so don't let your wrestler get discouraged or give up. Stay positive and communicate with coach! Parents are expected to support the Takedown Club, support the fundraisers, and work assigned duties.

Photography

All parents are encouraged to take digital photos at wrestling events and upload them to our Facebook Page. These photos are used to put together our slideshow for the banquet in March.

Points

Wrestlers are awarded points during the match by the referee. Points are accumulated throughout the match. These are some moves that earn points:

Individual Match Points

- Takedown – 2 points
- Escape – 1 point
- Reversal – 2 points
- Near fall – 2-3 points

Dual Meet Team Points-Team points are awarded based on match results.

- Decision (wrestler wins by fewer than 8 points) - 3 points
- Major Decision (wrestler wins by 8-14 points) - 4 points
- Technical Fall - 5 points
- Fall (pin) - 6 points

Practice

Is the most important part of development. Attendance to practice is required unless previous fall sport season has not concluded or absence is communicated directly to head coach. Practice schedule found on website and is Monday-Friday from 2:30-4:30 unless competing. Practice changes will be communicated through text alert. Wrestlers should notify their coach in person if they will be checked out of school early and will not be returning. Sending word is not acceptable! For scheduling conflicts talk to the head coach in advance so arrangements can be made.

Pre-Season Conditioning

Wrestling is a demanding sport. Attendance is expected in order to ensure optimal performance and athlete safety with the exception of students still participating in a fall sport.

Season Length

Season begins at the end of Oct and ends with Varsity State Championships early Feb. Season end the last weekend of Jan. for 9th graders & JV not competing for a Varsity position. Any equipment checked out must be returned at the end of their season. All Varsity level wrestlers who do not qualify for the State Championship series are expected to continue practicing unless they are moving on to another sport.

Senior Night

Each senior wrestler/wrestling manager and their family will be recognized prior to wrestling meet.

Skin Care

Wrestling is a contact sport where skin problems (ringworm, impetigo, mulluscum contagiosum, MRSA, herpes gladiatorum, pink eye) are common. Some of the best ways to combat skin problems:

- Shower with antibacterial soap after every practice and competition
- Wash all wrestling gear in hot water and antibacterial soap, if possible
- Do not share any items (towels, razors, lotions, clothes, etc.)
- Take dirty items home in disposable, plastic bag (not in gym bag)
- Each day use clean clothes, towels, headgear, etc.

Skin Care Cont... Should a wrestler notice any unusual skin irritations/lesions, keep it clean, covered and notify your coach immediately. If there is presence of a serious infection the wrestler must get to a physician immediately and have it tested to determine the specific organism. A GHSA skin lesion form should be picked up from the coach and be filled out by the diagnosing physician. Every effort is made to clean mats before each practice and competition in order to help protect the wrestlers.

Spirit Wear

Team store can be found on website. Parents/Wrestlers will have two weeks to purchase items. Items will be delivered to your home. In addition, Families will have the opportunity to purchase spirit wear at the Maroon & Gold wrestle offs.

Sponsorship

The Brookwood Takedown Club is a 501-C non-profit organization. Sponsors who donate to the wrestling program will receive a contribution letter for tax purposes. Sponsorship forms can be found at www.brookwoodwrestling.com.

Summer Wrestling

Wrestlers are encouraged to continue developing in our annual summer training program. Off season wrestling is where new wrestlers make huge strides, and experienced get exposure. Summer information is released in March at Banquet or coach can provide at earlier date.

Teams

9 th Grade, JV and Varsity are the 3 teams within the wrestling program. It is not uncommon for wrestlers to compete on more than one team. This is a decision made by the coaching staff. Our goal is to get our wrestlers as much mat time as possible.

Travel

While GCPS will provides local transportation, we usually carpool to out-of-town events. More information will be provided, to those attending, closer to the events. All wrestlers will need to have an

“Alternative Transportation Liability Form” on file.

Uniform/Equipment

Included with the Takedown Club membership is a warm up and practice gear which is the wrestlers property. Competition singlets will be checked out and returned at the end of the season. Lost singlets will be paid for by wrestler. If dues are not paid the parent/wrestler will need to pay for each item individually. Additional required equipment not provided in the Takedown Club player package are wrestling shoes, head gear, and a mouth piece for wrestler(s) who have braces.

Website

www.brookwoodwrestling.com is the website for the wrestling program.

Weight Certification

The GHSA requires that all wrestlers participate in weight certification process prior to competition. The goal of the program is to prevent unhealthy weight management and monitors all weight loss practices. The test will determine the healthiest minimal weight class for each wrestler and provides a weekly descent plan. However, this does not necessarily mean the wrestler must wrestle the lowest weight determined, but rather if they choose to move to a lower weight class they must adhere to a decent plan provided by the certification program. If a wrestler chooses to go to a lower weight class, Weight Cert. will determine eligible weight classes and will provide a weekly descent plan to be adhered to. Wrestler may not lose more than 1.5% of body weight per week. All weighins are recorded. Ex: A wrestler may not compete at lower weight then what descent plan allows. He may wrestle but at the eligible (higher) weight. On the other hand, if wrestler weighs-in at competition above descent weight the weight plan recalculates to higher weight. Weight Cert. is held at sports med south on date TBD. Transportation is provided by GCPS. Weight Cert. cost \$10 cand should be brought in cash day of exam.

Referee Signals



Stopping the Match



Time Out



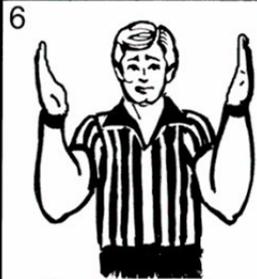
Start Injury Clock



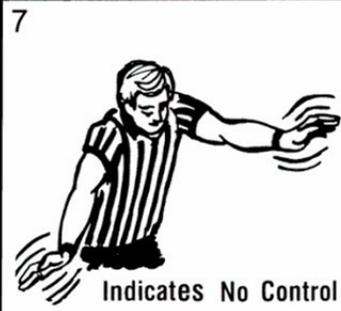
Start Blood Clock



Stop Blood/Injury Clock



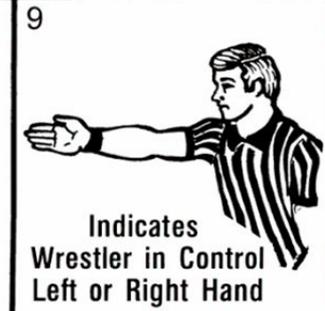
Neutral Position



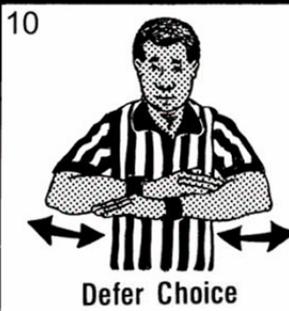
Indicates No Control



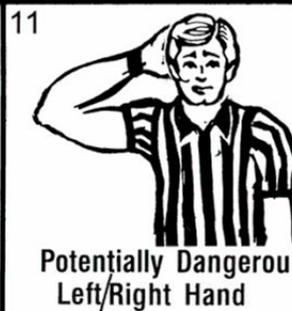
Out-of-Bounds



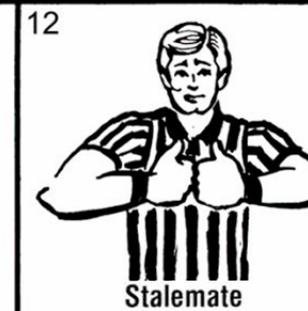
Indicates Wrestler in Control Left or Right Hand



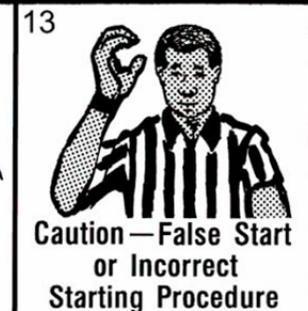
Defer Choice



Potentially Dangerous Left/Right Hand



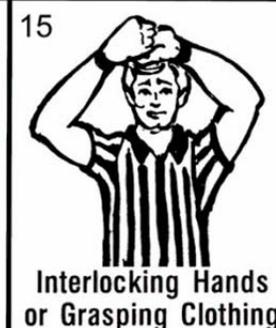
Stalemate



Caution—False Start or Incorrect Starting Procedure



Stalling Left/Right Hand



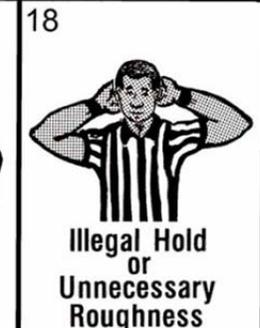
Interlocking Hands or Grasping Clothing



Reversal



Technical Violation



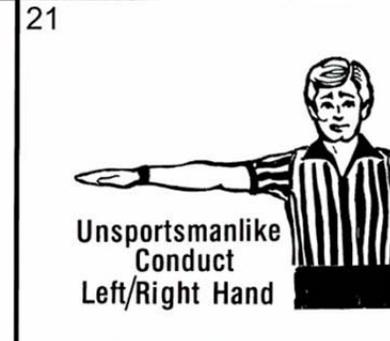
Illegal Hold or Unnecessary Roughness



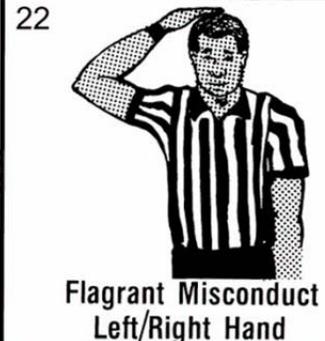
Near-Fall



Awarding Points Left/Right Hand



Unsportsmanlike Conduct Left/Right Hand



Flagrant Misconduct Left/Right Hand

