

LHS WRESTLING TEAM HANDBOOK

INTRODUCTION

Welcome to Farmer Wrestling for the 2009/2010 season. This Wrestling Team Handbook is for our Farmer Wrestling Team members and for all wrestling parents, whose support is greatly appreciated.

Who Will Be Our First State Champion?

As always, every wrestler should expect to work hard and commit themselves to being the best, not only on the mat, but also in the classroom and the community.

Varsity Goals

1. To have every wrestler practice the ideals of sportsmanship and citizenship.
2. To improve the skill level of all wrestlers.
3. To win the District Championships.
4. To win the Regional Championships.
5. To place in the top 3 at every tournament, including the State Championships.

Junior Varsity Goals

1. To have every wrestler practice the ideals of sportsmanship and citizenship.
2. To improve the skill level of all wrestlers.
3. To have all weight classes filled.
4. To place at all tournaments.

Overall Program Goals

1. To consistently practice the ideals of good sportsmanship and citizenship.
2. To improve the leadership skill level of all wrestlers.
3. To improve the overall academic achievement of all wrestlers.
4. To maintain a consistent, disciplined work ethic in practice.
5. To improve the skill level of all wrestlers.

We know you will work hard to achieve these goals and be successful. I want to thank you and your parents for being a part of our Farmer Wrestling Team Family.

Coach and Wrestler Expectations

Coach's

1. Must have good communication among feeder programs, assistant coaches, wrestlers, and parents.
2. Must be consistent with disciplinary actions.
3. Must be up-to-date on current wrestling skills, strategy, nutrition, and weight training.
4. Must familiar with all LISD and UIL policies as they relate to the wrestling program.
5. Must keep accurate statistics of all matches wrestled.
6. Must have organized intense practices so each wrestler can achieve to the best of his ability.
7. Must set a good example for others.

Wrestler's

1. **Must be coachable.**
2. **Must be committed during the season and off season.**
3. **Must be in great condition.**
4. **Must diet correctly and be in the correct weight class.**
5. **Must maintain the ideals of sportsmanship and citizenship at all times.**
6. **Must work hard in the classroom.**

General

LHS Wrestlers are expected to maintain high standards in sportsmanship, citizenship, and respect for persons and property. They are expected to have good manners, a positive attitude, and an excellent work ethic. Problems in any of these areas may result in:

1. Loss of challenge privileges
2. Suspension
3. Loss of team membership status

School

LHS Wrestlers are expected to go to class daily, pay attention, work hard, and respect their teachers. They should set good examples for the rest of the student body when it comes to manners, respect for persons and property, and all school rules and regulations.

Practice

Wrestlers are expected to be at every practice. Every time a LHS Wrestler comes to practice, he is expected to work hard, focus on getting better, and put 100% into every practice session.

Competition

LHS Wrestlers are expected to give 100% every time they step out on the mat. He should be ready both mentally and physically. He should wrestle aggressively, yet within the realm of good sportsmanship, and should never question a call by an official.

TRAINING RULES

1. The use of alcohol, tobacco (including Chew) or non-prescription drugs will not be tolerated!
2. To ensure maximum performance, please follow the suggestions below:
 - Be asleep by 10:00 PM on weeknights and nights before a match.
 - Eat smart. Stay away from fatty junk food with no caloric value. Eat more Fruits, vegetables, and food high in carbohydrates.
 - Drink plenty of water.
 - Follow a rigorous, properly designed weight training program.
 - Run on your own.
 - Use visualization as a tool to help you be successful.

Practice rules

Attendance

It is your responsibility to know the practice schedule, to attend and be on time! If you have a legitimate reason for being absent or late, notify a coach in advance. Phone Coach Hall at home (972) 539 – 5977 or on my cell phone (972) 342- 9483.

Practice Rules

- Be on time for practice.
- **Cell phones are prohibited!**
- Dress appropriately for practice.
- Have running shoes every day.
- No jewelry will be worn during practice.

- Be prepared to work hard every day.

TEAM DESIGNATION

Determining the weekly starting line-ups will be based on the following:

- Practice Attendance
- Work Ethic
- Attitude
- Coachability
- Citizenship
- Challenge Matches

If a wrestler has satisfied the requirements listed above, he may challenge according to the challenge schedule. Match times for all challenges are 2-2-2. There may be instances in which a wrestler may have more than one challenge match a day, but every effort will be made to ensure fairness within each weight class. Wrestlers may, upon approval from the Head Coach, challenge for more than one weight class. Final challenges will be the best two out of three.

Challenges are a Privilege, Not a Right

Equipment Information

- You assume full responsibility for all equipment checked out to you!
- If you lose or damage any equipment you will not participate in any duals or tournaments until the lost equipment is found, paid for, or replaced.
- All equipment must be turned in at the end of the season, any lost or damaged equipment will be paid for by the responsible wrestler.
- Due to the nature of the sport, it is very important to wash practice gear on a regular basis.

Tournament Information

- Show up at LHS on time and on weight.
- Make sure you have all equipment, uniform, headgear, razor, and nail clippers.
- Follow the proper weigh-in procedure.
- **No talking on cell phones unless given permission by a coach.**
- Sit together as a team in area assigned by a coach.
- Warm-up as a team.
- Listen for your matches being called.
- Cheer positively for are team, do not make comments about the other teams.
- Talk briefly with one of the coaches after each match.

- Stay in uniform unless you have been eliminated or you have permission to change.
- Be in full uniform when receiving awards.
- Pick up all trash around our area at the conclusion of the tournament.

Dual Meet Information

Pre-dual

- Be at weigh-ins on time and on weight.
- Be on the bus on time and on weight. Make sure you have all your equipment.
- All wrestlers will ride the bus to and from the dual.
- Be prepared for weigh-ins, hair cut, shaven, and fingernails trimmed.
- Warm-up as a team. Captains lead warm-ups.
- First weight match should be warmed up; next weight match should be warming up. Each wrestler starts warming up two weight classes before your match.
- Cell phones are prohibited.

During the Dual

- Pay attention to the match in progress and only say words of encouragement.
- ***Let the coach's coach!***
- At the conclusion of each match, all wrestlers will get out of their chairs and meet our wrestler coming off the mat.
- The wrestler who just finished will find his coach, shake hands, and talk briefly about the match.
- ***Wrestlers never leave the bench area during a match.***
- At the conclusion of the dual, all wrestlers will form a line, shake hands with the opposing team, and meet with the coaches to discuss the meet.
- ***If it is a home dual, all wrestlers will help clean up!***
- ***After the coach releases the wrestlers, cell phones may be used.***

Eligibility

A wrestler shall be eligible to represent LHS High School if he meets the following criteria:

- He must represent his team and school ideals in student conduct.
- Passing all courses (except honors).
- If a wrestler is not passing a subject he is ineligible for three weeks. At the end of three weeks if he is still not passing he is ineligible for the remainder of the six weeks.

Wrestling Lettering Requirements

The coach reserves the right to letter anyone he feels who displays outstanding work ethic, positive leadership and attitude in the wrestling room, and outside of wrestling.

1. Complete the season as a varsity squad member in good standing.
2. Be a member of the varsity squad for at least 60% of the meets- Earn at least 40 points during the season- 5 points for a pin- 3 points for a decision.
3. Or qualify for the State Tournament.

Parental Responsibilities

Get involved! Support your wrestler by coming to matches/tournaments and by joining the Booster Club.

- Provide a positive, supportive atmosphere at home.
- Informing the coach of pre-existing medical condition that may place the child at risk.
- Helping the child understand the lessons sports can teach.
- Plan travel for the holidays to coincide with the practice schedule.
- Just before or after duals/tournaments are not good times to conference with the coach. Please contact the coach before school or during conference time (10:45-12:00).

Dates to remember

August 28	All wrestlers must have their physicals done and turned in.	
September 8th	Morning practice begins. Dressed and ready to go at 7:45am.	
December	21st through 26th	Winter Break
	28th - 31	Practice 9-12
January	1 st	Practice 9-12
	2 nd	Argyle/Marcus duals
	4th	School starts
February	5 th	JV District
	6 th	District 11 Tourn.
	12 th &13 th	Region 2 Tourn.
	20 th	Arl. Bowie Tourn.
	26 th &27th	State Tourn.