

2011-12  
Sandwich Indians



Wrestling Handbook

## **The Sandwich Wrestling Program**

As a Sandwich wrestler, you will have the privilege of participating in one of the toughest sports known to man. If you are dedicated to excellence, the result of your participation will be a body that is physically strong, a mind that is disciplined, and a work ethic that will carry you through the rest of your life.

Being a member of the Sandwich Wrestling Program will also demand that you succeed academically, as well as athletically, and that you will treat fellow students and teachers with the utmost respect. There is no room in this program for individuals who don't know how to act in the classroom, on the mat, and out in public. As a Sandwich wrestler, you will learn that the violation of a rule on the mat or a violation of a team rule will bring a penalty. This is also true in life.

As a Sandwich wrestler, you will need to accept the fact that the team, in most instances, is more important than yourself. You must be willing to move up a weight class, if need be, or possibly sit out if it means an advantage for the team. Your individual win-loss record is not as important as the win-loss record of this team. Our team consists of wrestlers, their parents, coaches, and school officials coordinating their efforts toward the same common goal – winning a State Championship at the varsity level. Open channels of communication must be established in all directions. Anything less than a positive attitude from everyone will greatly jeopardize the success of the program.

## Wrestling Program Design

- I. Kids Club Level (Grades K-4)
  - A. Introduction to the sport of wrestling
  - B. Teaching of basic fundamental skills
  - C. 3 Weekly practices to develop these skills
  - D. Competition during the season based on coaches discretion
  - E. Emphasis on wrestling as a fun and enjoyable activity not one that is overly competitive and stressful
- II. Middle School Wrestling (Grades 5-8)
  - A. Developing fundamental skills
  - B. Introduction of more advanced moves
  - C. Daily practices to develop these skills
  - D. Interscholastic competition as set by the I.E.S.A. in conjunction with the middle school coach
  - E. Weekly tournaments and competition throughout the season
  - F. Students must meet eligibility requirements established by the middle school
  - G. Emphasis on wrestling as a fun and enjoyable activity; however, a shift towards preparing wrestlers to be highly competitive will start to occur. Having fun and winning will start to become equally important.
- III. High School Wrestling (Grades 9-12)
  - A. Continued refinement of basic skills
  - B. Teaching of advanced techniques
  - C. Addition of regular weight training to the practice schedule
  - D. Practice will begin on the date established by the I.H.S.A.
  - E. All wrestlers are expected to attend all practices
  - F. Students must meet eligibility requirements established by the I.H.S.A.

G. Injured or ineligible wrestlers are expected to attend practice unless other arrangements have been made

H. The varsity line up will be chosen at the discretion of the coaching staff:

i. Challenge matches will be one indicator.

However, a wrestler must earn the right to challenge. He can do this by attending all practices and working hard, behaving in and out of the classroom, displaying good sportsmanship at all times, being respectful to self and others, and by being academically eligible.

ii. Individual match-up against an opponent may be another factor in determining the varsity line-up.

iii. Challenges for the varsity line-up will be held periodically.

iv. Coach may change the line-up at anytime for athlete disciplinary actions and/or team strategy.

IV. Those wrestlers not in the varsity line-up will compete at the junior varsity, sophomore, or freshmen level.

V. No wrestler is guaranteed any matches. The #1 wrestler at each weight earns the right to wrestle the varsity matches at that weight. The #2 man at each weight earns the right to wrestle the junior varsity matches at that weight.

Exhibition matches at each weight will be distributed among the remaining wrestlers at each weight as evenly as possible. Matches in this program are not given to anyone. Matches will never be given to a wrestler simply because he is older or has wrestled for the program for more years. The better you are, the more matches you will wrestle. What is promised is that each wrestler, regardless of wrestling ability, will be treated fairly and treated with the utmost respect and dignity.

# Sandwich Wrestling Guidelines

## CUTS:

Just like the basketball coach I hold the right to cut any wrestler from my team for lack proper attitude, work ethic, willingness to follow the coaches philosophy, and behaviors that bring a negative outlook to the wrestling program.

## Suspension

The Head Coach reserves the right to suspend any wrestler from competition and practice for not contributing during set-up and tear down of activities, poor attitude, lack of effort, watching the clock, intentional stalling, and down right giving up. All of these actions represent the team in a manner that is detrimental to what we are striving to achieve.

## Practice:

1. Be in the room, on the mat, and ready for practice no later than the designated time set by the coaching staff. Practices could be set before or after school, on weekends, and over school holidays.
2. **All practices are closed** to parents, alumni, and fans. This prevents any outside interference from what the coaching staff is trying to accomplish. If you do need to talk to a coach you must come after practice. (exceptions: if there is an emergency and you need your son or daughter pulled out of practice)
3. Practice Times: (are subject to change)  
Weekdays: 3:00-6:00 p.m.  
Weekends: 8:00 – 11:00 a.m.

Later in the season practice times may become shorter. Look at the attached calendar for more information.

## **SHOWERING IS MANDATORY AFTER PRACTICE**

Allow 15 minutes for wrestlers to shower after practice before picking them up. We shower to prevent ringworm, impetigo, and other skin irritations and rashes that may be involved with wrestling. If the wrestler does not shower at the school they will be suspended from competition.

### **Tardiness:** (to practice, meets, and tournaments)

1. Any wrestler who is unexcused and is late to practice will earn discipline activities to be done after practice (example: running with time parameters)
2. 3 tardies will result in the wrestler not being able to dress for the next two meets and/or tournaments
3. Continued Tardies in excess of five will result in termination from the team. (this will be handled on an individual basis by the coaching staff)
4. If you are late because you are getting help from a teacher you must bring a pass from that teacher with you to practice (you should check with a coach first)
5. Any student who receives a 45 minute detention must bring a pass to practice from that teacher. They must also make-up 45 minutes by spending 15 minutes after practice for the next 3 practices.

### **Absences:** (from practices, meets, or tournaments)

1. First unexcused absence – wrestler will perform 15 timed sprints after the next practice he attends
  2. Second unexcused absence – wrestler will not dress for the next competition
  3. Third unexcused absence – Wrestler will be terminated from the team
- If a wrestler misses a meet or tournament on a Saturday because he is in 5-hour detention it will be considered an unexcused absence.

- 3-hour detentions also count as an unexcused absence.
- There are very few absences that will be excused. If a situation arises that will cause you to be absent, you (or your parents or guardian) are expected to contact one of your coaches before practice.

## *Communication with the coaches is the key here!*

- If situations arise with extenuating circumstances, the coaching staff will handle each case on an individual basis. The absence policy is set as a guideline, but if common sense dictates that a deviation needs to be made, it will be made.
- Varsity athletes are committed to the sport of wrestling. Any athlete missing practice or meets for other school related activities will be wrestling J.V. and will not receive the chance to challenge for varsity.

**Excused absences** will include deaths in the family, family vacations (within reason and with proper prior notification to the coaching staff), emergency medical treatment, religious commitments on the day(s) of worship and school field trips (not to exceed two during the season). A Varsity wrestlers have a higher sense of commitment and should not be missing practice for vacation.

**Unexcused absences** will include but not be limited to, haircuts, regular dentist or medical appointments that could be made any other time, going home to study, getting a drivers' licenses, 3-hour detention, 5-hour detention, work, "needed at home" etc. We demand dedication and commitment from our wrestlers. Detailed schedules will be provided that should allow you to schedule around your wrestling responsibilities. If you are kicked out of practice for behavior issues you will receive an unexcused absence.

### **Practice Equipment**

1. All wrestlers will be required to wear headgear while wrestling. (headgear is safety equipment used to protect against cauliflower ear)

No Headgear = No Practice

No Practice = Unexcused Absence

2. Practice equipment should include an athletic supporter, shorts and/or sweat pants, T-shirts and/or sweatshirt, socks, wrestling shoes, and headgear

**Note:** Some practices will require the wrestlers to wear heavier clothing such as sweat shirts and sweat pants.

3. Sauna suits or “plastics” will not be tolerated during practice. They are both illegal and dangerous to use.

### **Home Meets**

1. All wrestlers will be required to meet in the wrestling gym before at the time designated to set-up the gym. Attendance will be taken and tardies and unexcused absences will be counted.
2. Every wrestler, regardless of year in school, will be required to set-up for the meet and tear down after the meet. No one will leave until the whole team is dismissed as a group by the coaching staff. Attendance will be taken before and after unexcused individuals will be dealt with accordingly.
3. Coolers are not permitted in the gym. Eating large amounts of food before and after the meet is not recommended. A small sandwich and a piece of fruit is suggested. Water is the suggested beverage for best performance. Wrestlers will eat in the locker room or cafeteria then they will dispose of their own garbage. Sandwich Wrestlers do not leave messes for others to clean up.
4. Wrestlers will be expected to sit in a designated team area that will not be in the bleachers. Wrestlers will not be allowed to talk to parents, relatives, friends, or girlfriends during the meet. Between meets or after meets is the appropriate time for visiting. All wrestlers support their teammates by remaining on the bench.
5. After weigh-ins and dress all locker rooms will be locked until the meet is over.

### **Away Meets**

1. Be on time for the bus; it will leave on time with or without you. All wrestlers should be at school at least 15 minutes prior to the departure time to check their weight and equipment. If weight is an issue the coaching staff will open the school earlier if requested the night before by a wrestler.
2. All wrestlers will ride to the competitions with the team. After the competitions you will only be allowed to leave with your own parents. Your parents must see a coach as well as sign you out.
3. Only walkmans or i-pods with individual headphones will be allowed on the bus.
4. No food is to be eaten on the bus ride to the meet. (because team mates may be struggling to make weight and it is unfair to them if you eat right in front of them)
5. Small coolers that fit into a duffle bag can be brought to the meets. Again, a small sandwich, a piece of fruit and some water should be sufficient. We will never eat food in another schools gymnasium. We will eat in an appropriate area designated by our hosts and dispose of our own garbage. We will respect other teams' facilities at all times.
6. All statisticians will sit directly behind the coaches on the bus and will not sit with any boys on the bus rides. This also correlates to any female wrestlers.

### **Tournaments**

1. Coolers will be allowed at tournaments as we are generally there for a long period of time. Once again, small sandwiches, fruit, and water are suggested. No one needs a bunch of garbage in his system the day of a tournament. We will only eat in area(s) designated by the school hosting the tournament.
2. All other rules that apply to tournaments from the rules for home and away meets will be enforced.

### **Overnight Stays**

1. Any behavior that is against school policy and team policy will be strictly enforced. Plan of action will include a call to school administrators and parents. Parents will be asked to come pick students up if necessary.
2. Curfew will be established and followed.

## **Conduct**

1. Sandwich wrestlers will respect teammates, managers, statisticians, cheerleaders, opponents, equipment, coaches, officials, themselves, and others with whom they come in contact.
2. The Sandwich Wrestling Program is a class act. Those who can't be a class act will not wrestle for the program.
3. Sandwich wrestlers will be expected to be responsible for all items of equipment/uniform: shoes, socks, athletic supporter, singlet, headgear, sweatshirt, sweatpants, team shorts, and T-shirts. If a wrestler doesn't have specific parts to the uniform a basic grey, black, white and orange colored clothing can be worn. An example is an orange T-shirt.
4. Sandwich wrestlers will be academically responsible and do the best they can do in the classroom. Education is more important than sports. However, both can be done well if one's time is managed properly. If issues become too overwhelming the student will be either sent to work with that teacher or removed from the team.
5. Any wrestler who argues with a coach or refuses to follow any reasonable request made by a coach will automatically be terminated from the team. Under no circumstances should a teenager be allowed to speak inappropriately to a person of authority. If there is a disagreement between a wrestler and a coach, the parents should contact the coach involved with the situation. However, most coaching decisions are based on the head coach's philosophy and will be supported by the head coach.

If you feel that your son or daughter has been mistreated you should follow these steps:

1. Contact the coach involved
2. Contact the head coach
3. Contact the Athletic Director

These steps are to help you understand the decisions made by the coach and to allow you to communicate your concerns with the coach. Rules will not be changed because you do not agree with them. We set these rules in hopes to establish a foundation of citizenship and responsibility in our wrestlers. We want your son to be able to gain more than just wrestling skill from our program.

We want them to understand what it means to be a part of something bigger than themselves. Sacrifice, discipline, teamwork, and work ethic are key characteristics to being successful in life, and those are only a few of the qualities we try to instill through our program. these characteristics are a foundation for the decisions we make.

6. Sandwich wrestlers will always refer to a coach with proper titles, for example “Coach McCarty” or “Mr. McCarty.” They will also reply to any coach with the use of “Sir.” (Example: Where is your headgear? In my bag, Sir.)

Every wrestler will also refer to the referee with the same entitlement as a coach. For example: When asked what position do you want? (Top, bottom, neutral or defer) The wrestler will reply with “Top, Sir” or “Bottom, Sir” etc.

7. Sandwich wrestlers will not speak to their opponents during a match. This leads to “trash talking,” which will not be tolerated. We do our talking with our wrestling if you can’t perform well enough to beat your opponent then all verbal messages should be sent to yourself as motivation to work harder at practice and in the off-season. Besides we don’t need to give cheap points to the opponents.
8. Sandwich wrestlers will not push off of or shove their opponents in unnecessary ways any where on the mat. It is expected that you run your wrestling moves with power and toughness on the mat, when it counts for points, conserve energy do not waste it. Use your opponents frustration against him

9. **Sandwich wrestlers will run back to the middle of the mat upon going out-of-bounds.** No one should beat a Sandwich wrestler back to the middle of the mat. Your conditioning will be superior over your opponents and you are expected to wrestle like it. This is both intimidating for your opponents, and will show the ref that you are ready to wrestle the whole match, and that you are not stalling but dominating.
10. Sandwich wrestlers will look to wrestle in the middle of the mat we will not ride the edge of the circle for an advantage. This will also prevent other teams from using the edge of the mat as an advantage.
11. Sandwich wrestlers will secure their shoelaces with tape or lace guards before each match as a rule established by the I.H.S.A. All metal on kneepads must be covered with tape.
12. Sandwich wrestlers will **NEVER** fake an injury fake an injury to win or “catch their breath.” If you do this, the coach will forfeit the match on the spot.
13. Sandwich wrestlers will win with dignity and lose with dignity. That means shaking hands like a gentlemen, not inciting the opponent’s crowd, and **NEVER** throwing headgear or a temper tantrum in public view. Such displays of poor sportsmanship will be handled severely and will not be tolerated.
14. No wrestlers will be allowed to sit by anybody but there team. Girl friends especially!!! Any wrestler who dates a statistician will not be allowed to display affection in any manner during any competition.
15. Sandwich wrestlers **will never wear hats** while in uniform and **will report to the awards stand in full uniform issued by the school.**
16. No alterations will ever be made to the wrestling uniform that we issue. Cutting the neck of the sweat top hood will count as destruction of property. You will pay for all damages to equipment.
17. All wrestling shoes must be mostly black so that we all match as a team. The idea behind this is we are a team and demonstrating team unity with our uniform makes us stronger in the face of an adversary.

18. The coaching staff of the Sandwich High School Wrestling Team has been hired to coach this sport to the best of their ability under the Head Coach's Philosophy. Under no circumstances will it be tolerated for a wrestler, parent, or fan to tell the coaching staff how to coach or what moves we should teach. This suggestion of defiance and disbelief in the ability of the coaches and will be unwelcome. Wrestlers who offer advice to a staff member about technique or coaching will be disciplined or removed from the team. You must understand this, "I do not come to your place of employment and make suggestions on how to do your job."
19. Anyone who is not a certified coach hired by the School Board cannot under any circumstance sit in a coach's seat and coach from the side of the mat. The school is liable for any injuries that may occur during a match and will not be liable for any negligent acts by a parent who is trying to coach from the corner of the mat

### **Athletic Trainer Policies**

1. If you need to go see the trainer before practice you have from 2:50 p.m. until 3:20 p.m. (30 minutes). At 3:20 practice will begin and you will be in the mat room ready to practice. If you are late you will be marked tardy.
2. Once practice has begun the athlete has the right to ask for permission to go see the trainer.
3. If a wrestler sits out of practice the day before a meet because they are hurt that wrestler will not dress for the meet. (unless special circumstances have been approved by the Head Coach ahead of time.)
4. If a student is hurt or sick they must still come to practice. If sickness is serious enough they must get permission from the Head Coach to miss practice.

### **Appearance**

1. Team T-shirts will be ordered each year and will be required to be worn to the meets under team warm-up tops.

2. Sandwich wrestlers will be required to have haircuts during the season. Hair will not exceed the length as follows:
  - a. Bangs must be above the eye brows
  - b. Hair may not over lap the ears
  - c. Hair cannot touch the collar of a T-shirt

Anyone who comes to practice with an improper haircut will be removed from practice until either they have a haircut or the 3 unexcused absents equal termination

3. No wrestler will be allowed to have facial hair – It is illegal in wrestling and is generally sporadic and not well groomed on teenager’s faces – for this reason it is considered unclean. Shave it!
4. Anybody with a body piercing(s) must have them removed during season. This includes practice, meets, and class.
5. Sandwich wrestlers will dress in a manner that will reflect favorably on the school and our program. Clothes should be neat and clean at all times. Clothing advertising alcohol, tobacco, drug use, using profanity, suggesting inappropriate sexual innuendos, or racial or gender based slurs will not be tolerated.
6. On the day of a meet all wrestlers are required to wear a pair of nice jeans or caches with a belt. The pants should be of appropriate size, have no holes, and under no circumstances will they hang down below mid-butt. We will also wear a team T-shirt or sweatshirt.

**Awards (are subject to change)**

1. Most Valuable – selected by votes from wrestlers and coaches
2. Most Improved – selected by votes from wrestlers and coaches
3. Career Commitment Award – given to those who commit four years to the sport of wrestling
4. Most Takedowns – determined by stats
5. Most Falls – determined by stats

6. Most Technical Falls – determined by stats
7. Most Wins – determined by stats
8. Animal Award – Any wrestler who win's in or above 40 matches and or places at the State Tournament

### **Captains**

The next year's captains will be selected by the wrestlers and coaches vote based on the following criteria:

- a. Wrestler epitomizes the Sandwich Wrestling Program, its philosophies, and its work ethic
- b. Wrestler is academically eligible at all times
- c. Wrestler has abstained from use of alcohol, tobacco, and illegal drugs both during and out of the wrestling season since the first day of his freshmen year on to present
- d. Wrestler is a leader both on the mat and in the hallways both during the season and out
- e. Wrestler must play a fall or spring sport offered at Sandwich High School or make a commitment to off-season training offered here at the school
- f. Wrestler must attain summer training attendance. You must be an upper classman (Junior or Senior) with at least 3 years experience on the high school level (seniors normally come before juniors)
- g. You must be a varsity caliber wrestler
- h. Must attend the team camp

Note: Any captain caught using alcohol, tobacco, or illegal drugs during the season, in the off-season, or during the summer will be automatically terminated from this leadership position. Getting caught doing the above, starting with the first day of school one's freshmen year, will disqualify one from ever being a captain for the Sandwich Wrestling Program. No exceptions will be made even if the student is caught with the paraphernalia in their car.

### **Off-season Wrestling Work-outs**

All wrestlers are expected to play a fall and spring sport or participate in off-season conditioning. **To be the best you have to out work the best.**

The rules of dress and haircuts is also required if you plan to participate.

### **Hydration Testing**

Each season it is required by I.H.S.A. rules that each athlete participating in wrestling passes a hydration & Body Fat Test. This test requires your son to give a urine sample. The urine is used for testing hydration and not drugs (common misconception). Your son cannot participate in competition unless they have taken this test and passed. This test is in place for the safety of the student athlete and should be looked upon as a positive thing.

IHSA Mandated drug testing is starting this year it will be random and you may never be tested in 4 years. Banned substance list can be found on IHSA Website (ihsa.org)

— — — **No wrestler will compete for the team until this is returned.** — — —

Date: \_\_\_\_\_

I have read and understand the rules and regulations of the Sandwich High School Wrestling Program as are stated in this handbook and the Green monster handbook. I will follow these rules and will help reinforce them as situations arise during the season.

Wrestler: \_\_\_\_\_

Legal Guardian: \_\_\_\_\_