

TRACY

HIGH SCHOOL

www.tracyhighwrestling.com



Wrestling Handbook

Here at Tracy High School we would like to make your student/athletes participation in wrestling a positive experience that they will enjoy and remember for many years. High School athletes often learn valuable life lessons through athletics that they can take with them long after graduation. This handbook will help to outline expectations and guidelines, as well as answer your questions for many issues that may come up during the year. Please review this handbook with your student athlete, detach and return the last page to the coach signed by both the wrestler and parent/guardian.

Thank you and we look forward to coaching your athlete,

The Tracy High School Wrestling Staff

Tracy High Wrestling Mission Statement

The mission of the Tracy High wrestling program is to provide each Tracy student-athlete the opportunity to excel in the sport of wrestling. The program will develop strong character and work ethic; build confidence, self-esteem, and positive team morale. Athletic excellence will be an understood goal for all participants with the ultimate culmination in a medal preceded by state qualification. Your wrestler should have the same athletic achievement goals over the course of their wrestling career. While not all will achieve it, the goal should never be less than being a state medal contender. Being a student athlete requires success in the classroom as well where time management and sacrificing personal time will be required to succeed in both.

Why Your Kid Should Wrestle

There are lots of reasons a person can give to wrestle, but here are what we believe are the most important:

- Wrestling develops basic athletic skills
 - Balance, strength, coordination, aggressiveness, mental strength. Nothing teaches these things better than wrestling. It may be the best foundation sport of all.
- Wrestling develops personal responsibility
 - When you do things wrong in this sport, it shows on the mat. You can't lie to the sport of wrestling. You get out of it what you put into it.
- Wrestling develops mental toughness
 - You will become what you believe you can become. This is an individual contact sport. The mental game is key to success.
- Wrestling teaches about nutrition and weigh maintenance
 - You are what you eat. It is great for kids to learn this valuable lesson at a young age!
- Wrestling brings kids together and builds a strong camaraderie
 - Wrestling is a very difficult sport, and those that do this thing right have a mutual respect for each other. Wrestlers are a tight group.
- Wrestling develops discipline
 - Wrestling is not just a sport. It is a lifestyle. Character flaws will float to the top in this sport. To be great, you must strive for perfection in all areas of your life.
- Wrestling brings different cultures and countries together
 - Wrestling is the oldest sport known to man and done all over the world. Our best wrestlers dominate their state, then the nation and then at the world level. There is no glass ceiling in wrestling. We train for everybody!
- Wrestling teaches us how to focus on something and master it
 - Competitive individuals learn the correlation between focus and success very quickly in this sport
- Wrestling provides opportunities to further education
 - Wrestling scholarships are available at the junior college, NAIA, and NCAA Division I and II

- Wrestling is fun

Coaching Staff

Your Tracy High Coaches are experienced coaches and former wrestlers themselves. It is our goal to teach your athlete the fundamentals of the sport and prepare them for competition. The head coach is Jonathan Blackwell, reachable by phone (209) 221-5302 or by email (Jonathan.Blackwell@tracyhighwrestling.com) for any questions you might have. Jonathan has help from the following coaches this season: Tom Metge, Zach Blackwell, Tony Leanos and Louie Nunes. We may also have from time to time, technicians come and demonstrate additional technique with your coaches that your athlete can use.

Team Captains

Your varsity team captains for this coming season are being selected through careful evaluation by the coaching staff from those who have petitioned for the honor with a completed application and essay. Varsity team captains are expected to set an example with their attitude, attendance, work ethic, competitive performance and lead all activities on the mat in practice, at dual meets, and tournaments. They are selected based on the previous year's effort showed in their participation in practice, their participation in fundraising, leadership on and off the mat, and commitment to their team in off-season practices and activities. They are also instrumental in helping build the future of Tracy High Wrestling by helping in Tracy area youth development wrestling programs. Jr Varsity wrestling captains will be determined by the coaching staff at a later date as well.

Academics and Eligibility

Per the district guidelines each student athlete must maintain a **2.0** grade point average and **NO F's** on their semester report card at the start of the season and the second quarter report card once it has been mailed. In addition, each student must have **15 or less hours** of *Saturday School* each week to compete in athletics in the district. There is a possibility of obtaining a waiver from the school athletic director. The waiver will allow a single F but they still must have a 2.0 or higher GPA. The waiver can only be received twice in an athlete's high school career and cannot be used in consecutive quarters.

Practice Schedule

Practices are held every weekday except for days of a dual meet. Standard practice begins immediately after school follows by being on the mat at 3:30 PM and ends anywhere between 6 and 6:30pm typically although there could be times where practice may last longer. We may elect to break practices up for newer and experienced wrestlers to provide them the focus and attention to help them develop which may cause the practices to be broken up into separate segments. If we divide practices, practice may not end for some athletes until 7:30 or 8 but will also start later for those wrestlers. Practices tend to run late in the beginning of the season and get shorter as athletes are conditioned to the rigors of the sport.

The wrestlers are responsible for putting away mats at the end of every practice. Athletes are expected to stay through the end of every practice. The coach and/or captains will lead wrestlers through pre or post mat conditioning events before or after mat-time practice. If this is asked of your athlete, they will be expected to complete this task at the specified time. We try to keep this regularly occurring so that a routine is developed and well understood. Based on the progress of the team, practices will hopefully get shorter as the season progresses as a routine is established.

Closed and Open Practices

Tracy High wrestling practices are considered *closed* practices. The coaching staff may from time to time

allow parents and/or fans to observe specific portions of practices with advanced coordination and notification.

Distractions During Practice

Athletes can easily be distracted during practices. To avoid distractions, we do not allow non-wrestling friends, boyfriends, girlfriends, siblings, etc. to be in the wrestling room unless they have a specific role with the team. Examples include statisticians, team managers, equipment organization, etc. as appointed by the coaching staff. No food is allowed in the wrestling room. Many wrestlers are on healthy, very regulated diets and part of the discipline is understanding nutrition and how to surround themselves with appropriate food at appropriate times. Also, we require that all mobile phones be turned off and/or stored in a common area. They are not to be used during practice including breaks. If you need to get a hold of your athlete, you can do so after practice. In the case of emergency, you should contact one of the coaches.

Attendance

Attendance at practice is **mandatory**. Without practice your athlete cannot improve. Our style of teaching the art of wrestling is done by a method called ‘scaffolding’. If your athlete misses it hurts not only them but the rest of the athletes on the team. While participating in wrestling, your athlete needs to view it the same as a class and attend every day, on time and with the appropriate items; clothing, shoes, etc.

If your athlete is injured, they should still attend all dual meets, tournaments, and practices to support and observe what is being taught and said. If they are sick or have a communicable illness, they should stay away from practice just as they would stay away from school.

Legitimate reasons to miss practice are the same as reasons for missing school: *Doctor appointments, (including orthodontic and dentist), a death in the family, field trips for academic academies, etc. are all excused reasons for occasionally missing a practice. As with school, you must provide an appropriate note from doctor, teacher, etc to get absence excused.* **No more than a maximum of 3 such practice absences are accepted and should be cleared in advance. Absences otherwise may lead to suspension or removal from the team.**

Having too much homework is **not** a reason to miss practice. Your student athlete must learn to manage his/her time to compete in athletics. Competing in an off-campus sport or activity, or having a job, are also not reasons to miss practice. Managing time and making choices are skills that student athletes will use the rest of their life. If wrestling is important to your student athlete, they will not miss practice, tournaments or dual meets.

If a student athlete should miss practice, the coaching staff has the option to not enter the athlete into dual meets or tournaments for that week and they will most likely be removed from future tournaments. In addition, if they miss a league dual meet due to attendance, they may not letter. If this causes a student athlete to miss a tournament they were previously scheduled to attend, there is the possibility that the athlete will not be entered in to future tournaments. If the athlete misses an excessive number of practices, they will be asked to leave the team. This action will be considered on a case by case basis.

Holiday Practices

Wrestling is a winter sport and practices continue over the thanksgiving and winter holiday season. It is expected that your athlete will be at winter practices just as they would be at any other practice. Over the winter break, some practices may be held in the morning. The exception to the holiday practices are: Thanksgiving Day, Christmas Eve, Christmas Day, and New Year’s Eve and other days as communicated

by the head varsity wrestling coach. We have scheduled competition during both holiday periods and all participants are expected to be ready to be called upon.

Hygiene

Skin hygiene is an important part of a wrestler's health. A bad skin contagion can impact a wrestler and all of his/her teammates quickly. To mitigate the chances of the spreading of skin ailments, daily disinfecting of wrestling mats is done. We know however that the first and best line of defense is good skin hygiene. For this reason, we require that every wrestler end practice with a shower in the provided locker room showers. For modesty, they can choose to shower with swim trunks. If a wrestler does not wish to shower, they need to supply their own skin cream such as Kennedy Industries KS Skin Crème, BattleSkin, or similar product. No exceptions!

Hydration Analysis

Every athlete will be required to submit to a body analysis by an assessor approved by the section. This assessment is required to ascertain the optimal weight for your athlete. For those familiar with wrestling years ago, gone now are the days where a wrestler is asked to lose weight which could have been at an unsafe rate or amount. The hydration analysis determines how much and how fast an athlete can lose weight in a healthy manner. We only ask kids to work hard in practice and eat right at home. By doing so, their body will reach their "Optimal Performance" naturally. The wrestlers will not be allowed to compete until this analysis is complete. The section assessor will be coming to Tracy High on November 25th during our morning practice. There is a \$10 fee that you must bring along, it will go to the assessor on the day of testing. If you fail this test or otherwise are not at this assessment, you will need to travel to another location. A re-test is \$10.

Wrestle-Offs

The Varsity and Jr Varsity positions are determined through a series of wrestle-offs. These are internal competitions between athletes within a common weight-class to determine who best represents the school at that weight. A challenge to a varsity wrestler can only come from the current Jr Varsity wrestler. The Jr Varsity wrestler will be determined from all those in the weight. A Varsity wrestler who holds the position for a lengthy period of time may need to be beat twice to be replaced. Note that for dual meets and other events, the coaches may move a wrestler up a weight classes to best fill the needs of the team. Challenges to a wrestler must be made only by those wrestlers who are in the weight class plus a 2-pound allowance and projected to be on weight at the time of competition. Challenges should be scheduled a week in advance unless directed by the coach. The first wrestle-off is a public event that is followed by a parent meeting. See schedule for more details.

Tournaments and Dual Meets

Please note that not all wrestlers will compete at every event. Every wrestler should always be prepared to compete at every dual meet. Tournaments however are both individual and team-based and coaches will make assignments as to who will compete, but changes can occur even at the last minute so all wrestlers, even a backup should be ready to step in when called upon. Dropping out of a tournament unless a family emergency or illness will not be tolerated. In many cases, rosters are submitted in advance with fees paid for participation for the wrestler and rosters cannot change.

When attending a tournament, the wrestler should always bring money/food for the entire duration. Note that some tournaments are two days in length and can also include overnight stays.

Each athlete is expected to stay until the end of every league dual meet and every weekend tournament. We will have a very brief team meeting following every event. The athlete may not leave before the team

meeting following the meet. Please don't ask!! If athletes leave early the consequences will be the same as missing practice!!!! **ATHLETES STAY AND SUPPORT YOUR TEAM MATES!**

Equipment and Uniforms

Athletes need to bring sweats or similar warm-ups to practice daily. Appropriate clothing includes athletic shorts or sweat pants, preferably without pockets, compression shorts or combat shorts, leggings, t-shirt or compression shirt, and wrestling shoes. Weather appropriate clothing for outdoor runs and running shoes. Head gear is optional in practice but recommended. Uniforms for competition will be distributed or made available for purchase (recommended but not required).

Athletes are responsible for their uniform once it has been issued. If it becomes damaged or lost the student will be fined for the replacement cost to include shipping. **DO NOT WASH SINGLETS IN HOT WATER. LET THEM AIR DRY ONLY AND DO NOT LEAVE THEM FOLDED UP IF WET!**

Follow the directions for care on the tags. If an athlete is asked to leave the team or voluntarily quits, they will have (5) school days to turn in the uniform clean and dry to the head coach! (If a uniform is turned in not washed and clean, the student will receive a fine for the cleaning of that uniform), after (5) school days a replacement uniform will be ordered and the student will be responsible for the cost. Note that more than three unexcused absences, the athlete will be considered as having left/quit the team. ***Senior athletes may not graduate until all fines are cleared.***

If the student athlete would like to purchase their own personal uniform, they should see the head coach to make arrangements. While basic gear is provided (singlet), there are some things you will need to provide. First, you will need to purchase wrestling shoes. Until you have wrestling shoes, you can practice in socks. You will need them before the first competition. Wrestling head gear is also necessary. Most wrestlers eventually purchase their own, but school head gear is also available. The coach will have recommendation on brands and styles of headgear. Shoes and headgear purchased at local sporting good stores are typically more expensive and of lower quality than what can be purchased from specialist sites. Many of the wrestlers may purchase other gear such as warm-ups, shorts, etc. This gear is not required but is a great addition. Tracy High Wrestling boosters will facilitate such items should your son or daughter wish to participate in getting those optional items.

Fund Raising

Every athlete is expected to participate in our wrestling fund raisers. The money raised goes directly into the wrestling program and allows us to purchase items such as mat tape, mats, cleaning supplies, headgear, etc. The primary purpose however is it helps to pay entry fees for tournaments, transportation and lodging along with post season fees.

Injuries

If your athlete is injured they need to communicate this to a coach. There are forms that must be filled out in a timely manner and we cannot help if we don't know your athlete is hurt. Your athlete will be sore at various times over the season and should take care of themselves by eating right and staying hydrated.

If parents have any questions or concerns, please feel free to contact me so we can discuss your issue. In the middle of a meet or practice is not the appropriate time to meet with a coach. Please call ahead and I will schedule a time for us to meet. If after talking to me, you would like to meet with the specific coach, I will set up an appointment so we can all meet. If at the end of that meeting, with the wrestling staff, you still feel you have unresolved issues please feel free to contact the athletic director at Tracy High School.

Communication

The coaching staff communicates regularly with wrestlers during practice about upcoming events. It is the responsibility of the wrestler to pay attention at the close of every practice to learn of any changes in schedule so that they can communicate with their parents. The coaches also use a group messaging app called GroupMe. It can be used on any smartphone or desktop computer. If your athlete does not have a smartphone with a data plan, the same service can be used to receive text messages. As this service sends messages to every participant, we ask that athletes refrain from using it for personal messages. The athletes may email or text the head coach at any time for personal communications. Parents, likewise, are encouraged to contact the head coach directly as well for any questions and/or concerns.

Letters and Awards

Each athlete who meets at least one of the following criteria is eligible for a varsity letter in wrestling:

- A total of eight (8) or more wins in “varsity” level competition at CIF sanctioned events regardless of number of matches wrestled.
- 50% or higher percentage of matches won with at least ten (10) matches wrestled at the “varsity” level.
- Qualify for the SJS Masters tournament with at least one qualifying win in the preceding divisional/regional tournament.
- Win at least one match at the SJS Masters tournament.

AND

- Zero unexcused absences.

The letters as well as other team awards will be handed out at the banquet at the end of the year. Pictures will also be passed out at the banquet. No athlete who owes fines or has not turned in their uniform will be given an award or letter. Any athlete who is academically ineligible at the end of the season will not receive their award until they once again become academically eligible.

Once again thank you for the opportunity to coach your student athlete. Hopefully these are the times they remember forever. We appreciate your support of Tracy High School Wrestling and look forward to seeing you at our events throughout the season. Please sign and return the bottom portion of this page with your athlete.

Thanks again for your support,

The Tracy High School Wrestling Staff

I have read the 2019-2020 season Tracy High Wrestling handbook with my student athlete and agree to abide by the guidelines it contains. I also agree to return all equipment issued to my athlete in the time and fashion as defined by this agreement. I will be assigned one or more fundraiser activity that may include tickets distributed and do all that I can to help my athlete sell them so that we can fund our activities for this upcoming season.

Date: _____

Parent Signature: _____

PLEASE PRINT BELOW CLEARLY

Parent Name: _____

Parent Email: _____

Parent Mobile: _____

Athlete Signature: _____

PLEASE PRINT BELOW CLEARLY

Athlete Name: _____

Athlete Email: _____

Athlete Mobile: _____