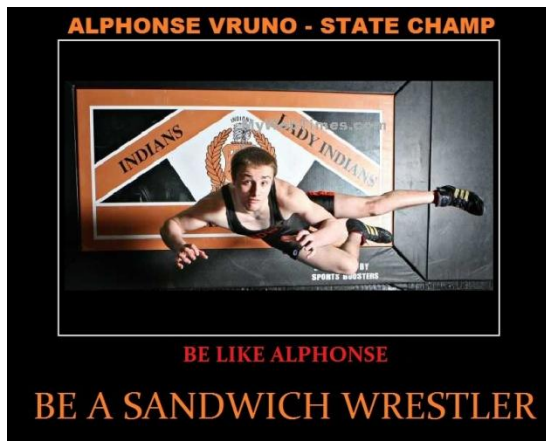


# Sandwich Middle School Wrestling

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## 2010-2011



*-Champions Are Never Satisfied-*

1997 I.E.S.A. Team State Champions  
1999 I.E.S.A. Team State Champions  
2000 I.E.S.A. Team State Champions  
1998 3<sup>rd</sup> Place Team State  
2002 3<sup>rd</sup> Place Team State  
1995 4<sup>th</sup> Place Team State  
2003 4<sup>th</sup> Place Team State

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## FIRST WRESTLING PRACTICE

Monday, November 28<sup>th</sup>, 2011

3:00-5:30 (All Wrestlers)

### Make sure you have:

- Wrestling shoes must be MOSTLY BLACK per the rule book
- Physical on file or turned in (6<sup>th</sup> grade students should already have an updated physical)
- Insurance waiver
- Wrestling waiver
- Sports fee must be paid
- Proper practice equipment including – Shorts, T-shirt, and wrestling shoes
- The rule book MUST be carefully read by both parents/guardians AND wrestlers

### Equipment

- Shorts, T-Shirt, and Wrestling Shoes

- [www.eastbay.com](http://www.eastbay.com) and [www.asics.com](http://www.asics.com) if you need to purchase shoes or headgear

### Questions:

<http://sandwich430.org/schools/sms/athletics.html> AND [www.smswrestling.org](http://www.smswrestling.org)

For directions, skin forms, “Coaches Corner” info, etc.

Contact the middle school at 815-786-2138

Coach Hicks at 815-712-2220 or email: [Hicksc@kidsroe.org](mailto:Hicksc@kidsroe.org)

## SANDWICH MIDDLE SCHOOL WRESTLING TEAM POLICIES AND RULES

### **Forward**

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. My goal as head coach is for my athletes to walk away with a strong sense of discipline, citizenship, work ethic, and other skills necessary to be successful in life. We also want them to understand what it means to be a part of a team. These athletes must understand that their decisions affect a group of people and not just themselves. These characteristics are a foundation for the decisions we make. In addition this program has been developed as a precursor to the high school wrestling team.

1. **Sandwich wrestlers will always address others with respect.** You will refer to a coach with proper titles, for example “Coach Hicks” or “Mr. Hicks.”
  - a. **Wrestlers will reply to any coach with the use of “Sir.”** (Example: Where is your headgear? In my bag, Sir.)
  - b. **Every wrestler will also refer to the referee with the same manner 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.
  - c. **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.
  - d. **Sandwich wrestlers will not push off of or shove their opponents** in unnecessary ways anywhere on the mat. It is expected that you run your wrestling moves with power on the mat, when it counts for points, conserve energy not waste it.
2. **Sandwich wrestlers will win and lose with dignity.** That means shaking hands like 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.
3. **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.

4. **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 overlap 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

5. **The coaching staff of the Sandwich Middle 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.
6. **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
7. **When a coach is talking or demonstrating technique you are not:** It is absolutely essential that you 100% of your attention and concentration to coach(es) that is/are talking or demonstrating technique. (Raise your hand if you have a question or a comment, otherwise be absolutely quiet, concentrate and pay attention.
8. **We have limited time and space within which to work.** During training times (DRILLING, CONDITIONING, WRESTLING, ETC.) extra talking or any other behaviors that waste the time of the team and/or coaches will not be tolerated. You may have to sit out of practice for the day due to a violation of this rule.
9. **Safety is a number one priority of the coaches.** Unsafe behavior will not be tolerated at any time and if done willfully may result in dismissal from the team or disciplinary action by the coach.
10. **Good academic standing/good grades and appropriate behavior in school** and at all school functions is very important and essential in order for you to maintain your eligibility for wrestling competition. (Refer to school policy in order to determine eligibility)
11. **Academics come first;** if you need extra help after school I encourage you to get it. When you have received the help you need, bring back a signed school pass from the teacher who administered the help and then come to practice. You will be excused for the time you missed. Abuse of this rule may result in dismissal from the team or disciplinary action by the coach (i.e. forged passes/notes).
12. **You represent our wrestling team and program** in school, in the classroom, and public as well. Set a good example, be a leader, and be gentlemen at all times.

13. **Attendance:** You have an obligation to yourself, the team, and the coaches to be on time. If you are going to be late you must contact one of the coaches in order for the possibility to be excused.
- a. **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).
  - b. **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.
  - c. **3 tardies** will result in the wrestler not being able to dress for the next meet and/or tournament. A call to the parents will be made when a tardy has occurred.
  - d. **Tardies in excess of five** will result in termination from the team. (this will be handled on an individual basis by the coaching staff). A call to the parents will be made when a tardy has occurred
  - e. **If you are late because you are getting help from a teacher** you must bring a pass from that teacher with you to practice
  - f. **Any student who receives a 45 minute detention** must bring a pass to practice from that teacher.
  - g. **If situations with extenuating circumstances arise**, 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.
14. **If you are going to miss a practice** I NEED A WRITTEN NOTE FROM YOUR PARENT/GUARDIAN EXPLAINING YOUR ABSENCE, NO EXCEPTIONS Preferably before your absence, but I will accept a note afterwards in the case of an emergency. Failure to do so will result in an unexcused absence.
15. **Missing practice for any reason other than an illness is unacceptable.** If you go home sick from school you must tell the office secretary to inform me at the high school. Three unexcused absences will result in removal from the team.

16. **All injuries must be reported to a coach.** Let us know of an injury so that proper action can be taken.
17. **Any lost or stolen equipment will be the responsibility of the wrestler to whom it was issued.**
18. **Stealing from the team, team members, or the school will not be tolerated** and will be cause for immediate dismissal from the team.
19. **Dress code:** Wrestlers are expected to dress appropriately no matter what the occasion
  - h. **During regular school days wrestlers are expected to follow the school dress code.** If a coach is informed of a wrestler violating this dress code then he will be punished during practice. An example of dress code violation would be underwear/boxers showing as a result of sagging pants.
  - i. **When attending meets both home and away wrestlers are expected to dress to a higher standard.** This means no holes in pants/jeans, absolutely no hats whatsoever will be worn (with the exception of a stocking cap without a bill), or other clothing that violates the dress code.
20. **Injured or ineligible wrestlers are expected to attend practice** unless other arrangements have been made
21. **Playing Time:** The varsity line up will be chosen at the discretion of the coaching staff:
  - a. **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.
  - b. **Individual match-up against an opponent** may be another factor in determining the varsity line-up.
  - c. **Challenges** for the varsity line-up will be held periodically.
  - d. **Coach may change the line-up at anytime** for athlete disciplinary actions and/or team strategy.
22. **The 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, or lack of effort.
23. **All practices are closed** to parents, alumni, and fans. This prevents any outside interference from what we as coaches are 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)

#### 24. Practice Equipment

- a. **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

- b. **Practice equipment should include:** shorts and/or sweat pants, T-shirts and/or sweatshirt, socks, wrestling shoes, and headgear
- c. **Sauna suits or “plastics” will not be tolerated during practice.** They are both illegal and dangerous to use. If a wrestler is caught wearing them during practice, he or she will not be able to dress for the next two meets and/or tournaments. A second offense may result in automatic termination from the team.

#### 25. Home Meets

- a. **All wrestlers will be required to meet in the wrestling gym** before the weigh-in at the time designated by the coach. (Attendance will be taken. Tardies will be counted)
- b. **Every wrestler, regardless of year in school, will be required to set-up 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)
- c. **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.
- d. **Wrestlers will be expected to sit in a designated a team area and not be in the bleachers.** Wrestlers will not be allowed to talk to parents, relatives, friends, or girlfriends before or during the meet. Between meets or after meets is the appropriate time for visiting. All wrestlers support their teammates by remaining on the bench.

#### 26. Away Meets:

- a. **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.

- b. **We urge all athletes to ride the bus to and from away meets/tournaments.** However, an athlete will be allowed to ride back from meets/tournaments with their parents/guardian. Parents/guardians must sign a transportation list prior to leaving with their athlete.
- c. **Only walkmans or iPods with individual headphones** will be allowed on the bus.
- d. **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)
- e. **The bus will be clean before any wrestlers leave.** It is the responsibility of the captains to make sure the bus is clean and orderly before going home. If I find ANY garbage whatsoever the entire team will be punished the following day at practice.
- f. **Small coolers that fit into a duffle bag can be brought to the meets.** We will never eat food in another school's 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.
- g. **All Statisticians and Cheerleaders 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

- h. **Coolers will be allowed at tournaments** as we are generally there for a long period of time. We will only eat in area(s) designated by the school hosting the tournament.
- i. **All other rules** that apply to tournaments from the rules for home and away meets will be enforced.

## 27. Conduct

- a. **Sandwich wrestlers will respect** teammates, managers, statisticians, cheerleaders, opponents, equipment, coaches, officials, themselves, and others with whom they come in contact.

- b. **The Sandwich Wrestling Program is a class act.** Those who can't be a class act will not wrestle for the program.
- c. **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.
- d. **Any wrestler who argues with a coach or refuses to do 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.

## **28. Hazing**

- a. **Hazing, bullying, or any other type of disrespect towards your teammates absolutely will not be tolerated.** This includes time spent in the locker room before practice, during practice, after practice, at tournaments and meets, and on the bus. If there is any suspicion of this whatsoever you will be removed from the team. This is a serious issue not to be taken lightly.

## **29. Chain of Command – If you feel that your son or daughter has been mistreated you should follow these steps**

- a. Contact the coach involved
- b. Contact the head coach (Coach Hicks)
- c. Contact the Athletic Director (Mr. Gipe)

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.

# Sandwich Middle School Wrestling

## 2009-2010

*-Champions Are Never Satisfied-*



*Dylan Boyd – 5 Point Granby*



*Josh Brooks – 5 Point Granby*

**Please complete this form and turn into coach  
before the first practice (November 28<sup>th</sup> 2011)**

As a wrestler I understand the commitment necessary for a successful wrestling program. I will comply with the rules and regulations. I understand I will be penalized, and even dismissed from the team for failure to comply.

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SIGNATURE OF WRESTLER

As a parent or guardian of \_\_\_\_\_  
WRESTLER'S NAME

I approve of them wrestling. I am aware that injury is always a possibility. We have read the rule book and pledge to support the Sandwich Middle School Wrestling Program and Sandwich Middle School along with all its rule and regulations.

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SIGNATURE OF PARENTS

**All of the following documents/responsibilities must be completed or taken care of prior to practicing (Call Coach Hicks if there is a problem):**

- Wrestling shoes must be MOSTLY BLACK per the rule book
- Physical on file or turned in (6<sup>th</sup> grade students should already have an updated physical)
- Insurance waiver
- Wrestling waiver
- Sports fee must be paid
- Proper practice equipment including – Shorts, T-shirt, and wrestling shoes
- The rule book MUST be carefully read by both parents/guardians AND wrestlers