

WAPAKONETA WRESTLING REDSKINS

WHAT IS EXPECTED OF A WAPAKONETA WRESTLER?

1. Do your best to excel in the classroom. Our # 1 priority is **school**. Our team goal is a 3.0 GPA.
 - ☐ Go to class! Participate! Prepare for tests and quizzes!
 - ☐ Be a scholar-athlete!
2. Represent Wapakoneta Middle School with **Class** and **Pride**, Always.
 - ☐ Before you act, ask yourself these four questions:
 1. Would your parents approve of what you are doing?
 2. Would your coaches approve of what you are doing?
 3. Is it allowable based on the Code of Conduct you signed?
 4. If you knew someone was watching, would you do it?
 - ☐ If the answer is “yes” to all those questions, it’s probably ok.
 - ☐ **If you have to question what you are doing, you probably shouldn’t be doing it.**
3. Give your *best effort every day*.
 - ☐ The coaches know that “best” effort is a relative term. Things outside wrestling will have an impact on you. Life happens. We know that. However, we expect you to do the very best you can in the room each day. That means having a positive attitude, being committed to getting better, and working hard to develop your skills and conditioning for wrestling.
 - ☐ Your coaches will never ask for more than you are capable of. You are capable of 20 times what you think you are.
4. Be **committed** to the program. Commitment, by definition, is **TOTAL** and **COMPLETE** dedication. We expect you to:
 - ☐ Attend practice every day. Unexcused absences are unacceptable. If you must miss for an approved reason, tell a coach in advance, and bring a note upon return.
 - ☐ Communicate with your coaches regarding your academics, physical and mental well- being, and any issues you may be having.
 - ☐ Listen to your coaches and follow their directions to the best of your ability.
5. Expect success.
 - ☐ You are a member of a first-class, top-notch program that is rich in history and tradition. You will work hard and with hard work will come success – **EXPECT IT!**

Care more than others think is wise.

Risk more than others think is safe.

Dream more than others think is practical.

EXPECT MORE THAN OTHERS THINK IS POSSIBLE!

WAPAKONETA WRESTLING REDSKINS

PROGRAM PHILOSOPHY

THE TOTAL PERSON

The Wapakoneta Wrestling program is concerned with more than just wrestling success on the mat. Our goal is to create positive, productive CITIZENS! We will develop young people who understand the importance of academics, work ethic, first-class behavior, accountability, and perseverance. We will NEVER compromise the integrity of our athletes or ourselves to win matches. When the community speaks about our program, we want them to say we develop quality individuals, not just quality wrestlers.

GENERAL EXPECTATIONS - COACHES

- ☐ Provide a positive role model for our athletes, in terms of athletics, academics, and behavior.
- ☐ Integrate life skills and lessons through the sport.
- ☐ Represent our school and community with Class and Pride.
- ☐ Give the best effort to create a winning and fun environment for the athletes every day.
- ☐ Be committed to the program.
- ☐ Expect success.

GENERAL EXPECTATIONS - WRESTLERS

- ☐ Be the best Teammate possible.
- ☐ Do their best to excel in the classroom.
- ☐ Represent our school and community with class and pride.
- ☐ Give their best effort every day.
- ☐ Be committed to the program.
- ☐ Expect success.
- ☐ Compete.
- ☐ HAVE FUN!

GENERAL PROGRAM GOALS

- ☐ Represent our school with class and pride.
- ☐ Maintain a year-round, comprehensive K-12 athletic program.
- ☐ Maximize academic performance.
- ☐ Maximize athletic performance.
- ☐ Create an environment that fosters hard work, success, and respect.

SPECIFIC PROGRAM OBJECTIVES

- ☐ Team GPA of 3.0 or higher.
- ☐ BE BETTER THAN THE DAY BEFORE!
- ☐ Compete in every match
- ☐ Win all WBL Duals and the Elida Invitational (Leagues).
- ☐ Place in top 3 at every tournament.

WAPAKONETA WRESTLING REDSKINS

Team Rules and Regulations

RESPECT OF COACHES/SCHOOL PERSONNEL

- ☒ Wrestlers will treat all coaches, school personnel, and adults, with the highest respect.
- ☒ Wrestlers will address coaches as “coach”. Have confidence in your coaches.

LOCKER ROOM POLICY

Respect our facilities and the facilities of other schools that we travel to! No damage, destruction, or defacing of any kind will be tolerated. Clean up after yourself. Keep our wrestling room neat and orderly. Coaches reserve the right to throw away anything left lying on the ground. Hold your teammates who do not adhere to this policy accountable for their actions.

PRACTICE ATTIRE

Wrestlers may wear shorts, T-shirts, long sleeve shirts, sweatshirts, and/or sweats to practice. Wrestling shoes are the only footwear permitted on the wrestling mats. The wrestling room may be cold when practice begins, dress accordingly. All practice attire must be school appropriate. Wrestlers are expected to have running shoes for practice every day. Headgear is encouraged during practice, but not mandatory.

HYGIENE

Because of the close contact while wrestling, proper hygiene is critical. All wrestlers will immediately shower after practice. If any skin condition outbreak occurs, all wrestlers must shower before leaving the facility. All wrestlers will wear clean clothes during practice and change into clean clothes prior to leaving practice. The wrestling mats will be cleaned prior to each practice. Additional hygiene tips:

- ☒ Practice items should be taken home daily and laundered.
- ☒ Clean wrestling bags out regularly. Spray them with Lysol weekly.
- ☒ Never wear your wrestling shoes outside.
- ☒ Don't store headgear and shoes in wrestling bags with clothing.
- ☒ Wash knee pads, arm and leg sleeves, and headgear at least once a week and spray with Lysol regularly.
- ☒ Notify coaches immediately of any new skin conditions, known or unknown.

PRACTICE ROOM EXPECTATIONS

Enter the room with a purpose, and a positive attitude! We need to get better every day. Remember that we are all teammates, and you need to treat all teammates with respect. What happens in the practice room stays in the practice room. You are expected to practice hard every day. Missing practice is not an option! Do not miss practice. If you are injured, you still come to practice and get some type of workout that does not aggravate your injury. You are expected to be on time every day as well. Late wrestlers will cost the team. The only excuse acceptable for being late to my practices is for academic purposes or family emergencies. If you

WMS Champions Manual

need to stay after school and work with a teacher, simply have that teacher write a pass for practice, just like you would if you were late for an academic class. If there is a family emergency, we ask the parents to call and let us know. We will not accept messages from the wrestlers stating it's a family emergency. An unexcused absence during the week will result in the wrestler having to sit out the next competitive event. The wrestler will still be required to attend the event with the team. More than three unexcused absences can result in expulsion from the team.

WEIGHT LOSS POLICY

The following represents the weight loss policy of the Wapakoneta wrestling program:
State Weight Loss Rule

“The OHSAA does not approve any practices that endanger the health and safety of the participants. Crash dieting, the use of diuretic and other drugs for weight reduction, the use of a sweat box, any type of rubber, vinyl plastic sweat suits or bag, hot showers, whirlpools or similar artificial heat devices for weight reduction is PROHIBITED. Violations shall automatically disqualify the contestant from further participation for the match.”

- ☐ **Weight Classes – Boys-** 80, 86, 92, 98, 104, 110, 116, 122, 128, 134, 142, 150, 160, 172, 205 and 245. The minimum weight for the 245 pound class shall be 200 pounds and is subject to the growth allowance, making it 202 pounds on and after 12/25.
- ☐ **Weight Classes – Girls-** 72, 80, 86, 92, 98, 104, 110, 116, 122, 128, 134, 142, 155, 170, 190, and 235. The minimum weight for the 235 pound class shall be 185 pounds and is subject to the growth allowance, making it 187 pounds on and after 12/25.
- ☐ **Growth Allowance-** The growth allowance is intended to grow the weight classes to accommodate the natural growth of the 7th & 8th grade wrestler. It is not intended to assist a youngster to “starve” himself / herself into a lower weight class. A two pound growth allowance will be applied to all weight classes on December 25. In effect, all maximum weights in all weight classes go up two pounds. 7th & 8th grade wrestlers do not “certify” at a weight class, they are eligible for weight classes by their strict weight only, regardless of weight loss during the season.
- ☐ **Weigh-in Regulations (7th & 8th Grade)**
 - ☐ Wrestlers may weigh-in at their home school on the day of competition. The host school / tournament director may dictate the time of day the home weigh-ins take place. The weigh-in must be witnessed by an administrator/designee, and the approved, signed weigh-in sheet shall be presented at the meet prior to the competition.
 - ☐ Wrestlers will weigh-in before practice and weigh-out after practice WITH A COACH.
 - ☐ For competitions, you MUST make weight. If you do not make the official weight, you will work out until you make it. BE ON WEIGHT! If you do not make weight you are

WMS Champions Manual

required to still attend the entire tournament and you will assist coaches with filming and stats.

NUTRITIONAL INFORMATION

Please read the attached sheet for nutritional information concerning what to eat before competition. What you put into your body will determine how your body performs during competition. EAT TO WIN! Here are some key points to consider when deciding what weight class to wrestle and losing the weight:

- ☐ Never use starvation as a weight loss method. This actually makes it harder to lose weight.
- ☐ Drink water! This will HELP you lose weight and keep you hydrated.
- ☐ Burn more calories. Increased exercise level will help you lose weight and become physically fit for wrestling.
- ☐ Eat foods high in complex carbohydrates and low in fat/sodium.
- ☐ Calorie considerations. Always remember the following guidelines when reading nutrition labels, etc...
 - ☐ 1 gram of carbohydrate = 4 calories
 - ☐ 1 gram of protein = 4 calories
 - ☐ 1 gram of fat = 9 calories
 - ☐ Obviously, carbohydrate and protein should be your main food choices.

SNOW DAYS/CANCELLATIONS

On any day that school is canceled due to bad weather, practice and home meets will also be canceled (TBA depending if we are traveling with the High School).

INJURIES

Injuries need to be dealt with in the following manner:

- ☐ If you are injured see one of your coaches first. We are responsible for you from 3:20 -5:20 p.m. We need to know where you are so check with a coach first before seeing the athletic trainer.
- ☐ Wrestlers that are not cleared to practice are expected to be at practice and competitions. We can find ways to work around injuries.
- ☐ If a wrestler is unable to practice, it is crucial that you still get a workout in so you can stay in wrestling shape.

INDICATOR MATCHES

If there is more than one wrestler in a weight class, there will be an indicator match wrestle-off.

Wrestle-offs work in the following way:

- ☐ If you are challenging a wrestler, you must let one of the coaches know.
- ☐ In order to earn a spot, you must beat the wrestler two times in a row.
- ☐ If you earn a spot due to injury, the starting wrestler regains the starting spot when cleared to return to wrestling.

WMS Champions Manual

- ☒ To challenge, a wrestler must be within 5 pounds of the weight class.

Typically, the wrestler that wins the *wrestle-off* will represent the Team at the next scheduled competition. However, the coaching staff reserves the right to replace the winning wrestler with another competitor.

COMPETITIONS

All wrestlers are required to attend all events whether they are competing or not. All wrestlers are expected to arrive by the time established by the coaching staff. All wrestlers will travel to and from the event with the team, unless previously coordinated with the coach and the school. No wrestler will be allowed to leave early from a dual meet or tournament. All team members at competitions will sit together as a Team and support the individual(s) on the mat. For home meets, all wrestlers are expected to help set up and tear down the mats in the gym. Failure to follow any of these guidelines will result in extra duties and/or conditioning.

EQUIPMENT

Each wrestler is responsible for the equipment issued to them. DO NOT let anyone borrow your equipment. If a teammate loses or damages the equipment given to you, YOU will pay to have it repaired or replaced. Equipment will be turned in as soon as the wrestler is finished with a competition. Warm up attire should be folded and put in your bag or in a teammate's hands when you are up to wrestle. All equipment, warm up and headgear are numbered. If your equipment is found unattended or left behind by a coach extra conditioning will be issued.

VALUABLES

All valuables should be kept with you during duals and tournaments if you do not have a lock for the lockers or lockers are unavailable. If you bring valuables with you to practice, they will remain on your assigned shelf. Cell phones are to remain off until practice is over. If there is a reason your phone must be on you must let the coaches know ahead of time. Wrestlers are not permitted to touch or move any items on any other teammate's shelves. There have been problems in the past with items coming up missing. The coaching staff and Wapakoneta City Schools are not responsible for any lost or stolen valuables. Also, anyone caught taking valuables from our locker room will be dismissed from the team immediately.

DISCIPLINE AND BEHAVIOR

A wrestler that does not have the discipline to follow the team rules, is going to hold themselves and the Team back. No one person is bigger than the Team. Any wrestler who cannot follow the guidelines set forth by the coaching staff must be willing to accept the appropriate consequence, including removal from the team. Additional consequences include but are not limited to extra conditioning and wrestlers being sat for events.

Any form of bullying is unacceptable and will be reported to the school, and they will deem the appropriate punishment. Any wrestler who feels they are being mistreated or harassed must immediately inform a coach.