

REVERE WRESTLING

Program Handbook

“The relentless pursuit of the thrill of victory.”

1. Program Philosophy

The Revere Wrestling Program aims to develop student-athletes that represent their school, family, community, teammates, and themselves with the utmost character and integrity, as well as to build individuals who possess a strong work ethic, mental toughness, and fundamental skills in the sport of wrestling.

2. The Student-Athlete

It is important to remember the concept of a student-athlete. As a wrestler you must be a student first, and an athlete second. It is a collective coach/parent/athlete responsibility to help you become successful both in the classroom and on the mat. This mindset will help you develop into a person of strong character and integrity, who can become a productive citizen in the future.

3. School Student Handbook

You are expected to conform to the overall school's standards of behavior as outlined in the student handbook, and to demonstrate respect and good sportsmanship in all athletic situations. All school rules and regulations must be followed.

4. Coaches Expectations

You can expect to be treated with respect by your coaches, and that they will give a full effort in both the practice room and during competitions. Coaches will be fair and consistent in team and individual affairs. They will hold you accountable for your actions, both on the mat and in the classroom, and help you to maintain a high standard of living.

5. Wrestler General Expectations

You are expected to push yourself and your teammates to improve every day in the practice room and to give a maximum effort in competition. You should practice healthy eating habits that will maximize your performance. You are expected to win with class and lose with class, respecting opposing wrestlers, coaches, and officials in the process. Your actions are not just a reflection of yourself, but also of your family, your school, and our program... MAKE US PROUD!!! You are a leader in the school, and should act accordingly as someone who can be looked up to and who sets a good example for those around them. Everything you do reveals who you are. Your character is an important sacrifice... What are you doing when no one is watching you?

6. Wrestler Competition Expectations

You are expected to get an adequate amount of rest the night before a competition. Clip your nails and shave the night before if necessary. BEFORE leaving on the bus for a competition you are expected to check that you've packed your shoes, headgear, knee pads, mouthpiece, etc. Respect the host school's facilities and stay away from opposing athletes' belongings. After weigh-ins, eat a healthy snack and rehydrate... DO NOT PIG OUT! Get dressed in a timely fashion with the rest of your teammates. Be the first team out on the mat to warm up, and take it seriously... you have a job to do, and the warm-up should help you to focus on the task at hand. During competition, support your teammates by staying focused and attentive in the team area. This includes staying off your phone. Practice good sportsmanship in all circumstances.

7. Parent Expectations

Revere Wrestling parents are expected to be positive and encouraging to their children, the coaching staff, opposing wrestlers and coaches, officials, and tournament staff. It is not acceptable to yell at opposing wrestlers, fans,

coaches, or officials. During competitions, parents should remain in the spectator seating area and away from the team area... let the coaches do the coaching and help the wrestlers to stay focused. Parents also are expected to maintain good communication with the coaching staff... please respond to email communications in a timely manner, and please notify the coaching staff of any development in your son of injury, illness, skin condition, etc. Please do not address any concerns you may have regarding your wrestler's performance, behavior, or position (Varsity vs. JV) during a competition so the staff can focus on their coaching responsibilities. All concerns should be presented to the coaching staff in a calm, respectable manner, and it is advised that you wait at least 24 hours after a situation/incident has occurred to express your concerns.

8. Practice Times

You are expected to be at practice dressed and ready to go at the scheduled start time, including weekend practices and non-school day practices. See the team calendar for all scheduled start times. If necessary, see the trainer BEFORE practice begins to get taped up or evaluated.

9. Mat Cleaning

Freshmen wrestlers are expected to have the mats dry mopped, vacuumed, and wet mopped BEFORE practice is scheduled to begin. This includes weekend and non-school day practices so get in early to make sure everything is done. Refer to the cleaning schedule for your days of responsibility. If someone else is not present to fulfill their scheduled responsibility, step up and do the job yourself!!!

10. Locker Room

You can expect the varsity locker room to be locked during non-practice hours, however the JV lockers will require your own lock. Do not vandalize school property and **keep the locker room clean...** dirty/sweaty clothes should be taken home the same day they were used. Nothing is to be left on the floors and all showers are to be turned off after using.

11. Wrestling Room

Wipe your feet upon stepping onto the wrestling mats. Do not leave any gear in the room after practice... every item left behind will result in one extra double sprint for the team at practice the next day. Throw away all your garbage and do not leave any cups, athletic tape, ice bags, etc. behind.

12. Practice Clothing

Headgear should be worn during practice. You are permitted to wear athletic shorts, compression shorts, or tights during practice, as well as a short-sleeve or long-sleeve t-shirt. You may not wear more than two shirts at one time. You need to bring extra shirts to change into during water breaks. No hoodies, sweatshirts, or sweatpants are to be worn unless permitted by a coach. Your primary focus during practice is improving your technique, not cutting weight... **cut your weight on your own time!!!**

13. Practice Room Expectations

The practice room is a place to get better, so enter each day with a purpose on improving yourself. You have a responsibility to yourself and to your teammates to put in a maximum effort, even on the days when you are not feeling well... this is what truly builds your character. Teammates push one another and challenge each other to work harder... you can be friends afterwards but during practice you are "battling buddies". **KEEP YOUR FOCUS!!!** ... Do not let outside factors hinder your improvement. If energy is low in the room, step up and be a leader... be positive, be vocal, and lead by example!!!

14. Missing Practices/Competitions

All wrestlers are expected to attend EVERY practice and competition, including weekend, non-school days, and winter break. This includes wrestlers who are injured. Please make an effort to schedule any appointments around practice times. Vacations are not excused and will result in suspension from the next competition.

Know the difference between “sick” and “not feeling well”... Wrestling is the toughest high school sport you can participate in, so do not let a small headache or a cold keep you from participating. There is no room for excuses in this sport; wrestling requires a great deal of mental toughness and sacrifice. Your opponent will have no pity for you, and neither will the real world!

If you miss a practice or competition (both excused or unexcused)...

- a. You must complete 75 calories in 5 minutes or less on Assault Bike
*unexcused practices count for double, unexcused competitions count for triple
- b. You may not wrestle in a competition until the rewards you owed are completed
- c. 3 unexcused absences = dismissal from team

15. Weight-Loss Policy

The Revere Wrestling Program does not condone unhealthy weight loss habits and a coach reserves the right to keep you from competing at a weight if they deem it to be unhealthy. You are responsible for staying on top of your weight throughout the entire day/week. If you make the commitment to make a certain weight, you are making a commitment to the team. **All wrestlers must weigh-in and weigh-out at EVERY practice.**

If you do not make weight for a competition...

- a. You do not wrestle that competition
- b. You must run a set of ladder sprints each day for the next five days of practice

16. Injuries/Trainer

Know the difference between “hurt” and “injured”... you will get banged up on a regular basis in this sport, and you have to learn to mentally overcome the everyday aches and pains. Always remember.... your opponent is banged up and hurting too, but he probably didn't use it as an excuse to sit out of practice. If you don't practice, then you don't compete.

The trainer is someone to see as a last resort... we want to stay away from the training room!!! You must see a coach first before consulting the trainer. Any injured wrestler is expected to be at practice every day unless they are missing for physical therapy or a doctor's appointment.

17. Wrestle-Offs

Wrestle-offs will occur at the discretion of a coach, however wrestlers can and should challenge for a varsity spot. A challenge should be announced to the team on Monday at practice. As the season progresses, the coaching staff will determine when a varsity wrestler cannot be challenged any longer. All wrestle-off matches consist of three 1 1/2 minute periods, with standard high school overtime rules. The initial varsity spot for each weight will be determined by the winner of one wrestle-off. After a wrestler has established a varsity spot, he must be beaten two times in a row to lose the spot (coaching staff reserves the right to only conduct a single match wrestle-off if the number of days before competition is limited). A weight allowance will be awarded to all competitors based on how many days out a competition is from the wrestle-off, any extra weight advantage must be agreed upon by both wrestlers. No cheering or coaching from teammates will occur during a wrestle-off. **Regardless of outcome, the coaching staff has the final say in who wrestles in a competition and at what weight class.**

18. Hygiene/Skin Conditions

All wrestlers are encouraged to shower immediately after practice in the school locker room and at competitions. Use antibacterial soap and shampoo. Do not share towels. Be sure to wear clean clothes every day at practice, and regularly wash your knee pads and disinfect your headgear. Have an anti-fungal cream (Lamisil or Tinactin) on hand to immediately start treating any questionable spots. **If you see a spot on your skin, show a coach immediately!!! If you think you have a skin infection, you must have a doctor immediately fill out the OHSAA Skin Form (get one from a coach or print from www.reverewrestling.com). You will not be able to participate without this form signed and returned to a coach.**

19. Varsity Letterman Criteria

To earn a varsity letter, you must participate in a minimum of fifteen varsity matches. Win/loss record will not be a determining factor. Match total can be split among different weight classes. The coaching staff reserves the right to withhold or award a varsity letter based on individual circumstances.

20. Snow Days

If we have a snow/cold day, an email will be sent out to all parents, as well as a text alert notifying you of practice information. The information will also be posted on the program website. If you do not have a ride to practice, call a coach and they will find you one.

21. Hazing

Any form of hazing among students or teammates will not be tolerated and will result in your immediate removal from the team. You will also be subject to school discipline as well.

22. Social Media

You are not to partake in any form of negative talk or bullying through social media outlets. This includes students from your own school, as well as students and athletes from other schools. You must be careful about what you post... even if you delete it later, someone will have probably already taken a screenshot of it.

23. Uniforms

A singlet will be issued to you at each individual competition. At the conclusion of the competition, you are expected to place the singlet in the team laundry bag with a captain. While in possession of the singlet, you are responsible for it... If it becomes damaged/lost/stolen, then you will pay for a replacement.

24. Rewards

If you chose to violate the contents of this agreement, you may be subject to any of the following disciplinary actions as determined by the coaching staff:

a. Verbal Warning

b. REWARDS (pull-ups, rope-climbs, sprints, push-ups, paratroopers, etc.)

c. Suspension from competition

d. Dismissal from team

25. Team Meetings

Periodically throughout the season and off-season, team meetings may be conducted before or after school in Coach Mosher's classroom, room 122. You are expected to be at these meetings as important information will be handed out or discussed. Plan ahead to make sure you are there on time. Failure to show up or being late shows a lack of commitment to the team and coaching staff.

REVERE WRESTLING

Program Handbook

I, _____, guarantee that I have read the Revere
Print Name
Wrestling Program Handbook. I agree to abide by the contents of this handbook and to support
my coaches and teammates in upholding this agreement.

Wrestler Signature

Date

Parent Signature

Date

***** PLEASE KEEP ALL OTHER PAGES OF THIS
HANDBOOK FOR YOURSELF AND RETURN ONLY THIS
SIGNATURE PAGE TO A MEMBER OF THE COACHING
STAFF ON OR BEFORE THE FIRST OFFICIAL DAY OF
THE SEASON (November 10th, 2017)*****