



PARENTS

PARENT & COACH RELATIONSHIP

The coaches look forward to working with each of you because parents are the key to successful wrestling programs. Whether they act like it or not, your children listen intently to you and what you say at home. If you are supportive of the team and our philosophy, your child will be also. The collaboration between coaches and parents to support each wrestler will build a strong foundation for not only our team goals, but for each wrestlers personal and life goals.

Our common goal should be the success of our wrestlers on and off the mat. Promote the TEAM concept and challenge your child to give, sacrifice, and commit to becoming a member on the Redskins Wrestling TEAM. Coaches and parents will work together to support and adhere to the three R's of Hurricane Redskin Wrestling – Respect for oneself, Respect for others and Responsibility for all my actions. These form the foundation of a successful relationship and ultimately winning program.

PARENTS AND WRESTLERS

- **COMMITMENT:** Middle school sports in general, and wrestling in particular, requires an incredible amount of dedication and commitment.
 - Be at practice on time each day with all gear ready to go.
 - Eat right and get plenty of sleep. Wrestling is possibly THE most demanding sport - both physically and mentally. It takes a lot of energy to get through practice each day and wrestle several matches each week, besides keeping up on school work. Budget your time so that you can get 8-9 hours' sleep every night. Eat healthy meals to insure that you have the sufficient "fuel in the gas tank" to get through the day with the proper energy and attitude.
 - Be dedicated to improving yourself EACH day. Work hard and listen to the coaches.

- **ATTITUDE:** Wrestling is a contact sport. It takes a certain toughness to make it through each day. We realize that not everyone possesses the same amount of athletic ability, but everyone has the ability to improve themselves.

- **HEALTH:** Be on top of weight management and good nutrition. Proper nutrition is an integral part of a successful wrestling program. The demand that wrestling places on the body, mind and emotions are incredible. From the sheer physical exertion, to the emotional demands of competition and the required weight management, along with keeping up on school work, it is imperative that one pays close attention to the body's nutritional requirements if you wish to be successful. 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.

"Once you've wrestled, everything in life is easy." - Dan Gable

*All forms required for participation may be accessed at http://hms.putnamschools.com/athletics/forms_needed

Clayton Burch Head Coach 304.617.0711 wburch@k12.wv.us	Ryan Wheeler Assistant Coach 304.634.2894	Eric Ping Assistant Coach 304.638.1010
---	---	--



PROGRAM OUTLINE

The young student athlete who decides to join the program at Hurricane Middle School will be instructed in the fundamentals of the sport of folk style (or collegiate style) wrestling. They will learn proper techniques, strategies, conditioning, good nutrition, goal setting and discipline. Whether one is a beginning wrestler or one who has been involved in the sport for many years, he can expect to excel in our program. A strong work ethic, high commitment level and good sportsmanship will all be emphasized by the coaches and will be expected of each wrestler.

Each wrestler will be expected to adhere to the three R's of Hurricane Redskin Wrestling:



"Some of us will do our jobs well and some will not, but we will all be judged by just one thing – the RESULT."
-Vince Lombardi

Each day should be an opportunity to improve oneself with the ultimate goal in mind of being the best YOU can be. We do not expect every wrestler to be a league, section or state champion. What we do expect – and demand – is that each wrestler strives to be the very best that he can be with the tools that he has at hand. That success level will be measured differently for each wrestler and will be based on individual athletic ability, experience and desire. The level of commitment and discipline required to be successful at the sport of wrestling will be carried by these young people for the remainder of their lives.

Keep in mind that we are at a level of competition where a certain amount of dedication and sacrifice is expected. We all want to win matches. We will set team and individual goals based on the experience level of team members and will do everything we can to achieve those goals. What we will not do though, is sacrifice good sportsmanship and ethics to achieve it. We want to develop character along with a well-trained athlete.

7 Steps to Parent Support

1. We are not a "win at all costs" program. We want to be successful and have a winning program but we want to achieve this through teaching proper technique, a good work ethic and good values. A certain amount of understanding and sacrifice must be made by the parents for each athlete to achieve the most from their experience.
2. We expect a certain level of commitment from each wrestler. Without that commitment, he cannot succeed. We would like your help to insist and encourage your son to make and follow through on that commitment.
3. Work to promote a positive environment that is conducive to the development of your child as a student athlete.
4. Assure that your child will attend all scheduled practices and athletic contests.
5. Please communicate any concerns, problems or questions to the coaching staff. We want to help.
6. Support your child (and support the team) by attending as many competitions as possible. Promote and model mature and sportsmanlike behavior at all athletic contests.
7. Please volunteer to help support the program when possible. Make every effort to accompany your child to informational meetings offered by the coaching staff and stay informed by visiting www.hurricanemat.com regularly.



TEAM RULES AND REGULATIONS

1. **DO NOT MISS PRACTICE:** You MUST attend ALL practices! Your partner teammates are counting on you to be there. You or your parent/guardian MUST notify the HEAD COACH if you are NOT going to be at 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.

EXCUSED – AS PER SCHOOL Policy – i.e. death in immediate family, a licensed doctor’s excuse, sent home from school or did not attend school. **Do not lie:** lying will not be tolerated and can result in the dismissal from the team.

UNEXCUSED absence from school, practice, scrimmage, or contest will result in the following action

FIRST – Reprimand SECOND – 1 MATCH THIRD – Dismissal from the team

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 on time for practice – if you can’t – be early! **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 a coach or teammates for a ride. People find a way when they really want to do something.
Communicate with parents about time, place, and dates: your parents need to be informed about where we are wrestling, hotel information, schedule changes, etc.
3. **GRADES:** Your grades are the most important part of being a wrestler. Without grades, you CANNOT wrestle!!! Note: Your grades are YOUR responsibility – not the teams! There is no excuse for missing practice to study or do homework. Manage your time wisely- the 2 hours spent in practice will not make or break your class work. Maintain a 2.0 GPA - this is only a “C” average. You should not be satisfied with that. You CAN and SHOULD do better! Communicate with teachers and coaches so you will be aware should a problem arise. Don’t wait until grades come out and it’s too late.
4. **CHALLENGE MATCHES:** Varsity and JV spots are determined by a series of “challenge matches” between all wrestlers in a particular weight class. The winner of the challenge series will be the varsity wrestler; the next in line will be the first JV wrestler and so on. Everyone is on an equal standing at the beginning of the season. No one has a varsity spot until earned. You can lose a spot or be moved to the back of the ladder due to poor attendance, inappropriate behavior and not following team rules. Challenges occur on a regular basis and some athletes can and will fluctuate between varsity and junior varsity competitions. Challenge match dates will be listed on the calendar.
5. **FLAGRANT MISCONDUCT,** on or off the mats, will result in suspension from practice and participation. Suspension terms, length, etc. will be at the discretion of the staff. Examples; (but not limited to) swearing, fighting, bullying, failure to comply, etc... This will also include disruptive behavior that becomes a distraction to the staff and team. **ALCOHOL, TOBACCO, AND DRUGS - ZERO TOLERANCE!!!**



WRESTLERS

Success begins with healthy relationships formed by communication and rapport. One must always remember that the most important factor in dealing with teammates and coaching staff is respect, as it is the nucleus for all constructive relationships. Treat coaches with respect. The coach's goal is to coordinate the team towards one common task. This cannot be done without the cooperation and commitment of every wrestler. The primary role of the coach is to teach, and the primary role of the wrestler is to learn and perform. If you have a problem or a misunderstanding, inform the coach that you would like to talk and it will be done privately.

Pride and determination to excel as a wrestler and as a student are key ingredients of winning teams. Loyalty to your team and yourself will overcome many obstacles on the road to being successful. The harder you work, the harder it is to surrender. If you ever quit in practice or in the classroom, physically or mentally, then you will most likely quit when the going gets tough during competition.

Each wrestler will be expected to adhere to the three R's of Hurricane Redskin Wrestling:



Not only do we want others to admire our wrestling toughness on the mat, but more importantly, we want them to think "Hurricane Redskin wrestlers are not only good, but are respectful young men." We want everyone to see that good things happen here. Following are expectations for Redskin Wrestlers:

- Wrestle and act like champions...serve as positive role models for the youngsters that look up to you.
- Our philosophy is "**warriors between the whistles...gentleman outside the whistles.**"
- Everyone helps pick up trash and clean up after competitions, home and away.
- Proper language at all times.
- Win and lose with dignity and pride.
- Hustle on/off the mat, shake hands with opponent, referee, and opposing coaches.
- Address adults in respectful manner...using sir or ma'am is an example.

"This is a sport (wrestling) that has turned many boys into men and many men into leaders. And it is a sport in which you can be a giant regardless of how big you are." - Carl Albert

Hurricane Wrestlers

- **Be Responsible:** schoolwork, behavior, social relationships are all important. However all three can interfere with your success as a wrestler and member of this team if you are not responsible. Bad grades, girlfriends, friends, and inappropriate behavior can all cause problems for you if you are not careful.
- **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 suffers and ultimately the team. Our practice room is a sanctuary for you and your teammates – come prepared to work.
- **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.
- **Always compete to win:** leaders never give up during practice or in competition. Be a leader on this team. If you do lose, be a winner and do it the right way - with dignity.
- **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.



PRACTICES & EQUIPMENT

- Each wrestler and parent will have access to a team calendar with all practices, wrestle offs, and events, please refer to the calendar for practice times – check InstaTeam for updates or changes.
- Wrestling shoes (The team has quite a few pairs of used shoes that have been donated by past wrestlers).
- Workout shorts and T- shirts (no buttons, zippers, etc.).
- Head Gear (The team can provide one, must be returned at end of season)
- Singlet (uniform) – will be provided
- Each day for practice, wrestlers should bring their own water bottle, practice clothing, headgear, wrestling shoes and running shoes. It is the wrestler’s responsibility to be prepared for each practice and event.

FACILITIES—Practices are held in the wrestling room in the rear of the high school near the track. This team room houses our practice facility -wrestling mats and contains lockers for team members. A restroom is available within the wrestling facilities. ***The space is limited and we ask parents to please respect that practices are for athletes and coaches only.***

Required Forms/Documentation for Participation – dated after June 1:

- Physical
- Copy of Birth Certificate
- Copy of Insurance Care
- Drug Testing Consent
- Assumption of Risk
- HMS Wrestling Guidelines Agreement
- Emergency Form

Forms can be accessed and downloaded at http://hms.putnamschools.com/athletics/forms_needed . For additional questions pertaining to correct forms for participation you may contact the Hurricane Middle School Athletic Director at 304.562.9271 or one of the coaches.

As a Hurricane Redskin Wrestler, I will

BE AN EXAMPLE OF CLASS

Represent our program and school in an acceptable fashion at all times.

WRESTLE LIKE A CHAMPION

Wrestle the best you can. Give 100% of what you’ve got.

BE LOYAL

Be loyal to your parents, your school, your teammates, your coaches, and yourself.

SEEK OUT THE BEST

Find the best training partner to workout with.

BE HUMBLE IN VICTORY - BE GRACIOUS IN DEFEAT

I have read and agree to the HMS Wrestling guidelines – Parents, Wrestlers, & Team:

- Wrestler Signature _____
- Parent Signature _____

Emergency contact

Primary Cell Phone Number(s)

Primary email