

# Redskin Wrestling Team Guidelines

## Rules

If you're not sure Call or Text 304-542-3662

[www.hurricanemat.com](http://www.hurricanemat.com) may also answer your question

1. **Do not miss practice:** in order to acquire the skill, technique, strength, and conditioning necessary for the sport, wrestlers must participate in school based practices without interruption. Practice is essential to all participants if they wish to excel and be part of a successful team. We make time for things we value the most.

3 unexcused practices will result in dismissal from the wrestling team.

Excused missed practices are defined as the following:

- Death in immediate family
- A licensed Dr.'s excuse
- Sent home from school that day or didn't go to school that day
- Coach's Discretion (ACT Test, College Visits, Something worked out with the coaching staff prior to missing)

Examples of unexcused practices: birthday, dinner, vacation, tutoring, homework, school dance, weight lifting, work, dates etc.

**Do not lie:** lying will not be tolerated and can result in the dismissal from the team. Lying to coaches, teammates, parents, and teachers are all the same.

2. **Always be prepared:** it is the wrestler's responsibility to perform the following:
  - **Make weight:** being overweight is unacceptable. This mistake is selfish and places you before the whole team. There is a difference between starving and making healthier food choices. Parents please understand and ask questions about the NFHS weight policy. We are doing this much smarter than it was done years ago.
  - **Be properly groomed:** hair must be short (if you have to ask then you need a haircut), keep your nails cut as needed, always shave before a weigh-in if necessary

- **Be early on the morning of weigh-ins:** it is not your parents fault when you oversleep.
  - **Communicate with parents about time, place, and dates:** your parents need to be informed about where we are wrestling, hotel information, schedule changes, etc.
  - **Prearrange rides to practice:** wrestling is during the holiday seasons and yes we do practice and wrestle through them. If you do not have a ride to practice call coach or teammates for a ride. If this fails ride a bike, walk, run, ride a horse, just get there. People find a way when they really want to do something.
3. **Yes grades matter:** communicate with your teachers, parents, coaches and maintain a 2.5 GPA. Yes I know the rule is 2.0 but lets not make it close!! Parents get involved. If you ask your son what they did in school today and they say “Nothing” they’re lying. Check their Edline account everyday and ask why they have missing assignments or what the assignment is to see if they’re paying attention. Each wrestler will be required to get their teachers’ signatures at the end of the week. If they fail to provide their signature sheet they will not wrestle that weekend. This is a preventative measure.
4. **Be coachable:** we have one common task as a team, perform at a high level consistently. Always wrestle position, give the team your best, and do not let yourself down. Our task cannot be completed without the cooperation and commitment of every wrestler. My primary role as well as other coaches is to teach. The wrestlers’ primary role is to learn and perform. Pay close attention in practice to what is being taught. Use these same moves and techniques in matches and you will find success.

## Coach and Wrestler Relationship

Success begins with healthy relationships formed by communication and rapport.

I will communicate with wrestlers every day we are together as best as I can.

1. **Be Responsible:** schoolwork, behavior, social relationships are all important. However all 3 can interfere with your success as a wrestler and member of this team if you are not responsible. Bad grades, girlfriends, friends, inappropriate behavior can all cause problems for you if you are not careful.

2. **Give 100%:** we all have bad days and we need to evaluate our overall wellness. The team needs your best effort every day. Be positive in the wrestling room and do what it takes to get better. If you decide not to work hard today, your practice partner gets an easy day off. Our practice room is a sanctuary for you to let out all your aggression.
3. **Leave all other distractions** outside the wrestling team. I understand things aren't always perfect in your lives. The one constant is wrestling when life is hard. Don't worry about the things in your life you can't control. You control your actions, work ethic, and character.
4. **Let me say I am not perfect:** .....I expect clean language all the time but I understand that tempers will heat up and words will slip. Do your best to use appropriate language and exhibit good behavior. Little ears and eyes really look up to you guys as role models. I'll do my best too.
5. **Always compete to win:** leaders never give up during practice or live matches. We need some leaders on this team. If you do lose, be a winner and do it the right way with dignity. Keep your mouth shut and never use excuses, use solutions!
6. **Poor Sportsmanship** will not be tolerated. It's an embarrassment to everyone. There are no excuses for this except lack of self-control. Win, lose, or draw shake hands, get off the mat and display mature body language. Let Coach Dyer and Coach Cummings do our job as Coaches to defend you if a rule is misapplied. Everyone knows we're jerks anyway.  
**Lack of sportsmanship can result in dismissal from the team or suspension.**  
**Zero Tolerance**
7. **Set your goals:** you need to set your goals and expectations for the season first. Write them down, hang them up, and revisit what you have done to achieve these goals. Every successful person has a plan every day.
8. **Time and place:** remember that we all like to have fun and we all like to make jokes. I usually do enough of both for everyone so be ready to work. Again, I like to laugh too but be ready to get serious when the time comes.

## Coach and Parent Relationship

I look forward to working with you because parents make the wrestling program successful. Your son hears what you say at home, and believe it or not, he will listen to you. If you are supportive of the team and our philosophy, so will your

son be. I am not perfect and will make mistakes but so will you. Our common goal should be the success of our wrestlers on and off the mat. Promote the TEAM concept and challenge your son to give, sacrifice, and commit to the Wrestling TEAM. I am excited to get started this winter and hope you are as well.

Thanks,

Coach Lee Cummings

## TEAM Expectations and Guidelines

Wins and losses will take care of themselves when you work hard on the things we do in the practice room. Mistakes are going to be made but we need to learn quickly and fix problems.

1. **Eligibility:** the right to wrestle can be denied if a wrestler is not following rules and expectations.
2. **Challenging:** a wrestler must carry a 2.5 GPA and win 2 out of 3 1-1-1 minute matches to become the starter. Starters should always be ready to defend their spot.  
Practice time is invaluable so challenge matches will be at the coach's discretion. Alpha Dates (NFHS Rules) are also a factor in challenging weight classes.
3. **Be aware:** listen to your body's physical needs such as nutrition and sleep. Taking care of your weight does not mean starving. It means being disciplined and making healthier lifestyle choices. Get 9+ hours of rest the night before a competition. Both eating and sleeping affect your performance mentally and physically.
4. **Equipment:** You are responsible for school issued wrestling gear. Take care of equipment or you will be financially responsible for lost or damaged gear.
5. **Lineup Changes:** We will move a wrestler up or down in the rankings due to ineffectiveness, lineup purposes, match ups with opponents, and disciplinary reasons.

Dates to remember:

- February 22, 2013 = Region IV Tourney
- February 27, 28, March 1 WV State Tournament

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## Cut on the line and turn in to Coach

I have read and agree to the previous guidelines for Hurricane High Wrestling

Parent Signature \_\_\_\_\_

Wrestler Signature \_\_\_\_\_

Wrestler Written Name \_\_\_\_\_