



**WRESTLING**

**JUNIOR SCHOOL  
TEAM HANDBOOK**

**HARDWORK  
NO EXCUSES!**

## **Northern's Coaching Philosophy**

**Not everyone can be a champion, but anyone can be a winner!**

This means is that anyone who participates in wrestling regardless of age or athletic ability has the potential to be a **WINNER**. A winner is someone who has learned to face a challenge or overcome an obstacle and has persevered to the end. In other words, a winner is one who “has fought the good fight and finished the race.”

Winning has to do with wrestling to one's fullest potential. Now one's potential is not a fixed entity. It is ever-changing depending upon one's age, emotional maturity, skill development, and physical conditioning. For example, an eleven-year-old boy wrestling in his first match ever does not have the same potential to wrestle as a college athlete competing in his fourth NCAA tournament.

The role of a coach is to know the difference and prepare each athlete to perform at his or her best on any given day. The most important thing is not who has the most points at the end of a match, but who wrestled to his fullest potential.

Success is not always determined by the skill of the wrestler, but by the **will** of the wrestler. “Victory doesn't always go to the better man, but to the one who thinks he can.” For as a person thinks within himself, so he is. (says an ancient Hebrew proverb).

**Not everyone can be a champion, but  
anyone can be a winner.**

**Wrestling for Northern is a  
great privilege, not a  
sacrifice!**

## **Assumption – Role of the Wrestlers**

It is important that you understand that we are making four assumptions about you as a Northern Wrestler. If you are not in agreement with these four assumptions and willing to strive toward each of them, then this is not the program for you.

1. **We assume you want to be the best person you can be.** You must understand that you represent The Northern Wrestling Program. You may be the only athlete some people will ever know or remember. Your character is a direct reflection of our program. There are many benefits that go along with being a part of our program. With those benefits, you will be held accountable for your actions. We will help you become the best you can be on and off the mat.
2. **We assume that you expect to graduate with the highest grades that you are capable of making.** You are responsible to yourself, your parents, and the team to strive for the highest grades possible.
3. **We assume that you want to be the best athlete you can be.** Coaches see what you can and should be and will push you to achieve your maximum potential. Coaches can try to motivate you, but the most effective motivation comes from within. The Northern Wrestling Staff will encourage you to strive for nothing less than your best.
4. **We assume that you want to be a part of a Championship Team.** Everything about our program is designed to produce champions on and off the mat. You will be expected to practice, compete, and have the discipline of a champion.

## **Distribution of Information**

The official website of the Northern Wrestling is <http://www.northernwrestling.org> and most information can be found at this site or our Facebook page. Schedules can be found by visiting the website under schedules. Also new, this year we will be using the smartphone app Slack. Hard copies of trip itineraries will be distributed prior to departure, and it is the responsibility of each wrestler to get these to their parents. Hotel information for each overnight trip will be emailed to parents prior to our departure. Please note there are occasions where JV wrestlers may or may not join wrestlers on overnight trips.

# Coaches' Expectations of Wrestlers

1. **Sportsmanship.** Sportsmanship in practice and at competitions is held in the highest regard. Northern Wrestling is known for having great wrestlers, and we don't want that reputation dampened by a lack of sportsmanship. Wrestling is a hard sport, and wrestlers must expect their opponents to try their best to defeat them. If your opponent's effort is too much for you to handle in a sportsmanlike fashion, then I would suggest this may not be the sport for you. Referees are human and may make mistakes at times. NO wrestler or parent at any time is to argue with a referee or execute an unsportsmanlike act toward a referee. Only a coach is allowed to confront a referee.
2. **Accountability.** Coaches will do everything they can to prepare each athlete for competition, but it is up to each individual athlete to make the most of the opportunities provided to them. Practice and competition rules will be set by the coaching staff, and each wrestler will be held accountable for following each of those rules. Northern Wrestlers will be expected to hold themselves accountable for their actions, efforts, grades, conduct, successes, and failures. Excuses and passing blame create weakness and will not be tolerated in the Northern Wrestling Program. A person must have the ability to look himself in the mirror and give an honest evaluation, as well as accept an honest evaluation from the coaches, in order to reach new heights!
3. **Be Coachable.** The success of the Northern Wrestling Program has been built on those athletes who have decided to listen to the coach. Coaching is a process whereby we, the coaches, challenge the wrestler to find his or her own best answers. Through this process, others are forced to think for themselves. It is a process that develops leaders. If every time you are challenged by a coach you make excuses for where you are and why your way is the best, you will never be able to stretch your boundaries. If you truly wish to strive to be the best you can be, it is essential to listen to your coaches and not question them when you are challenged.
4. **Discipline.** All is lost without discipline. If you don't have the discipline to follow the team rules and the guidelines set forth by the coaching staff, you are going to hold yourself and the team back. No one person is bigger than the program or the others on the team.
5. **Respect.** Northern Wrestlers will show respect to all. Treat others as you would like to be treated. This includes fellow wrestlers, coaches, fans, administrators, referees, and so on. You must also respect the practice facilities and equipment. In the weight room, you must always clean up after yourself and use the equipment in the proper manner. In the locker room you must also clean up after yourself. You are expected to keep the wrestling rooms clean and to participate in any setting up or tearing down of equipment.
6. **"Pay the Price".** Any wrestler who cannot follow the rules and guidelines set forth by the coaching staff must be willing to accept the appropriate punishment.

The punishment will depend on the severity and frequency of the infractions. Punishments can be anything from extra conditioning to suspension from the team. The Northern Wrestling Coaching Staff will decide on the appropriate punishment.

7. **Hygiene.** All wrestlers are required to follow the guidelines outlined later in this handout for hygiene.
8. **Nutrition.** All wrestlers are encouraged to do their best to follow the nutrition guidelines outlined later in this handout.
9. **Return all issued equipment.** Singlets and warm-ups will be issued to the wrestlers and are to be returned at the conclusion of the season. If they are not returned in a timely manner, the parents/guardian of the wrestler will be responsible to pay for the singlets and warm-ups.

## **“How a man plays the game shows something of his character; how he loses shows all of it.”**

10. **Security.** The wrestling program will do the following to provide a secure environment. Practices will be held at Northern High School. To provide a secure environment at the H.S., each wrestler will be provided a locker in the wrestling team locker room. Theft is a selfish act that will not be tolerated, but it is the wrestler’s responsibility to secure his or her belongings. Anyone caught stealing will be dealt with by the coaching staff in a severe manner.
11. **Attendance.** Wrestlers are expected to attend all practices and competitions prepared and on time unless otherwise instructed by the coaches. If you are injured, you still need to be on time to practice and dressed out. If you are in some type of physical therapy after school, you need to report to practice after and dressed out. The athletic trainer or coaches with direction from trainer will give you an alternative workout that will not affect your injury. If you are unable to do any physical activity, you still need to be at practice dressed out and should encourage your teammates. See attendance policy below.

### **3 unexcused absences TOTAL**

#### ■ Excused Absences

- Serious injury/illness (Doctor’s note MUST be provided)
- Death in the family
- Mandatory school/college events or additional support for academics

#### ■ Unexcused Absences

- Vacation during in-season events
- In-school disciplinary absences
- Hunting
- Birthdays, camps, club, other organizations, etc.
- Conflict with other sports

12. **In the Classroom.** The Northern Wrestling Program is a tool to help motivate our wrestlers to do well in school. Wrestling helps students to stay eligible and could possibly provide an avenue to a college education if grades are good enough. There are two expectations concerning your work in the classroom. The first concerns **ACCOUNTABILITY**. Each wrestler will be responsible for the work that his teacher asks him to complete. The second expectation concerns each wrestler's **RESPONSIBILITY** for how he conducts himself in the classroom. Each wrestler is responsible for his own actions. If you break school or classroom rules, you must accept the school's or teacher's punishment. The wrestling staff will be 100% loyal to the school or teacher. If you are assigned ISS or OSS, we do not consider wrestling punishment to be "double punishment" because of your obligations to your teammates. ISS/OSS situations where you miss practices or matches will be dealt with as unexcused absences.

### **Personnel / Lineup Decisions**

Every wrestler wants to start for the Northern Wrestling Team. Unfortunately, not all of you will. The great thing about our program is that our JV Wrestlers have a full schedule and are able to get close to as many matches as our Varsity Wrestlers. The coaching staff will determine the starter at each weight class. It is important for wrestlers to understand how we will decide on the starting positions. The following points will influence the coaches' decisions on starting positions.

1. **Performance, Practice, and Wrestle-offs** are the three main determinants in who will be the starting wrestler at each weight class. The goal of the coaching staff is to have the wrestler who will best represent the program in each position. Wrestle-offs alone will not determine the final starting position. If a wrestler is losing to a competitor in the practice room and in a wrestle-off, but is performing better in competition, that wrestler may get the starting spot. If a wrestler cannot show that he is able to compete with a weight class competitor in practice and is not performing up to the competitors' level in competition, there may not be a wrestle-off. The coaching staff has the final say in all wrestle-offs and final starting positions.

**If two wrestlers are competing for the same spot and are close in wrestle-offs, practice, and competition, then the following criteria may come into play when making a decision on the final starting position.**

2. **Attitude.** The wrestling season can be long and demanding. The best way to make it through the ups and downs of the season is to keep a positive and optimistic attitude. A wrestler's work ethic and attitude throughout the season will be looked at by the coaching staff when determining the starting wrestler of a weight class.
3. **Dependability.** The members of The Northern Wrestling Team depend on each other for many reasons. A wrestler's physical, mental, academic, and behavioral dependability can be taken into account when determining a starter.
4. **Contribution to overall team.** Wrestling is both a team and individual sport. The coaches will communicate with the wrestlers what is expected of each to help the team. Team members must be willing to wrestle where it will most benefit the team.
5. **Sportsmanship.** Most people's only contact with our team is on match day.

Unsportsmanlike behavior is a bad reflection on the entire program. A lack of sportsmanship can be a determining factor in the final decision on who gets a starting position.

6. **Mental toughness.** For a wrestler to be able to compete at a high level, he must be able to display mental toughness on a consistent basis. A wrestler's level of mental toughness may be weighed when determining the starting position.
7. **Being Coachable.** Wrestling is a sport that is defined by discipline. Northern wrestlers need to follow the coaches' rules and guidelines. A wrestler's willingness to follow the rules and guidelines set forth by the coaching staff may come into play when solidifying a starting position.

### **Returning From Injuries**

When an injured player returns, he must demonstrate that he is capable of returning to the mat, and will be given every opportunity to win a starting spot. If a starting spot is in contention with another wrestler competing close to the same level, the physical stability of the injured athlete may be taken into account when deciding on starting positions.

### **Skin Disease Prevention**

Unfortunately, wrestling, like many other contact sports, carries a risk of transmitting diseases. The Northern Wrestling Team takes every precaution to prevent this from happening. It is extremely important for all wrestlers to follow the guidelines described in this handout to protect them from this.

1. ALL Wrestlers must shower with soap and water directly after practice.
2. DO NOT Share or REUSE towels!!! Wash them after every use!
3. If any clothing is left in the locker room, it will be thrown away.
4. Wipe off benches and bars after using in weight room.
5. DO NOT REUSE workout clothes. Wash workout clothes after every workout.
6. Wash kneepads, headgear, and shoes on a regular basis.
7. NEVER leave your wet shoes or kneepads in your bag over night. Let them dry out.
8. NEVER wear your wrestling shoes outside.
9. Check yourself for rashes and skin abrasions daily and immediately report them to a coach.
10. Wash hands regularly and use a disease prevention wipe on days in between competition, and shower after matches at tournaments.

### **Prevention of Illness**

Sickness can be prevented or at least kept to a minimum throughout the wrestling season if you take care of yourself. During the season, your immune system may be run down from training and stress, and the weather is not favorable so it is even more important to take care of yourself compared to other times of the year. Below is list the coaching staff recommendations for wrestlers follow throughout the season.

1. Take a multi-vitamin everyday.

2. Get a minimum of eight hours of sleep each night.
3. Maintain your sleep patterns on weekends and don't stay up too late.
4. Take Vitamin C tablets each day.
5. Never go outside without a coat or stocking hat.
6. Dry your hair after showers and before you go outside.
7. Always wear socks.
8. Don't share drinks.
9. Avoid close contact with others who are sick, and if you are sick keep your distance from others.
10. Wash hands regularly throughout the day.

### **Team Captains**

Within the first three weeks of the season, the team captains will be announced. Captains will go through a basic interview process. Everyone, not only the team captains, is expected to be a leader!

### **Team Medical Care Policy**

Our philosophy concerning injuries is two-fold. First, the health and safety of the wrestler is our number one concern. Second, we want to get an injured wrestler ready to compete again as quickly as possible. In the unfortunate incident that a wrestler becomes injured, we have established a Team Medical Policy designed to evaluate and treat the player as quickly as possible. Should an injury occur, we would like to follow this protocol:

1. Evaluation by our athletic trainer Darin Gillis, Coach Repman or an Assistant Coach (depending on when the injury occurs and upon who is present at the practices or competition). Please notify Coach Repman if you think you need to go to the doctor. Northern's Athletic Trainer can refer you to a sports-minded doctor. Some minor injuries can be evaluated without a doctor's visit. Coach Repman would like to be aware of all injuries and not be surprised.
2. When a wrestler is being seen by a doctor, please relay any information pertaining to the injury to Coach Repman. It is very important that Coach Repman and the rest of his staff are kept up-to-date on the status of all serious injuries.
3. Parents will be notified in the case of any injury serious enough to be evaluated by a physician.
4. A doctor's note will be required for your child to be excused from practice for an extended period of time. However, wrestling is a contact sport and many minor injuries can occur. The Trainer and/or the Northern Coaches will work with each injury and each athlete on an individual basis and some practice time may be missed without a doctor's note. Wrestlers are expected to attend practice even if they cannot participate.

In the unlikely event of a catastrophic injury, we have established an Emergency Plan to

handle such injuries.

1. A phone is always available at practices and competitions.
2. Northern Athletic Trainers provided the team with a medical kit that is with us at practices and competitions.
3. The coaching staff will have specific assignments concerning their role in the event of a catastrophic injury, such as: who makes the 911 call, who stays with the victim, who stays with the team, who calls the injured wrestlers parents, and so on.

Physicals – You must have a physical examination or complete the recertification packet before you can participate in any Northern Wrestling practices or competitions.

## **Sportsmanship**

### **Points of emphasis for those who attend a sporting event.**

One of the greatest perils to athletics is overzealous fans. For athletic programs to provide the best experience for their student-athletes, coaches, officials, and spectators, implantation of good sportsmanship is key. Below are some points of emphasis on sportsmanship that may protect the integrity of athletics and enable fans and participants to better enjoy the contest.

1. Show interest in the contest by enthusiastically cheering and applauding the performance of all teams.
2. Show proper respect for opening ceremonies by standing at attention and remaining silent when the national anthem is played.
3. Understand that a ticket is a privilege to observe the contest, not a license to verbally attack others or to be obnoxious. Maintain self control.
4. Do not boo or make disrespectful remarks toward players or officials.
5. Learn the rules of the game so that you may understand and appreciate why certain situations take place.
6. Know that noisemakers of any kind are not proper for indoor events.
7. Obey and respect officials and faculty supervisors who are responsible for keeping order. Respect the integrity and judgment of game officials.
8. Stay off the playing area at all times and out of the areas marked for coaches and wrestlers.
9. Do not disturb others by throwing material onto the playing area.
10. Show respect for officials, coaches, student-athletes, and cheerleaders.
11. Respect public property by not damaging the equipment or facilities.
12. Know that institutional officials reserve the right to refuse attendance of individuals whose conduct is not proper.

## **Parent Expectations**

1. As a parent of a Northern student athlete, you must acknowledge that you are a role model for your child. Remember that high school athletics are an extension of Northern academic mission, and serve educational, developmental, and health purposes in the life of your child. As a parent, you must show respect for all players, coaches, officials, and supporters of your child and participating institutions. You accept and understand that the spirit of fair play and good sportsmanship are expected by Northern at all athletic events on and off campus. You need to accept your responsibility to be a model of integrity and good sportsmanship that comes with being the parent of a Northern student athlete.
2. Take ownership of your part in this program. Make sure your child attends every function, workout, and practice, prepared and on time.
3. Monitor your child's academic progress and make sure he completes his assignments on time. A typical high school student will have homework or something to study each night.
4. Respect all rules and guidelines set forth by the coaching staff and support disciplinary actions taken on your child by the coaching staff.
5. During competitions, please stay in the stands and cheer on all members of the Northern Wrestling Team.
6. Make a deposit into your child's life and join the Northern Wrestling Booster Club. This organization's sole purpose is to benefit your son/daughter while he/she is part of this program. **WE NEED HELP!**
  - a. If you have any questions or concerns about our program, please go to Coach Repman first. Please do not go to the Principal, Assistant Principal, Athletic Director, or Assistant Coaches; they will refer you to Coach Repman. You may contact Coach Repman at 717-557-8251. If you cannot reach me, please leave a message and I will return or react to your call as soon as possible. Please do not approach the coaching staff with a problem directly before competition or practice, during competition or practice, or directly after competition or practice. Please be aware that The Northern Coaching Staff will not discuss matters of other athletes with you. At any appropriate time, Coach Repman will, discuss the philosophy behind the policies in this handbook and ways that we can improve you child's performance in the classroom or on the mat.

**Thank you for allowing your child to wrestle for us. We know that each wrestler will become a better person for being in our program.**

**\*New Rules Change for this season\*  
Scoring near fall and pins will continue outside the circle as long as one wrestler has one supporting point in bounds.**

# Promoting a Positive Athletic Experience: The Parent's Guide

From: Greg Dale, Ph.D., Mental Training Coach, Duke University

1. Be the best supporter and role model you can be. You, as parents, will have a bigger influence on your child's life than **anyone** else.
2. Communicate with your athlete and find out **his** goals in the sport. These goals may be different than what you want. Intrinsic motivation is much stronger than extrinsic motivation!
3. Let them know that anything worth achieving is going to take a lot of hard work.
4. Support your child and be realistic in his ability and skill level and encourage him to strive to higher levels. **DON'T** compare your athlete to others!
5. Show **unconditional** love and support for your child NO MATTER how he performs!!!! Realize that nobody loses on purpose.
6. Let the coaches coach. The worse thing we can have is a confused athlete.
7. Encourage your athlete to be a leader. Let **him** communicate with the coaches and let **him** make decisions.
8. Don't make excuses for your athlete.
9. Game Day Rules
  - i. Passionately cheer and support your wrestler and the team.
  - ii. Please stay off the competition floor and out of the wrestler's corner.
  - iii. While in the stands be positive. Don't yell criticisms or do anything to draw attention away from the athletes and toward you.
  - iv. While your athlete is competing, please don't make an effort for the athlete to focus on you rather than the coach. Once again, we don't want a confused athlete.
  - v. Please refrain from yelling derogatory comments to the officials, fans, or anyone else involved in the event.
  - vi. Let the coaches deal with referees. I have never seen abusing a referee lead to a positive reaction.
  - vii. Let the coaches coach and please don't interfere with coaches during competition.
  - viii. Support the coaches' decisions and any disciplinary actions by the coaches.

**Most people come in contact with this program solely with the wrestlers, coaches, parents, and fans at competitions. How we act will stick with them. Let's all be class acts!**

# **HARD WORK NO EXCUSES!**

**I have read and understand the Northern Wrestling Handbook. By signing below I agree to follow the rules and guidelines set forth in this handbook to best of my ability and accept the consequences for not following these rules and guidelines handed down from the Northern Wrestling Staff and/or Northern Conduct. I also understand that one parent/guardian signing this holds both to this agreement.**

**Wrestler** \_\_\_\_\_  
**Print Name**

\_\_\_\_\_  
**Signature**

**Parent/Guardian** \_\_\_\_\_  
**Print Name**

\_\_\_\_\_  
**Signature**