

Natrona
County

Wrestling



Wrestling Handbook

Information for Wrestlers, Parents, and Fans

NC Wrestling & Team Policies

Coaching Staff:

Scott Russell

Tanner Olson

Tyrone Fittije

Shaun Swiger

Ryan Parker

The coaches and I would like to welcome all wrestlers to the program. The coaches are excited and ready to take on the challenges of the season. NC wrestling has had a great tradition in wrestling, and we would like to continue this tradition.

Wrestling begins with learning skills and technique of wrestling, developing the strength and conditioning needed to endure a six-minute match, and intelligence and game strategies to have success in wrestling. We will make improvements rapidly by our desire, determination, dedication, discipline to improve the team and ourselves. These are skills needed to lead our offensive, attack style of wrestling. As an individual and a team member, we must now start believing in our wrestling philosophy and put this philosophy into action. Win or lose, we will never quit and remain focused on using our technique, conditioning, strength, and intelligence to win the match. We will enter the arena confident, relaxed, and aggressive. We will focus on doing our best (high effort) and worry less about the outcome of the match. We will support every wrestler and criticize less. These are the qualities that make wrestling fun and help the wrestler to improve beyond their abilities. NC wrestling had these qualities in the past and now is being re-established again. Tradition keeps good programs alive and successful.

The coaching staff is highly experienced in providing you with the necessary skills to become a successful athlete. We only require this from you, a desire to wrestle with determination to be your best (High Effort, Good Attitude, Coachable Ability, and Team Player). The coaches will teach the technique, intelligence, strength, and quickness to become successful in wrestling. But win or lose, you must never quit trying.

Lastly, we would like to commend you on coming out for wrestling. I believe no other sport requires as much discipline. The attributes of hard work, desire, and remaining focus on a task allows dreams to come true in wrestling and later in life.

Some succeed because they are destined to....

Most succeed because they are determined to! Teamwork makes Dreams Work!

Natrona County Philosophy of Wrestling

The coaches believe successful wrestling is based on these attributes towards making the program its best: effort, technique, intelligence, strength, and quickness. We believe in a highly intense style of wrestling, which places wrestlers on the defense. This aggressive style of wrestling focuses on dominating the opponent both physically and mentally. The wrestler does not cease the pressure and remains in the opponent's face for the duration of the match. The wrestler must use all these attributes to maintain this aggressive style of wrestling. A true champion must work harder, have discipline, and remain focused for the entire match and season to fulfill his dreams.

We believe effort is vital to the success of the program. The wrestler must be willing to sacrifice pride, dignity, and heart for the outcome of the match. The wrestler must be willing to give there all without worrying about the outcome. The technique, strength, quickness, and intelligence will come once the desire to win is achieved. Wrestling is a mental game of confidence and belief in one's talents.

Wrestlers need goals for both the team and individual. Goals will provide direction towards ultimate desires the wrestler wants to achieve. The goals are measurable, attainable, and based on their strengths and weaknesses of the individual. Goals will promote team building and relationships for togetherness. Goals will maintain the effort to wrestle at a high intensity and stamina throughout the season and make relationship respectable and desirable.

Relationships are meant to bond people together for a common cause. Strength in numbers provides great workload, more depth, and a bigger voice and image in deeds well done. But relationships can be good or bad for people. Good relationships keep building over time with a common cause with virtues such as trust, commitment, loyalty teamwork, and common purpose. Bad relationships produce conflicts, disagreements, and selfish behavior such as mistrust, disobedient, deceit, jealousy, greed, lying, cheating, stealing, etc. All individuals have the privilege to compete and be part of wrestling team. But the rules, regulations, and policies of the Natrona School District and Wyoming High School Activities Association provide a good working environment to build all relationships. Bully, hazing, sexual harassment, and other intimidating behavior create a hostile environment which lessens relationship building. Foul behavior steals from a healthy environment that tries to build relationships rather than destroy individuals. Wrestling provides a great opportunity to win in all aspects of sports – individually, team, and relational. Relationships are built on respect, togetherness, and equal treatment in a cordial way.

Technique and intelligence are the key towards state champions. Athletes who develop their skills become more creative, self-assured, and successful. Coaches must communicate highly successful skills and strategies, so wrestlers have the confidence to perform them in a competitive situation. It is the quality of skill that matters, not the quantity of the skills. The wrestler must have confidence in the skills before the technique will be used in a match situation.

Strength and quickness lead to a well-rounded wrestler capable of dominating opponents. What is lost in technique and intelligence can be gained in heart and conditioning. Wrestlers must continuously push their bodies to the limits with intensity above their opponents. This intensity will place their opponents on the defense and wear down their stamina. Eventually, it will cause the opponent to quit.

The coaches believe that effort, technique, intelligence, strength, and quickness are vital ingredients for successful wrestling. We believe wrestlers need to maximize their strengths and minimize their weaknesses by setting goals to meet individual, team, and relational needs for improvement. Most importantly, the wrestler must be willing to put it all on the line for a few minutes of glory for self and others.

Discretion of the Coach

The Handbook provides guidelines to disciplinary actions of the coach, school, and WHSAA. The Handbook does not provide all the answers or consequences for appropriate or inappropriate behavior. The coach must have the opportunity to examine each behavior and determine the seriousness of the athlete's actions. Any behavior of serious nature may result in elimination of the athlete from the team. Everyone makes choices in life based on good or bad decisions. Sports are an avenue to promote positive behavior.

Policies of the Natrona County High School and Wyoming High School Athletic Association - Code of Conduct, Travel regulations, Eligibility, Medical, etc. District Online Registration for school and sports provides all the need information to play.

- **Natrona County School District recognizes that participation in athletics and co-curricular clubs and activities is a “privilege”, not a “right”.**
- **Do not place the coach's position to make decisions about drugs and alcohol.** Drugs and tobacco provide nothing for athletics. It will decrease the amount of oxygen in the blood, cause weight gains, poor decision-making skills, and in long term use will ruin your life. This will not help your wrestling.
- **Party rule - participants are expected to avoid situations/gatherings where illegal substances (alcohol/drugs/tobacco) are available to underage youth.**

Failure to take appropriate steps to avoid these types of situations will result in a Code violation. I will not attempt to judge whether a person was at the party or not. If the party occurs, the athlete must leave. Leave the location and call for a ride.

- **The Code applies to Municipal, State, or Federal codes: use, possession, transfer, or disbursement of any tobacco products, alcoholic beverages, or illicit controlled substances (drugs). Stealing, destroying, or vandalizing private or public property applies to the code. Examples are theft, shoplifting, breaking and entering, and vandalism.**

Physicals and Insurance

- 1. Every wrestler must have a physical exam and a record of insurance in the office. Participation will be denied until physical exam is filed in the office.**
- 2. All Physical must be completed before first practice. The wrestlers will be denied participation until the physical is filed in the office.**
- 3. All wrestlers must watch the safety film before the season and sign the code of conduct. All sports have possible risk of injury. Furthermore, all athletes must have a concussion test done before the season. District Online Registration**
- 4. The process of filing the physical and insurance papers:**
 - A) Turn into Main Office**
 - B) Trainer will evaluate the Physical (Leah Washington)**
 - C) Filed in AD's Office**
 - D) Coaches receive physical**
 - E) Athletes may participate**

Eligibility

1. **Grades first, Wrestling second.** You must have the grades to wrestle. Wrestling will help you become successful in life, but grades will make you successful in life.
2. **WHSAA Eligibility:** You must currently be passing in five (5) solid subjects, and you must have passed in five (5) solid subjects during the immediate or preceding semester. The student must be enrolled in at least 5 classes and passing all 5 classes. A passing grade is a D.
3. **NCHS Eligibility:** Eligibility is evaluated every week (Wednesday to Wednesday). Any F for the week is a warning to improve your grade. The athlete must have passing grades (D or above) in all classes the following week. If the grade is not passing on the second week, the athlete will be ineligible until no F's on the weekly report. Once a student receives a failing grade, any F in any class will be progressive until all classes are passing. Every student must be enrolled in 5 subjects.
4. Once the student has passing grades, the athlete will be eligible. This will reset the eligibility standard to warning and then ineligible. Meaning, first F or F's for the week is Warning, and the second consecutive week of F or F's is ineligible.
5. **Any Code of Conduct Violations will be followed by the school policy. This violation will be made with Athletic Director and the coaching staff.**
 - **First offense is 2 competitions (2 days).**
 - **Second offense is 6 competitions (6 days).**

- **Third offense is elimination from all athletic competitions for the year.**
 - **Many codes have by-back classes to return to play.**
6. **The athlete must meet or exceed WHSAA and NCHS Eligibility standards to participate in sports.**

Hazing

Hazing occurs when an act is committed against a student or a student is coerced into committing an act that creates a substantial risk of harm to the student or to any third party for the student to be initiated into or affiliated with any school group, club, athletic team, grade level, activity or organization. Hazing includes but is not limited to:

- An activity involving an unreasonable risk of physical harm, including paddling, beating, whipping, branding, electric shock, sleep deprivation, exposure to weather, placement of harmful substances on the body, and participation in physically dangerous activities.
- Any activity involving the consumption of alcohol, drugs, tobacco products, or any other food, liquid, or other substance that subjects the student to an unreasonable risk of physical harm.
- Any activity involving actions of a sexual nature or the simulation of actions of a sexual nature.
- Any activity that subjects a student to an extreme and unreasonable level of embarrassment, shame, or humiliation or which creates a hostile, abusive, and intimidating environment for the student.
- Any activity involving any violation of federal, state, or local law or any violation of school district policies and regulations.

- Students associated with wrestling accused of hazing will immediately be turned into the office. An investigation will occur, and facts will be examined. Student's accused of hazing will be dismissed from the team.

Sexual Harassment Law

- Quid Pro Quo Sexual Harassment: Pressure to engage in sexual behavior linked to threats of tangible job/school consequences. This for that.
- Hostile Environment Sexual Harassment: Unwelcome words or actions of sexual nature sufficiently severe or pervasive to create a hostile or abusive work environment.
- Students associated with wrestling accused of sexual harassment will be immediately turned into the office. An investigation will occur, and facts will be examined. Student's accused of sexual harassment will be dismissed from the team.

Making Varsity and Junior Varsity - Challenge Matches - General Guidelines of Challenge Matches

- 1. Monday or Tuesday will be the day to challenge.** You must notify the coaching staff on Monday if you want to challenge. In general, no shows for the challenge match will be the discretion of the coach. The coach will consider whether the missing person will be allowed to challenge, be replaced, lose the first match, or allowed to challenge.
- 2. No parents are allowed during challenge matches.** All individuals wanting to attend practices must have permission by the coaches.
- 3. Wrestlers must be within 6 pounds of the weight class on Monday, 4 lbs. on Tuesday, 3 lbs. on Wednesday, 2 lbs. Thursday. Coaches Discretion**
- 4. Best man will wrestle for the week (Wednesday to the following Wednesday). Coaches Discretion**

5. No cheering or supporting challengers. We want both individuals to be on the team.
6. Coaches' **discretion will determine whether the wrestler will have the opportunity to wrestle.** Examples are breaking the code of conduct, trouble with weight cutting, behavior at duals and tournaments away from home, missing practices, grades, sportsmanship, and other problems.
7. If the wrestler becomes injured during the week, the JV wrestler will possibly replace the varsity wrestler. The injured varsity man is still the varsity man. He is varsity until challenge match is lost. Lengthy injuries will allow the JV wrestler the varsity spot.
8. **The coaches have the discretion to change the varsity line up.** The coaches can move wrestlers around to make the best team possible for competition. Different styles of wrestling match up better against certain opponents.
9. Challenge matches are based on the competitions for the week. During weeks of high number of competitions, challenge matches will be canceled. The team must have time to prepare for the dual or tournament.

Wrestling Tournament will determine the Wrestling Line Up

1. At the start of the year, a wrestling tournament will determine your position on the team. The Weight Certification of minimum weight for the week will determine the appropriate weight class. Wrestlers do not have to follow the minimum weight loss per week or even wrestle at their minimum weight.
2. The coaches will place wrestlers on the bracket sheet based on their wrestling experience.
3. Once positions have been established, wrestlers will be placed in a ladder base on the outcome of the matches. First place in the tournament will be varsity man; second place is junior varsity, etc.
4. Once the ladder format is established, wrestlers must beat the opponent above them to challenge another opponent.
5. One match in the ladder format will determine the better wrestler.

Challenge Match Format (used after the tournament)

- 1. Wrestlers can only challenge the wrestler above them on the ladder. A varsity wrestler cannot challenge. Only the second man can challenge the varsity man.**
- 2. Challengers can continue to challenge other wrestlers until beaten or attained desired position.**
- 3. December Only - One match will determine the wrestler's position on the ladder and one challenge match will be used until Jan. 1 for determining the varsity line up. Reasoning, more time devoted towards developing skills.**
- 4. After Christmas break, the varsity man must be beat 2 out of 3 matches. If the varsity man wins the first challenge match, the challenge is done for the week. If the varsity man loses the first challenge match, the wrestlers will wrestle the best out of 3 matches. The first wrestler to win 2 matches will be the varsity man.**
- 5. A wrestler with 9 varsity competition events will have to lose 2 challenge matches before losing the varsity spot for Regionals.**
- 6. A varsity no show for a challenge match will be the discretion of the coaches. The coaches will evaluate the excuse of the wrestler and based their decision on the wrestler's reasoning. Trust, loyalty, and commitment to the team will be considered.**
- 7. Two wrestlers per weight class can eliminate the weight loss, risk of not competing at State, and possible problems with varsity wrestling. Many tournaments allow 2 wrestlers per weight class. If coaches believe wrestlers are ready for varsity competition, we may take more than one wrestler per weight class.**

Practices

1. Wrestling **practice will usually be about 2 1/2 hours**. This will depend on the intensity of the practice and the effort of the wrestlers.
2. Practice **will start at 3:45 and end at approximately 6:15**. Tardiness is penalized by 5 minutes. Also, lack of effort will be penalized too. Practices at the beginning of the season will be longer than at the end of the season.
3. **Beginning of the season (3:45 - 6:15):**
 - a. 15 minutes - Warm Up (stretching, gymnastics, agility, technique)
 - b. 35-55 minutes - Technique (takedowns, bottom, top, counters)
 - c. 30-45 minutes - Wrestling (groups, situations, 6 min. match, shark/bait)
 - d. 15 minutes - Conditioning (strength, endurance, coordination, flexibility, agility)
4. **End of the Season (3:45 - 6:00):**
 - a. 15 minutes - Warm Up
 - b. 15-30 minutes - Technique
 - c. 45-75 minutes - Wrestling
 - d. 20 minutes – Conditioning
5. Challenge Matches will be on Monday and Tuesday.
6. **Catch Up Monday** – Practice will start at 4:00 to allow wrestlers an opportunity to Make-Up Missing Work from Teachers.
7. Wrestlers **will be allowed 1 missed practice. The second missing practice will be reason for releasing athlete from wrestling**. The way you wrestle in practice is the same way you will wrestle on the mat. Furthermore, the lack of practice will increase your risk of injury and is a lack of commitment to the team. You practice for the game. The game is the reward.
8. Wrestlers **must inform one of the coaches of their missing practice**. A missed practice must be family related, church related, or accepted excuse from the coach. The holiday

- season will be taken in consideration of the family. We will try to provide as much time as possible with the family. The wrestling team expects everyone to be at practice whether it is a holiday or a school day. Please help our wrestlers be successful by attending practices. If the wrestler cannot make practice, he/she must notify a coach.
9. **Excused practices will be made up in extra conditioning during practice.** It is acceptable to miss a practice, but the wrestler must realize that the team worked 1 1/2 hours longer than the person missing from practice. The missed person will repay the team with extra conditioning after practice. It is not about YOU, it is about US. Prepare to succeed, not to fail. This demonstrates to the team that the person is committed.
 10. Remember, athletics is a **privilege**, not a right. Athletes must take the responsibility to practice, compete, and honor the rules of the program. The coaches will inform the parents of missing practices. But the wrestler and parents must change the behavior. Frequent missing practices and poor decision making of the wrestler indicates an undesirable reason to wrestle. These athletes will be released from the team based on desire, commitment, and safety risk of the unknown. Who knows what the athlete is doing? There is a lack of communication.
 11. **Team Camp** is an alternative to change behavior. Extra conditioning is used to change behavior such as missing class, poor behavior choices, missing practice, code of conduct, or other problems associated with wrestling. Wrestlers must understand that NCHS expects the best on and off the mat. The athlete will take on these responsibilities if sports are important. Be a good person on and off the mat.

Practices Pick Up Time

1. The day before competition, wrestling practice will be done at approximately 5:30.
2. Practice will normally last until 6:15. Wednesday practice will end before 6:00.

3. Parents should respect time restraints of coaches and wrestlers. All wrestlers should be cleared out of the school by this time. Wrestlers and Coaches are ready to go home and rest. Please be prepared to pick up your child on time.
4. All school activities will have an itinerary of the schedule event. These are in the Wrestling Room and Remind. It is the responsibility of the athlete to report this information to the parent. Remind sign up is Text 81010 and message @nchspin.

Dual and Tournament Pick Up Time

1. An itinerary will list the approximate time of arrival. Please be on call and ready to pick up the wrestler. Late nights and rest are extremely important for everyone involved: wrestlers, coaches, parents, and fans. Time wasted waiting for pick-ups decreases the amount of rest and family time.
2. Wrestlers or Coaches will notify parents approximately 30 minutes before arriving at Casper with their cell phone. The Remind App is our communication tool.
3. Remind will be used for communication on arrival times.

Weight Cutting

1. **Wrestlers will decide the appropriate weight class to wrestle. The WHSAA will decide the minimum weight class. Coaches will honor athletes and parents' decisions until indications of troubling behavior.**
2. Wrestlers need to discuss with other team members the appropriate weight class for the individual and team. Wrestlers need approval of the parents.
3. **Coaches will intervene when weight cutting becomes a safety issue** (lost of energy, personality, over exercising, not making weight, poor grades). Parents should state behavioral concerns to a coach.
4. Wrestlers will not be allowed to continually go up and down in weight classes. The constant fluctuations of the weight are not healthy or beneficial to the team. **Although, coaches may move wrestlers around in duals line up.**
5. I am not a big believer in weight cutting, but I do believe every wrestler can lose weight. **Weight cutting is different for**

every individual. It depends on the athlete's discipline, work ethic, and goals. I do believe most athletes can wrestle healthy at a body fat measurement around six or seven percent. The wrestlers body fat measurement at the beginning of the season will provide the appropriate weight class. The WHSAA will use 7% body fat as the minimum body fat percentage for wrestlers. Wrestlers may not wrestle below this weight. Female's body fat is 12%.

- 6. Body fat measurement does not mean the wrestler has to wrestle at the recommended weight. The measurement is an estimated guess of how much weight can be lost. The coaching staff and the trainer will not certify an athlete without approval of the parent's permission of desired weight.**
- 7. Before the season starts, every wrestler will have a hydration and body fat assessment performed by the WHSAA. The state will determine the minimum weight class for everyone. A doctor, trainers, coach, and parents will certify the wrestler. Once the wrestler is certified, a date will be set for minimum weight to wrestle and the wrestler cannot wrestle below the minimum weight. If the athlete is not certified, then the wrestler cannot compete in the season.**
- 8. Wrestlers must realize that a constant fluctuation of the weight is continuously substituting loss energy from the muscle. This in return causes a loss of energy, strength, and endurance. A wrestler showing these signs in the practice sessions will be forced to a higher weight class.**
- 9. NC wrestling promotes aggressive, offensive style of wrestling in the practice room and the wrestling arena. Any wrestler not demonstrating this style of wrestling is probably cutting too much weight.**
- 10. All wrestlers in the state of Wyoming will have locations in the state to certify for the upcoming season. Every wrestler will be given a minimum weight class based on hydration and body fat assessment. Wrestlers may wrestle above the minimum weight class, but not below the minimum weight. A specific date will promote gradual**

weight loss in attaining the minimum weight. Wrestler may not wrestle at the minimum weight until the appropriate date. Wrestlers can lose 1.5% body weight per week.

- 11. No weight certification appeals or physician's clearance releases.**

Nutrition – Look on Natrona Wrestling Web Site for more Information

- 1. Philosophy of Weight Cutting: Build Lean Muscle and eliminate Body Fat.**
- 2. Less Fats and Protein** (Junk food, meat, dairy products, eggs) 50% of daily intake. Most of the 50% is protein, not fat. Protein and fat are needed for muscle contractions, but many people eat too much of these products. At the highest percent, protein and carbohydrates should be balanced in percentages (50/50).
- 3. More Carbohydrates** (bread, pasta, pizza, noodles, grain cereal, vegetables, fruits). 60% of daily intake. This food is quickly digested and restores lost energy. It provides energy to work harder, faster, longer, and stronger. Fast food restaurants contain a high fat, sodium, and calorie diet. It is recommended to eat home cooked meals for best nutritional value.
- 4. Drink Water.** 8 glasses of water are recommended daily. As competition gets closer, the wrestler must cut back of the food and water intake.
- 5. Smoking/tobacco/drugs/vaping kills the lungs and has many side effects to performance. Drugs are not needed in wrestling.**
- 6. Enhancing drugs such as creatine and other muscle building supplements are not needed in wrestling.** These supplements will decrease the amount of fluid intake. Since wrestlers must watch their intake of fluids and foods, these supplements will not enhance their performance. Documented deaths have occurred in wrestling due to taking these supplements. **The wrestler must maintain a balance diet (carbohydrates, proteins, and fats) for maximum performance.**

7. Minimize carbonated drink (pop). Substitute it with water drinks and sport drinks. Many fruit drinks and sport drinks have high sugar content.
8. Stay **clean!!** Wear new clothes to every practice. Ringworm and other fungi are caused from not remaining clean and are very contagious. Shower and wear new clothing for every practice. We have skin ointment to reduce these problems, but a shower after practice is the best treatment. A coach or trainer should look at any areas of concern. Furthermore, wash headgear and knee pads.
9. **Wrestling is a sport that requires discipline.** A wrestler cannot eat 3 large meals a day and drink 8 glasses of water. **The wrestler must discipline themselves to smaller servings and fewer liquids (calorie count).** The liquids are replenished through foods with high water content and from water. Wrestlers must discipline themselves to smaller serving sizes.
10. The first two times down to the weight class is the hardest. Weight should gradually stabilize towards the new weight. The WHSAA, trainer, doctor, coach, and parent will determine the optimum weight to wrestle. But the parent will have the ultimate decision on desired weight.
11. Rest is vital for maintaining a healthy lifestyle. Try to get 8 hours of rest every day. Structure your day with these considerations: school, wrestling, and relaxation. Remember, relaxation is the reward for doing good deeds. The human body likes routine and structure. Keep your lifestyle similar each day.

Lettering

- 1) **Lettering is based on a 13-point standard. Cancellation of events will be deducted from the 13-point standard. Points will be awarded for participating in these events:**

a. Event PTS.	Points	Total
b. Varsity Tournament (placed)	3	21
c. Varsity Tournament (participation)	2	14
d. Varsity Dual	2	16
e. JV Tournament (place)	1.5	10.5
f. JV Tournament (Participation)	1	7
g. JV Dual	1	8
h. Additional Points	2	2
i. (Practice intensity, work ethic, good behavior, grades)		
j. Not Making Weight (each miss)	-1	-1
k. Unacceptable Behavior, missing practice, etc.		

- 2) **All senior athletes and state place winner will automatically letter. Athletes must complete the season in good standing.**
- 3) **Completion of the entire length of the season is needed for lettering.** Athletes not completing the season will not be eligible for a letter. Completion of the season is attending practices until the State Tournament and attending competitive events. Athletes not completing the season will get a participation certificate and not a letter.
- 4) **Two additional points will be received for attending all practices, hard work, dedication, adequate grades, and adequate behavior.** Lettering is based on committing yourself to the program.
- 5) **Coaches' discretion will also influence the lettering based on code of conduct, sportsmanship, effort, failure to check in gear, missing practices, inappropriate behavior, injuries, etc. Coaches will have the final decision on whether the athlete will letter or not.**
- 6) Most point scored is 43 for Varsity and 24.5 for JV. This includes wrestling at each event under the classification, placing at the tournaments, and getting additional points for proper conduct.

- 7) Maximum Number of events: Varsity 8 duals and 9 tournaments (Regionals/State); JV 8 duals and 9 tournaments.
- 8) Managers **must attend 95% of practices and competitions to letter**. Daily Work ethic and help of the program will determine lettering. Complete the season in good standing.

Wrestlers Expectations

1. Effort - win or lose, you never quit. It is hard to win matches if the wrestler does not care. Coaches can provide you with the essential tools to win matches, but the desire to win comes from inside. The coaches will provide the technique, strength, endurance, and intelligence to win matches, but you must provide the effort. What you want is what you get. You will determine how good you want to be.
2. Obey to **school policies and rules that govern wrestling** (Code of Conduct and Sportsmanship). Your behavior on and off the mat reflects the school, the coaches, the program, and community. The coaches expect passing grades, respect for the rules, sportsmanship, team cohesiveness, and effort. Any negative behavior in the program will be dealt with on an individual basis.
3. **Equality** - everyone out of wrestling is treated equally. Coaches expect upper classmen to be role models and set the stage for successful wrestling. Everyone has an equal chance in determining his or her position on the team. All wrestlers will support their teammates at duals and tournaments. Criticisms of the wrestler is not needed or tolerated during the season. This is the coach's job to correct the mistakes and upper classmen to lead by example. Leadership reflects attitude.
4. Team **Unity** - the success of the team depends on all individuals. All wrestlers need to feel important for the team to be its best. All wrestlers will support the wrestler during and after the match, in practice, and help motivate the wrestler to be their best. Ability should not be grounds for judgment. There are many other positive aspects of sports and individuals than performance.
5. **Aggressive Wrestling** - offensive wrestling, not defensive. Coaches want a wrestler who is willing to put it all on the line

without worrying about the outcome of the match. Win or lose, you are going to remain aggressive, offensive, and focused on wrestling to the best of your ability. You will focus your attention on effort, remaining confident, increasing your ability, and remaining relaxed through the duration of the match.

Equipment

- 1) All **equipment checked out is the responsibility of the wrestler. Wrestlers will be ineligible until equipment is turned in or reimbursed.**
- 2) **Any switching of equipment with other team member is the responsibility of the recipient. You will turn in what was checked out.**
- 3) Any **lost equipment will be replaced or paid for.**
 - a. **Headgear and Kneepads - \$30 Wrestling Suit - \$100**
 - b. **Warmups- \$200 Wrestling Bag - \$60**
 - c. **Wrestling Shorts - \$80**
 - d. **Each wrestler has about \$400.00 of State Merchandise. It is expected to be returned.**
- 4) Keep equipment clean. Read the cleaning instructions. Do not dry or use softener with singlets or warmups. It is recommended to hang dry uniforms.
- 5) All equipment will be turned in at the end of the year. All wrestlers are responsible for turning in equipment the following Monday after the State Tournament. Return the equipment to the Coaches Office. Students will be placed on the fine list until equipment is returned and school information will be held until paid. Such as report cards, enrollment into classes, and graduation.
- 6) **Equipment for practices: wrestling shoes, running shoes, sweats, shorts, and T-shirts.**
- 7) A fundraiser will be used to earn money for practice gear and new equipment needed by the wrestlers. All wrestlers must participate in the fundraiser and turn in money. Missing funds will be reported to the office and student's report cards will be held until money is turned in. All wrestlers will have to raise enough money to pay for practice gear.

- 8) Practice gear will not be handed out until Coach Fittje/Parker receives the money and completion of the 2 weeks pre-season practices.
- 9) The laundry department for Natrona County School District has been kind enough to wash our practice clothes. Clothes are secured together by a strap or laundry bag. Wrestlers should write name on clothing. Wrestlers are responsible for their clothes and daily practice gear. Wrestlers will be given 2 shorts and 2 shirts. Laundry is cleaned daily. The day before competition, extra clothing will be allowed.

Participation in making Wrestling Successful

1. Wrestlers must participate in earning money for wrestling or pay in full for practice gear.
2. Wrestlers must participate in activities to promote wrestling: helping kids wrestling, going to schools to promote wrestling, participating in media coverage, getting classmates out for wrestling, building relationships, and developing recognized program with sport values.
3. Wrestlers must demonstrate a commitment to the program with behavior, performance, and leadership.

To Do List for Wrestlers and Parents:

1. Wrestling Meeting
2. Fund Raiser – find 10 donations to the program.
3. Get physicals done before first practice.
4. District Online Registration
5. Attend Parent's Meeting.
6. Prepare for the Season – Practice, Run, and Begin cutting back on food intake and watching weight. WHSAA Weight Certification **second Friday of the Season**
7. Fine Booster club representative
8. Be ready to start practice (**equipment, physical, insurance**).
9. Elect Team Captains (3).
10. Develop 3 goals for the season.

Mangers and Video Recorders

1. Are expected to obey to the same rules and expectation as the wrestlers.
2. Part of the team's success is inventory, weigh-ins, attending practices, mat stats on a weekly basis, filming, rely information for communication, and keeping the room clean and organized.
3. Are expected to have score books completed, and matches taped for every match.
4. Readily available for coaches to access information quickly.
5. Attend every practice and perform duties asked by the coaches. Prepare for the week.
6. Work as a team focusing on maintaining a high commitment to the team. Everything done is for the good of wrestling.

Dress Code

1. All people involved in wrestling will dress neatly with no obscene slogans. School dress code policy.
2. Blue jeans and sweats are acceptable for tournaments. NC shirts and sweatshirts are also acceptable.
3. Dress up clothes for home and away duals.

Multisport Athlete

For the success of NC wrestling and NC athletics, our coaches believe in a multi-sport athlete. This will not only benefit the athlete, but the whole school. We expect wrestlers to participate in three sports to maintain their competitiveness, aggressiveness, determination, coordination, and strength. This will also keep the athletes focused on what is important and away from unwanted behavior. When school is not in succession, athletes should continue to complete or train for the sport. Training means running, weightlifting, attending wrestling camp, construction/farm work, or other high heart rate activities.

District Policies of Concern

Out of Town Activities

On out-of-town activities, students must return home in the same vehicle in which they originally traveled. If a student wishes to deviate from this schedule, the parents or guardian must contact the athletic department (Mr. Cantrell) personally to gain such permission. Leave a written note in the office before competition departure.

Supportive Undergarment Policy

In attempt to enhance the safety of all NCSD #1 student athletes we have adopted the following "Supportive Undergarment Policy". Several injuries specifically to several male students as well as modesty throughout the gymnasiums, weight rooms, and training rooms, have caused us to examine this issue and make the following recommendations of all student athletes.

All male participants must wear a jock strap or supportive brief type undergarment and all females' athletes must wear a sports bra or similar type supportive undergarment. Failure to do so increases the risk of injury and potential disability to the athlete involved.

Jewelry Policy

In attempt to enhance the safety of all NCSD #1 student athletes we have adopted the following "Sports Participation - Jewelry Policy".

All participants' male and female should not be allowed to participate or practice while wearing jewelry of any kind. Wearing jewelry while participating in games is prohibited by Wyoming High School Activities Association rules and this rule is extended to NCSD athletic practice sessions.

Attendance

Students must attend class the day of competition. Students or Parents cannot excuse the student-athlete from school on competition days.

Physical, Sport Risk Film, and Proof of Insurance

All athletes must have a physical and watch the sport risk film to practice.

WRESTLING WITH COVID – GUIDELINES FOR WRESTLING

1. SOCIAL DISTANCING
 - a. FACE COVERINGS – 6’ OR LESS, WEAR ON THE BENCH
 - b. HAND WASHING/SANITIZING - FREQUENTLY
 - c. FLU SYMPTOMS – FEVER 100.4, DIAHERRA, VOMITING, EXCESSIVE COUGHING, RESPIRATION ISSUES – STAY HOME
2. EQUIPMENT – FOG WITH DISINFECTANT
 - a. HEAD GEAR
 - b. SHOES
3. WATER BOTTLES – BRING YOUR OWN
4. CLEAN – MATS, SHOWER, EQUIPMENT
 - a. MATS DAILY
 - b. FOG WALL MATS
 - c. SHOWER AFTER PRACTICE – AT HOME
 - d. WASH, SANITIZE HANDS OFTEN
 - e. WASH PRACTICE GEAR DAILY
 - f. WASH SINGLETS AFTER COMPETITION
 - g. CLEAN SCALE, SCORES TABLE, BLEACHERS
5. WRESTLING LOCATION
 - a. GROUPS – EXPERIENCED, INEXPERIENCED, BIGS
 - b. PODS – GROUPED WITH WRESTLERS OF SIMILAR ABILITY, EXPERIENCE, AND WEIGHT. 24 TO 32 PER POD INCLUDING COACH - GROUPINGS
 - c. WRESTLE IN THE SAME LOCATION ON THE MAT. MAT AREA HAS 18 CIRCLES
 - d. WRESTLE WITH SAME WRESTLERS – ABILITY & WEIGHT
 - e. TRAVEL WITH SAME WRESTLERS – SEATING CHART
 - f. BENCH SEATING CHART
 - g. 10 MINUTES IN AND OUT OF LOCKER ROOM
6. ATTENDANCE DAILY – PODS AND LOCATION - TRACKING
7. TRACKING – BEING WITHIN SOMEONE WITH COVID FOR 10 MINUTES FOR LESS THAN 6 FEET.
8. PRACTICE PLAN - DAILY
9. VENTILATE WRESTLING AREA – OPEN DOORS
10. PRACTICE 3-4:30
 - a. NO OUTSIDE WRESTLERS
 - b. NO SPECTATORS
11. TRAVEL
 - a. 2 PER SEAT
 - b. 50 SEATS INCLUDING COACHES

- c. SUBURBANS – ALL COACHES SIGN FOR TRAVEL. TROUBLE KEEPING DRIVERS.
- d. NO EATING ON THE BUS. SPREAD OUT TO EAT.
- e. 2 ATHLETES PER MOTEL ROOM
- f. SHOWER AFTER EVENTS OR EVEN AFTER EACH DUAL.
- g. SKIN PROTECTOR
- h. COVID KITS – MASK, GLOVES, HAND SANITIZER, ETC.

12. EVENTS

- a. INDIVIDUAL DUALS ONLY
- b. NO TOURNAMENTS
- c. 2 TEAMS PER GYM
- d. 2 COMPETITIONS PER WEEK
- e. 16 COMPETITIONS PER SEASON
- f. 3 DUALS PER DAY
- g. WEIGH IN AT HOME OR 1 TEAM AT A TIME
- h. HOME TEAM WARM UP IN PRACTICE ROOM
- i. WRESTLE DUALS OR PODS – NO MORE THAN 4 WRESTLERS PER POD
- j. MINIMUM OVERNIGHT STAYS
- k. MINIMUM OUT OF STATE COMPETITION
- l. NO HANDSHAKES

13. REGIONAL/STATE

- a. QUADRANT – NC, KW, AND LARAMIE @ KW – 2 WRESTLERS PER SCHOOL
- b. 4 QUADRANTS
- c. TOP 4 QUALIFY FOR STATE
- d. TOP 2 SEEDED
- e. REGIONAL IS FEB. 19 OR 20 – TBA
- f. STATE – FEB. 27 SATURDAY
 - i. 4-6 MATS

Technology Sites

remind app – Communication System - Coach Parker

Facebook – Information - Coach Parker

Track Wrestling – Statistics - Coach Fittje

HUDL – Film - Coach Fittje

Whsaa.org – Wyoming State Information

Track Wrestling – Weight Certification/Nutrition

Wyo. Preps – State Wrestling Information - Rankings

USA Wrestling – Wrestling Information