



WRESTLING GUIDELINES FOR COACHES, STUDENT ATHLETES, AND PARENTS

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HS Varsity & JV Competition Schedule

MS Varsity & JV Competition Schedule

Thanksgiving & Christmas Practice Schedule (7th-12th)

Dear Parents and Wrestlers

I would like to welcome you to the 2019-2020 wrestling season! I am excited to work in a partnership with you this season as we strive to set high goals for your student athlete. The guidelines stated in this handbook are to help your student athlete achieve their goals on and off the mat (academics, personal relationships, career, etc.) and how to deal with adversity in an appropriate manner. It is my belief that wrestling can strengthen and improve one's character through responsibility, adversity, and commitment.

This handbook is designed to help parents and student athletes to better understand the goals, expectation, and requirements set forth by the coaching staff, Enid High School, and the OSSAA. The coaching staff and I expect to produce a competitive and well-disciplined team to represent our school and our community each and every time they compete. To achieve our goals for this season, it will take time, commitment, and effort from the student athlete, coaching staff, booster club, and parents. Every decision that is made will be made with the entire program in mind, rather than what is best for the individual. The coaching staff and I believe that the wrestling handbook will provide important information to help you through this season.

ENID WRESTLING MISSION STATEMENT

Enid Wrestling provides quality opportunities for its student athletes to strive for individual and team success.

COACHING PHILOSOPHY

My philosophy in coaching is to develop a successful student athlete during competition, in the classroom and in their personal life by creating an atmosphere of self-discipline and self-motivation. I will work together with the student athlete, parents/families and other coaches to achieve individual and team goals. Wrestling is a team sport which requires one on one competition, communication and feedback. I want to have an open line of communication with all those involved in the program. This handbook will give information on how we can begin this process.

EXPECTATIONS

You (the student athlete) can make this upcoming season whatever you want it to be. If you go into the season with a great attitude you are on the right track. The coaching staff expects you to be at every practice. We expect you to work hard. We expect you to work together as a team to successfully build this program our student body and community will be proud to support. We also expect good behavior in the classroom and the community. Always remember that you are representing more than yourself!

Guidelines to help meet the wrestling expectations-

1. **BE ON TIME:** Practice will begin at 3:10 pm every day. You will need to be done with the training room at that time. We will stretch and warm up as a team every day. If you are late, you will have make-up activities. Continuous tardiness and absences can mean removal from the team. Attendance will be taken every day.
2. **Injuries and Illness:** If you are sick or hurt see the coaching staff right away, if we need to schedule time with the trainer we will. The trainer will inform us who is able and not able to practice. We want you to work out if at all possible. If you can't workout you will still be required to dress out and be present at practice like your teammates.
3. **Call if Absent:** If you are absent for any reason, you will have make up activities. Let the coaching staff know if you are going to be absent. If you do not call, you will have additional make up activities. Leave a message if you do not speak directly to a coach.

High school Coach - Trent Holland (580)977-4676

Middle School coach – Wade Rogers (918)815-5482

4. **Ride the bus to and from the Meets:** You must ride with the team to and from all meets, exceptions will be made for open tournaments. If there are extenuating circumstances, and you need to leave with a parent from a regular season event your parents must have signed the sign out sheet before you can leave the meet. Do not leave any event without speaking to a coach first.
5. **We will represent our school with class at Competitions:** You will behave and represent yourself, coaches, family and community in a proper fashion at all meets and team activities. You will wear the proper assigned wrestling uniform at all meets and team activities. You will leave team areas cleaner than you found them.
6. **Treat equipment, uniforms, and facilities with respect:** Our school provides you with equipment, uniforms, and facilities. Treat everything like you bought it.

STUDENT ATHLETE/PARENT ATHLETIC PARTICIPATION INFORMATION

Wrestling, like any other extra-curricular activity, is not a right; it's a privilege. With this privilege comes a great deal of responsibility. If the school and/ or athletic rules are broken, there will be consequences. Athletics supplements and supports the academic mission of the school system and assist students in their growth and development. Athletics assists in promoting the importance of teamwork, effort, goals, and commitment. Athletics is highly competitive, but winning is not the primary measure of success. Sportsmanship, respect for participants, and dignity in the face of adversity are more important than the outcome of the contest. All athletes do not perform at the same level, but all can demonstrate effort, dedication, and fair play.

Sportsmanship

An important mission of the Athletics program is to teach and reinforce values relating to sportsmanship, competition, and fair play. It is expected that team personnel, parents, and spectators respect this mission by exhibiting appropriate behavior at athletic events.

Student Eligibility Requirements

Students must meet the following requirements to be eligible to participate. Participation of ineligible students shall result in individual and team sanctions, including forfeits for the team.

1. All participants are required to have an annual medical evaluation, physical, electronic forms (sudden cardiac, concussion, OSSAA eligibility, emergency contact, and drug testing forms). <http://www.rankonesport.com/>
2. Academic eligibility must be maintained in order to compete in athletics. This is determined on the date eligibility is due, and remains until the next eligibility report is issued.
3. Grades recorded as I (Incomplete) shall be considered passing until changed. Incomplete grades must be made up within two weeks after the close of the marking period.
4. Students must attend all of their scheduled classes in order to participate in a practice or contest on that day. If the principal or coach grants an excused absence in advance for a prescheduled activity, or an unforeseen emergency, the student may participate on that day.
5. If during the season a student athlete has an unexcused absence (truancy), he/she may not compete in the next contest after the violation has been verified.
6. In addition to other infractions, a student may be suspended or removed from a team for unexcused absences or chronic tardiness to classes or team practices.
7. A student athlete may not participate when he/she is serving an in-school or out-of-school suspension. The student becomes eligible to participate on the next school day following the suspension.
8. A student athlete that misses a practice or event for any reason will make up those missed practice.
9. Students must satisfy school and school system Participation Standards.
10. Students whose legal residence is outside the designated boundary of a particular school may not participate unless they have received an official transfer and an athletic waiver.

Assumption of Risk

Participation in interscholastic athletic activities often includes intense competition and poses the potential for serious, or life-threatening injury. Participants and parents are urged to consider that there are inherent risks and hazards associated with athletic participation. Risks vary from sport-to-sport and can occur under direct supervision and with use of proper safety equipment.

Hazing/Bullying

Hazing is prohibited at all times. Hazing involves any act that subjects teammates to mental or physical discomfort, embarrassment, harassment, or ridicule. In some instances hazing is considered a criminal act. Hazing may lead to immediate dismissal from a team.

Communication with Coaches

Parents should not attempt to address coaches immediately after games and practices. Coaches have many post game/practice responsibilities, including supervision of players. Also, the post-game/practice period is often emotionally charged, and not conducive to productive discussion. If a parent feels a need to communicate a concern, the parent should contact the coach and/or athletic coordinator to arrange a meeting.

Participation Standards

Participation in interscholastic athletics is a privilege. Accordingly, students must meet certain standards in order to earn the privilege of participation. At a minimum, the following standards are required of all student-athletes.

1. Arrive on time for all meetings, practices, and competitions.
2. Be properly dressed and equipped for all practices, events and competitions.
3. Be coachable, listen to the coaches and follow all directions given by the coaching staff during any practice or competition.
4. Get the coach's permission before exiting practice or leaving the site of competition.
5. Exhibit public behavior that will reflect positively on the team, school, and community. Athletes should not be engaged in any activity that would result in police intervention.
6. Exhibit responsible, respectful, and trustworthy behavior to teammates and the coach.
7. Exert efforts to maintain a high level of academic achievement.
8. Comply with all team, school, and school system rules, regulations, and policies.
9. Exhibit appropriate behavior at all team and school-related activities.
10. Attend all team functions unless ill or given prior permission to be absent by the coach.
11. Respect and comply with decisions made by the coach and athletic department.
12. Respect calls and decisions made by game officials.
13. Display good sportsmanship at all times.
14. Report to the coach any issues or developments that may affect eligibility status.
15. Report any misconduct that could affect our team to the coaching staff.

Illegal Substances/Alcohol/Tobacco/Steroids/Controlled Substances

All student athletes are expected to refrain from the use of all drugs, and alcohol, both at school and during non-school times. Parents are responsible to oversee and monitor their student's behavior while off school grounds and are expected to take appropriate, decisive action to identify and prevent non-prescribed use of these substances by their student athletes.

The Pledge/Contract

I agree to refrain from the possession, use, and distribution of any drugs (unless prescribed), alcohol, and controlled substances, both on and off school grounds, during the school year. If it is verified that I have used any of these substances, I understand that the following consequences will apply:

Consequences for drugs and alcohol:

1st Offense:

- (a) Removal from all teams and/or non-athletic extracurricular groups for 10 school days
- (b) drug/alcohol assessment and follow-up
- (c) Conference with the student, athletic director or sponsor/coach, and parent

2nd Offense

Suspension from the team for the remainder of the season.

3rd Offense

Suspension from team indefinitely.

I also realize that any possession, use, or distribution of any of these substances on school grounds or at a school sponsored activity will result in additional serious disciplinary consequences

A student who is ineligible due to violating the pledge may participate for the next sport season, but the consequence must be met before he/she competes in the activity.

Ineligibility does not include summer days. If there are penalties left at the end of the school year, the penalty will carry over to the first day of the next school year.

Signature of Parent or Legal Guardian

Date

Signature of Parent or Legal Guardian

Date

Signature of Student

Date

Signature of Coach

Date

WRESTLING LETTERING POLICY

1. Must maintain eligibility according to OSSAA standard.
2. Cannot quit or be dismissed from the team during the duration of the season.
3. Cannot be a disciplinary problem while representing your school.
4. Must be dependable and reliable about attending practice (Thanksgiving and Christmas Practice)
5. Must earn a minimum of 12 points while competing:
 - a. 1 point for a JV match
 - b. 2 points for a varsity match
 - c. 3 points for a varsity win
 - d. 6 points for placing in a varsity tournament
 - e. 8 points for winning a varsity tournament

Qualifying for the State Tournament is an automatic letter if criteria 1-4 are met.

6. Athletes having sustained an injury before the competition of the season may be awarded a letter at the coaches' discretion.
7. Any senior who has participated in wrestling during 9, 10, 11, 12 grades shall be awarded a letter.
8. Any wrestler who exhibits an extraordinary amount of dedication and hard work may be awarded a letter (at coach's discretion).
9. Team managers must stay out all season till the close of the season and performed all duties assigned.
10. Any item or issue brought to question or left off the list will be at the discretion of the coaching staff.

Please sign and date to show that you fully understand the lettering policies listed above.

_____ Date: _____

PRE-SEASON/IN-SEASON/OFF-SEASON WORKOUTS

There are many philosophies on the most effective pre/in/off season training methods for wrestlers. This is intended to provide you with my plan that can be modified to meet the needs of the team. The program begins with assessment of the needs of the wrestlers, and an identification of the facilities available. I have included a brief selection of the pre/in/off season training which can be modified for each student athlete as needed.

The sport of wrestling is unique in many ways. Wrestlers must try to apply and resist force utilizing all body limbs and core strength throughout a match, often using multiple parts of the body simultaneously. Therefore I believe wrestlers should have a varied workout program to sustain them for optimum performance.

The off-season program provides a strong strength and power base from which to build and then progress to more sport specific training in the pre and in-season training programs. The sport specific strength training will attempt to simulate the demands of the sport by using an unstable base of support and increasing the core involvement with balance balls and/or sandbags. The program will emphasize the use of dumbbells over barbells as the season approaches (bench press vs. the dumbbell fly.) Grip and neck strength play a major role in wrestling, so they will be emphasized more than is probably typical as the season approaches.

Off-Season – May-September

The focus of this time period is to develop a solid strength and power foundation upon which to build using the most amount of weight the individual can do for the specified number of repetitions.

Cardiovascular conditioning is not a major concern at this point in the workouts but cardio about 2 or 3 days per week is preferred. Attendance to a summer wrestling team camp is beneficial to team building and technique.

Pre- Season - September-November

The focus now is to continue to build strength but in a manner more specific to wrestling. Muscle endurance will be our strength training focus rather than extensive time devoted to power development. The conditioning program is increasing and the beginning of cardio-vascular development and skill training begins (with a focus on speed and agility), somewhat reducing the time available for strength conditioning.

In- Season - November - March

In-Season strength training is limited to 2 or 3 times a week after practice and sometimes on the weekends depending on the intensity of practice and the importance of the upcoming events. As the season progresses, we move more to a circuit training approach.

Post Season - March - May

If wrestlers choose to continue to compete after the completion of a season, Freestyle and Greco weekend tournaments are available and practice will be 2 or 3 times per week. Practices are far less intense. The focus of this time period is to have fun with the sport. Wrestlers should try new techniques and not worry about weight. They should go to tournaments with their friends for the enjoyment of the sport. It should be noted that I encourage these same principles during the season. Obviously, the intense competitive environment of the scholastic season provides some challenges to this approach and the coaching staff is more involved. Recreational or other school sponsored sports and activities are strongly encouraged during this time. Lifting will be done during the 7th hour period.

WEIGHT POLICY

It is not my policy or practice within a wrestling program to encourage or allow crash diet or starvation in order to make weight. When dealing with a sport that has weight divisions, weight loss and weight gain does unfortunately become a factor. The goals of the weight class divisions and weight certification is to provide an element of fairness and safety in competitions.

Each wrestler in grades 9th-12th will be given a hydration and body fat test to determine the lowest weight class they will be allowed to compete. They will also be given a descent plan if they chose to compete at that weight class. This is the NHSCA (National High School Coaches Association) weight certification program and it is designed to teach proper nutrition and healthy eating habits.

It is my belief to give each wrestler the best opportunity for success by competing at the weight that best suits his/her body structure. The optimal situation for each wrestler is to reduce his/her amount of body fat while increasing the amount of muscle composition. In order to change a person's body composition several factors will be involved. 1) This is a long slow process and it will not happen overnight. 2) In order to burn fat the body must have fuel (proper food & water). 3) In order to increase muscle composition, I encourage an extensive year round weight lifting program (see pages 9 & 10). In wrestling, one of the most obvious advantages is to be stronger than your opponents.

One of the most obvious disadvantages is evident during competition if a wrestler has not received the proper nutrition, and deprived his body from proper foods and water then he will not have the energy to compete at his optimum level. If the wrestler has begun the weight loss process early, eaten the proper foods, kept his body hydrated, then his energy level should be high and it may give him an advantage in the competition.

Wrestlers are not required to lose weight. The weight class they compete at is the choice of the wrestler. However the coaching staff, for the sake of the wrestler and the team may offer guidance with health eating choices. It is my desire to give each wrestler the best opportunity for success in a safe and healthy environment.

WEIGHT CERTIFICATION

The OSSAA does not advocate that a wrestler's established minimum weight is the athlete's best weight at which to wrestle, but simply the minimum weight at which the athlete will be allowed to compete.

All varsity wrestlers, including those coming out late, must have their minimum weight established by hydration assessment and skin fold measuring prior to any competition with a wrestler from another school.

The following information is from the OSSAA regarding weight certification for the 2019-2020 school year.

OSSAA CERTIFIED MINIMUM WEIGHT LIST

1. Teams can begin testing on Saturday, October 19, 2019 and the last testing date will be Wednesday, February 19, 2020. **All wrestlers in grades 10-12 and any 9th grader that wants to participate on a high school varsity or junior varsity team must be tested. Wrestlers must be tested at least 48 hours prior to their first competition (including open tournaments).** Assessors will be using the NWCA Optimal Performance Calculator program and each wrestler's name must be listed on their school's Alpha Master form.
2. All wrestlers (including non-starters) in grades 7-12 shall certify their minimum weight (weigh in at flat weight) between the opening of wrestling season (November 21, 2019) and January 18, 2020.

This can be done at any regular season dual (approval by both school's administration, OSSAA certified official, public awareness that a match is taking place, and comply with all OSSAA and National Federation wrestling regulations), multi-dual, or tournament that is OSSAA sanctioned. Open tournaments in November will not count. A wrestler who weighs-in with a weight allowance based on National Federation Rule 4-5-5 ("When there are consecutive days of team competition, there shall be a 1-pound additional allowance granted each day for all wrestlers up to a maximum of two pounds.") is eligible to compete in that weight classification but has not certified his/her minimum weight at that classification unless he/she has weighed-in at scratch weight.

3. A wrestler who was not able to certify his/her minimum weight prior to January 18, 2020 may do so only after the school has received written approval from the OSSAA because of injury, illness, or some other unusual circumstance that prevented him/her from doing so. School administrators shall make their request in writing to the OSSAA and explain their circumstance.
4. Once a wrestler certifies their minimum weight, they can only weigh-in one weight class above their minimum weight and still keep that minimum weight. Any time a wrestler weigh-ins two weight classes above a previous weigh-in, his minimum weight will move up accordingly and he/she cannot go back down.
5. A two growth allowance will be given to all wrestlers in grades 7-12 beginning on January 1 and will continue for the remainder of the wrestling season.

MOTIVATIONAL SPORTS QUOTES

"Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability."

John Wooden

"Never give up! Failure and rejection are only the first step to succeeding."

Jim Valvano

"It's not the will to win that matters—everyone has that. It's the will to prepare to win that matters."

Paul "Bear" Bryant

"The difference between the impossible and the possible lies in a man's determination."

Tommy Lasorda

"A champion is someone who gets up when he can't."

Jack Dempsey

"Persistence can change failure into extraordinary achievement."

Matt Biondi

"There are only two options regarding commitment. You're either IN or you're OUT. There is no such thing as life in-between."

Pat Riley

"The time when there is no one there to feel sorry for you or to cheer for you is when a player is made."

Tim Duncan

"Most people run a race to see who is fastest. I run a race to see who has the most guts."

Steve Prefontaine

"Excellence is not a singular act but a habit. You are what you do repeatedly."

Shaquille O'Neal

More enduringly than any other sport, wrestling teaches self-control and pride. Some have wrestled without great skill - none have wrestled without pride.

Dan Gable