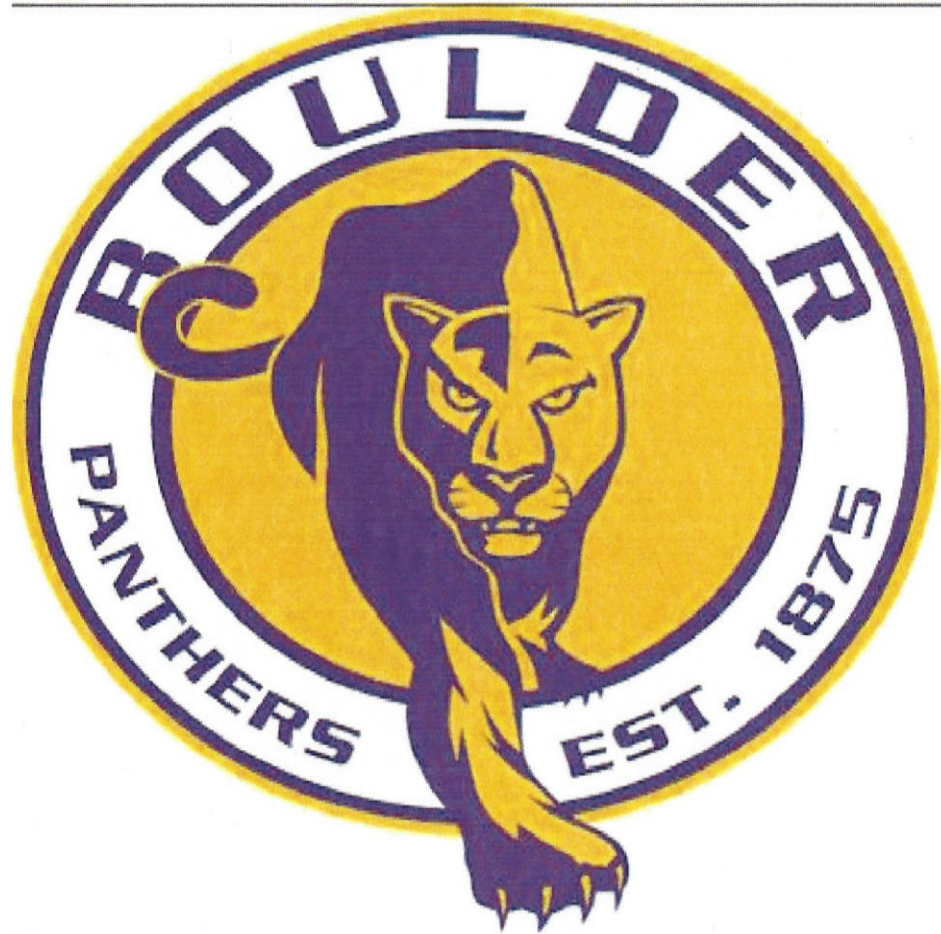


2016-2017 BOULDER HIGH SCHOOL

Wrestling Team Policies and Guidelines



WRESTLING

BOULDER HIGH SCHOOL

Wrestling Team Policies and Guidelines

Coaching Philosophy

- To help wrestlers grow their wrestling skills at whatever level they are. The emphasis is on the physical, tactical and emotional development of the person and the mental aspects of the sport.
- To teach the value of being a good Teammate and partner and provide the wrestlers a positive, team building experience.
- To emphasize their academic responsibilities to themselves and the Team.
- To model and teach the importance of a positive attitude, strong work ethic and good sportsmanship.
- To establish and encourage performance goals and not outcome goals.

This wrestling experience will provide you the skills to live life with passion, to have vision and through goals and hard work you attain success. To understand that "the only easy day was yesterday."

Preseason

When you participate in sports other than wrestling, you build your conditioning base and help to increase your overall athleticism. Preseason sports are highly encouraged and will accelerate your improvement in wrestling. If you do not, you should be doing some form of physical activity six days out of every week. That activity can consist of any number of things with duration of greater than 45 minutes. Running, biking, swimming, rollerblading, or hiking are just a few of the many things that don't take much time but help to build your conditioning base.

Strength & weight training is vital. Wrestling is a demanding sport both physically and mentally. When you strength train, it gives you a decided edge in your competitions, makes you mentally tough and puts you at a lesser risk of injury. Strength conditioning should be done with to work out the entire body with an emphasis in core body strength. Your lower core is your "power base" and consists of the muscles of the abdominals, lower back and hips and your upper core is your scapular region.

Summer wrestling camps are encouraged. I will pass on summer information at the end of the school year and will encourage the Team to attend as many summer camps as possible. The wrestling room and weight room will be open for summer coaching if we get at least two wrestlers to attend on each day. If not, the coaches cannot meet with the wrestlers.

Good nutrition is a year-round daily consideration and is as important a factor for success as is strength training. I expect you to eat a nutritional, balanced diet every day with the focus on more fruits and vegetables. Fast food is devoid of any real nutritional value and most nutritionists recommend eating it no more than once per month. Refer to the nutritional guidelines for specifics www.choosemyplate.gov.

Post-Season

I encourage you to consider participating in a spring sport.

It has been said that summer wrestlers make winter champions. This is true not only for aspiring state champions but for junior varsity wrestlers trying to break into the varsity lineup too. If you consider that during the regular season the average wrestler gets 20-40 matches yet in one typical freestyle tournament a wrestler can get eight matches and many wrestlers get between 30-50 matches in a single summer. In three summers of wrestling you can get the equivalent experience of four extra wrestling seasons.

During the summer I would like to see you doing some form of physical activity five days out of every week for a minimum of 45 minutes per session. It is beneficial to use a calendar or training log for goal setting and to track your activities levels. You may want to consider getting a job that demands physical exertion and builds character. Look into The Boulder Parks and Rec. Dept. that has a summer trail building program or obtaining a landscaping or construction job.

Regular Season

Academics

Your education is your first priority! Being a student and an athlete means that you will have to be organized and manage your time effectively in order to be successful at both. Eligibility will be checked on a weekly basis and all athletes must maintain passing grades in order to compete. The Activity secretary sends out a weekly record of your academic scores for each class. Tutoring will be strongly encouraged for those needing additional help. **Missing practice to study for tests, or doing homework is not acceptable.**

Conduct

I expect you to be a role model. That means you must maintain a level of conduct **ABOVE** that which is normally expected at school. The choices you make both inside and outside of the wrestling room are a reflection of you and of our program. Inappropriate behavior such as unsportsmanlike conduct, insubordination, or any other conduct detrimental to the Team is not tolerated. Infractions will be dealt with on a case by case basis with the wrestler, parents, and team captain(s) involved.

I expect you to treat your Teammates with Courtesy, Dignity and Respect! Bullying, teasing and or making fun of anyone to make them feel less than they are is not condoned. Words that are harassing and unthoughtful will not be tolerated.

Drug and Alcohol Policy

Any athlete caught using /possessing illicit drugs, or alcohol during the season will be disciplined according to BVSD's policies, including Team consequences. Tobacco use is prohibited and is also be subject to BVSD rules and Team consequences.

Practice:

Attendance

Practice will begin on time and end on time each day. I expect each wrestler to be in the room, dressed in our designated practice gear, ready to begin on time. **If you cannot make it to practice due to illness or any other reason, please have a parent contact me. If I do not receive a call with 24 hours (before or after) the absence will be considered unexcused.**

Unexcused absence policy:

First Unexcused Absence

- Meeting with coaching staff and team captain(s)
- Parent phone call
- **Wrestler loses the opportunity for challenge matches that week**
- **Wrestler is not eligible for competition that week**

- Extra conditioning will be assigned

Second Unexcused Absence

- **The wrestler is no longer a member of the team**
- Parent(s) phone call

Excused absence policy:

- Wrestlers are allowed to miss 1 practice each season without the necessity of a make-up.
- Wrestlers will be allowed to make-up any additional excused absences on make-up days, but may not be allowed to try out for as varsity spot during the week of the absence.

Practice Expectations

Team Practice is Monday-Friday 3:45-5:45pm and Saturdays 0800-10:00.

Practice times may be modified to meet our needs.

Season is November 11th to February 18th.

- Be on time, Tardiness will result in extra conditioning
- Be prepared mentally to work hard and have a positive attitude
- Head gear must be worn during hard drilling and live wrestling
- Team practice uniforms must be worn without exception
 - Please wash your practice gear and towels daily to prevent skin diseases. Please do NOT wash warm-ups. They are easily damaged unless the care instructions are followed exactly.
- Wear wrestling shoes daily, but have running shoes accessible
- Bring **labeled** filled water bottle. (1-gallon milk container)
- **5 sets of workout wrestling gear is required** to make sure you will wear clean workout gear every day. (Monday- purple shirt/gold shorts) (Tuesday- gold shirt/purple shorts) REPEAT throughout the week.

Hygiene

The nature of the sport is one of bodily contact. It is imperative that you practice good hygiene. Poor hygiene can result in skin ailments such as ringworm and impetigo and can cause the **closure of the wrestling room**. You help insure that we do not have those problems by doing the following:

- Shower daily. Before school, after practice, and any time after you've had a workout. All wrestlers will be expected to shower at school immediately following practice.
 - Use deodorant soap, warm water AND A WASHCLOTH
 - Use a clean towel
 - Notify a coach if you find anything unusual on your skin
- Wear clean practice gear
- Regularly wash your head gear and kneepads.
- Never walk on the practice mat without wiping your feet on the disinfectant mat
- Never walk on the mat bare footed or in anything other than wrestling shoes

Challenge Matches

We are an inclusive, no-cut sport. The Boulder wrestling coaching staff believes in a fair system of tryouts for each athlete. We require that each athlete be within five pounds of the desired weight class on the day of the challenge. At the start of each season we hold a

single-elimination tryout at every weight class. Once the season begins, the varsity starter must only win once against a challenger while the challenger must win two straight. **All challenges end three weeks prior to the regional tournament.** (Junior varsity challenge matches will always consist only of one match) Challenge matches will be regularly scheduled and conducted as needed. Wrestlers are able to challenge one level above their current ranking each week. Wrestlers not adhering to the team philosophy may be replaced temporarily by a lower level wrestler until corrections are made.

Wrestlers who miss practices, for any unexcused reason, prior to tryouts may not be allowed to challenge.

Weight Maintenance

Wrestling is unique because it enables athletes to compete against another athlete of the same weight. When an athlete loses weight in an unsafe manner it is not beneficial to himself or his team and will not be condoned. Most wrestlers will naturally shed excess weight through practice and proper diet. Prior to competition each fall, all wrestlers will be required to be weight certified by a doctor and with parent approval, will determine the lowest weight class at which they will be allowed to compete during the season. **Weight certification will take place in the Field House, no costs to the wrestler.**

Here are recommendations for watching your weight wisely:

1. Don't eat junk food or drink sugar pop (Including fruit drinks that are high in refined sugars) *Replace bad food with good food.*
2. Eat sensible meals and have healthy snacks all day long. (5 small meals a day)
www.choosemyplate.gov
3. During the season, don't let your weight fluctuate wildly. Try to keep it within three to five pounds of your weight class
4. Train on your own before, during and after the season. Conditioning is cumulative and you will find yourself being able to train harder and at higher levels over time if you are consistent.
5. DO NOT consume creatine, the product may have an effect on your kidneys. Included in this section is not drinking stimulant drinks such as "Rock Star and Monster drinks, etc.
6. Protein supplements are ok as long as you stay within the recommended dosages.

Competition Information

Travel and Dress

I will schedule an appropriate amount of time for you to gather your gear, check your weight and get on the bus. I expect that you will be on time, on weight and have the necessary gear with you. **We wear a button shirt, tie and slacks on the days of HOME dual competitions. (No jeans)**

Dual Meets

- The bus leaves on time for road trips. Please be on it.
- Warm up at least two matches before your bout
- You may have water or an approved fluid replacement drink on the bench only
- Do not leave the bench without permission
- Be supportive of your teammates while they are wrestling. **Cheer but leave the coaching to the coaches.**
- Be into what's happening in the meet. Don't sit idly talking to your neighbor.
- **We send each wrestler out onto the mat and receive them when they are finished.**
- Family and friends are asked not to go near the bench area during the meet.
- All wrestlers must help set up and take down after home meets.

Tournaments

- We sit together as a team
- Warm **up well** before your first match and then as needed during the day
- Varsity team members are expected to stay for the duration of the entire tournament, but **JV wrestlers** will have a designated time that it will be permissible for them to leave.
- Use the nutritional tip sheet for ideas of the kinds of food you may bring. Junk food will not be permitted.
- As role models, we never leave our area without picking up after ourselves. (Team Captains)
- It is not permissible to ride home with a parent at the conclusion of the tournament unless the parent checks in with a coach and it is determined that it is imperative that the wrestler needs to leave.

Letter Requirements

Lettering requirements are governed by the Centennial League By-Laws. In order to letter, a player must be eligible under the rules of the Colorado High School Activities Association and the Centennial League. The *minimum* requirements for lettering in wrestling are as follows:

1. Earn an average of at least one (1) team point for each regularly scheduled varsity date during the season.
2. Wrestle in two-thirds of the varsity dates scheduled.
3. Participate in any state qualifying contest or a state contest.

Parent Guidelines

Parents are a vital component to any wrestling program, and as such, can heavily impact a program either positively or negatively. I actively use Email and will respond to questions or concerns immediately either via Email or phone. ***While I do encourage you to volunteer, I do not allow parents to watch practice sessions.*** Thank you for your support of Boulder wrestling.

What to do

- Help your athlete **eat nutritious meals** and discourage junk food.
- Maintain a curfew and insure sufficient sleep.
- Talk to your child about his/her grades and school.
- Attend the dual meets and tournaments!
- Positively support his/her efforts in school and athletics
- Cheer during matches
- Encourage additional conditioning year around. (Camps)
- **Volunteer Opportunities**
 - Webmaster
 - Team "Mom" or "Dad"
 - Video Taping/Editing
 - Apparel Coordinator
 - Tournament or Food Coordinator
 - Fund Raising Coordinator
 - Statistician (Trackwrestling.com)
- Talk to the coaching staff if you have any concerns anytime.

What not to do:

- Talk to your wrestler while he, or she is on the bench during dual meets.
- Interfere with the preparation of your wrestler before a match.
- Openly criticize, wrestlers, coaches or officials.
- This is not Olympic competition. Officials will make some blatantly bad calls that may cost your wrestler the match. The coaches will handle it in a judicious way at the proper time and respectfully request that parents model the kinds of behaviors we expect from our kids.
- Shout moves or coach during a match.
- Wash the event team warm-up top, or bottom. (Washing the singlet is okay if care directions are followed)
- **Unless it's imperative, ask to take your child home early** from a tournament before the agreed upon dismissal time(s).

Head Coach Information

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