

Wrestler/Parent Handbook

1. Team Philosophy and Expectations:

We want our wrestlers to have an “Expect to Win” mentality in our program. We expect them to “win” in the classroom, in their character development, and in their life’s endeavors. Our priority is to build productive citizens with high moral values and beliefs through the sport of wrestling. In order to accomplish this goal, we ask three things of our athletes...GET BETTER, GET CLOSER, & COMPETE!

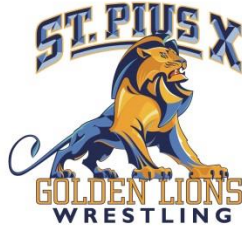
2. Academics:

The term student-athlete means just what it says. You are a STUDENT FIRST, ATHLETE SECOND! Participation in athletics is a privilege and is not guaranteed to anyone. You must adhere to the academic, behavioral, and extracurricular policies in the student handbook. Failure on your part in any one of those policies can and will result in disciplinary actions that could ultimately result in dismissal from the team. Being an athlete is never an excuse for poor grades. Similarly, keeping up with your academic responsibilities is not an excuse to miss practice or to be late. Study after study has shown that participation in extracurricular activities actually improve grades.

Bottom Line: Keep your grades up. If you do not train, you do not compete!

3. Attendance:

As mentioned above, if you are not at practice, you cannot compete. School attendance is a given. If for some reason, you cannot attend school or practice, you must contact the Head Coach. At times circumstances arise that are not under the control of the wrestler, simply inform the Head Coach when an unexpected absence or tardy occurs. If you are late because you are getting academic help, bring a note from the teacher. Unexcused absences or tardies are a discipline issue and will be dealt with accordingly. Please review the team calendar in order to avoid potential conflicts.



4. What do I need in order to participate:

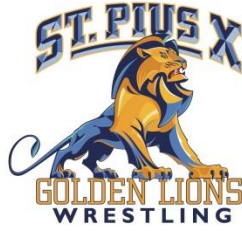
- A current physical on file with the athletic department
- Wrestling shoes
- Tennis shoes (have every day for outdoor runs)
- Practice T-shirt (long sleeve preferred); bring extra t-shirts to change into during practice
- Athletic practice shorts (no pockets). Compression pants are allowed under the shorts
- Socks
- Sweats for cold weather outdoor activities
- Mouthpiece (if you wear braces, you must wear a mouthpiece. Optional for everyone else).
- Headgear (Will be provided by SPX)

5. Training Staff & Injuries:

If a wrestler is unable to participate in practice, they are still expected to attend all practices and meets, unless receiving therapy for an injury. We ask that you allow your son to see our Head Trainer first, prior to seeking the opinion of your primary care physician. We do this simply to gauge the extent of the injury and recommend a treatment protocol and physician group that specializes in sports related injuries. It is the responsibility of the wrestler to report any and all suspected injuries or skin conditions to the head coach immediately upon notice.

6. Locker room facilities & personal hygiene:

Respect our facilities and the facilities of others. No horseplay or destruction of any kind will be tolerated. Pick up your mess and keep the locker room clean. Secure all personal belongings.



HYGIENE MUSTS:

- Wear clean clothes every day to practice
- Shower after every practice and match
- If you see something on your skin that is not normal...show your Coach!
- Do not leave dirty gear in your locker overnight or in your gear bag
- Use an antibacterial soap
- Cover all open cuts during practice
- Clean headgear, knee pads, wrestling shoes and gear bags weekly
- Have a change of clothes for after practice that is weather appropriate, including shoes

Showers and clean towels are available in the locker room every day

7. Team Rules:

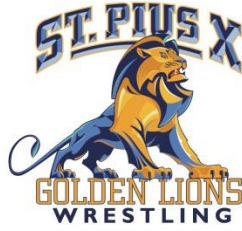
As previously stated, participation in wrestling is a privilege, not a right. Violation of the terms of the Team Rules will result in disciplinary action up to and including dismissal from the team.

Basic Rules:

- The Do Right Rule: if you do what is right, you can't do wrong!
- Don't do anything that would embarrass or disgrace yourself, your family, your team or your school. (If you have any doubt – Don't Do It!)
- Academics and attendance (previously covered...don't let these two areas trip you up!

Social Media:

Social media can be a useful tool to communicate with teammates, fans, friends, coaches, and more. Social media can also be dangerous if you are not careful. Every picture, link, quote, tweet, status, or post that you or your friends put online is forever part of your digital



footprint. You never know when that will come back to hurt or help your reputation during the recruiting process, a new job, or other important areas of your life.

Drug, Alcohol, & Tobacco Policy:

The use of drugs, alcohol, and/or tobacco products in any form will not be tolerated. The student handbook policies will be followed, which will result in disciplinary action and possible dismissal from the wrestling program.

“Your business is our business...you’re a Golden Lion 24/7/365!”

8. Nutrition & Weight Management:

Unhealthy weight loss will not be tolerated. All wrestlers will weigh-in/out daily to monitor weight.

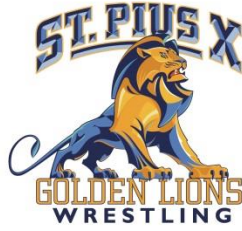
Bottom Line: Your athletic performance is a direct function of the way you fuel your body.

Making weight for competition is about being smart and proactive!

Please review the weight management documents listed on the wrestling home page

9. Wrestle-offs:

In order to wrestle off for a particular weight class, the wrestler must be within **FOUR** pounds of the weight class they wish to compete in. If a wrestler wins or is unopposed for two consecutive weeks, it is his weight class to lose. A challenger must beat the incumbent twice in a row to take his spot. Wrestle-offs will end on the last date allowed for a wrestler to drop to his minimum weight according to GHSA weight management policy.



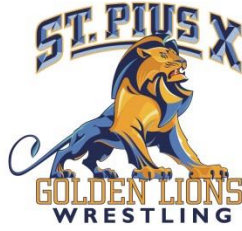
10. Match Conduct:

Wrestlers will act respectful to their opponents and officials. Wrestlers will not taunt the other team or criticize the officials. WIN WITH CLASS, AND IF YOU LOSE, LOSE WITH CLASS! Wrestlers will wear team gear only while on the bench or in a tournament. Plan to be on the podium with your team gear on! All wrestlers are to remain with the team during competitions and will stand-up and recognize their teammates win or lose during a dual meet. Cell phones are prohibited on the bench. The only exception, is to have a match videoed.

"One wrestler can't make the team better, but one wrestler can ruin a team

11. Lettering Policy:

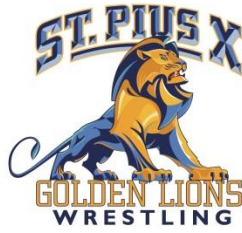
- Wrestlers competing in 60% of the varsity dates (a two day tournament is one date) and scoring team points in 50% of those matches will earn a letter. Regular season dates are used to determine eligibility for lettering.
- All seniors will letter
- All third year wrestlers will letter
- Any wrestler who sustains an injury that is season ending and had been a projected starter or started in more varsity dates than JV dates prior to the injury will letter (this could potentially carry over into the next season)
- Any wrestler who qualifies for the Final round of 16 in the State Finals tournament will letter (regardless of matches wrestled on the varsity during the regular season)



12. Parent Responsibilities:

- Attend meets/matches and support the team every chance you get!
- Help coordinate/volunteer with coke sales(all profits go directly back to the wrestling program)
- Help with transportation to and from events(we are always looking for bus drivers)
- Help with concessions and our “Turkey Duals” event
- Help with match day snacks/meals after weigh-ins
- **JOIN THE SPX ATHLETIC ASSOCIATION** – our budget is directly related to the monies collected by the Athletic Association. These monies help to fund additional coaching positions, facility upgrades, wrestler equipment & needs. Officials expense, tournament expenses, and transportation.

There are a number of membership levels. Please join at a level that you feel comfortable with, but please join! Our St. Pius X Catholic High School students depend on you to support all of our extracurricular programs.



By my signature below, I affirm that I have read and agree to abide by the guidelines listed in the wrestler/parent handbook.

Wrestler's name (please print): _____

Wrestler's signature: _____

Parent signature: _____

Please return this page to Coach Lancaster prior to November 1st of the current year