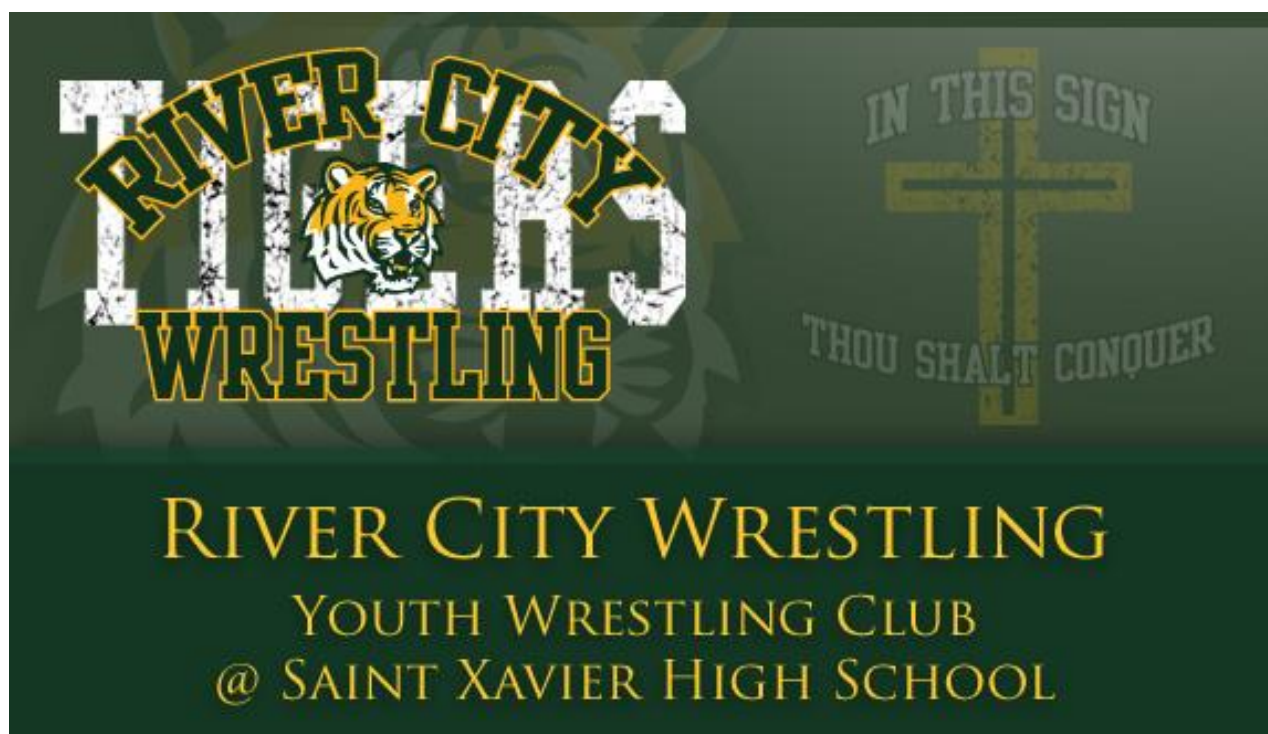


TEAM HANDBOOK



RIVER CITY WRESTLING | 2017-2018

OUR MISSION

River City Wrestling is designed to promote the sport of wrestling. Wrestling is the world's oldest and greatest sport. The discipline, balance and skills that are taught in the sport of wrestling will strengthen your body, mind and soul.

Our goal is to provide our athletes with a safe, healthy and enjoyable environment in which to compete; without fear of abuse, either physical or verbal from anyone, be it opponent, official, coach or spectator. We strive to bring glory to God through the sport of wrestling.

RIVER CITY GOALS

Overall Program Goals

- To bring Glory to God through the sport of wrestling.
- To encourage the overall discipline of all participants.
- To practice the ideals of sportsmanship and citizenship.
- To improve the leadership of all wrestlers.
- To maintain a consistent, disciplined work ethic in practice.
- To improve the skill level of all wrestlers.
- To promote the sport of wrestling and promote a life-long love of the sport.

Middle School Team Goals:

- To fill all weight classes.
- To place in the top 2 at all tournaments.
- To be District Champions.
- To be Regional Champions.
- To have 13 or more State Qualifiers.
- To place 1st at State Duals.
- To place 1st as a team at the State Tournament.

Youth Team Goals:

- To support wrestlers to strive for excellence on and off of the mat.
- To learn and practice the ideals of sportsmanship.
- To learn fundamental skills of wrestling needed for long term success in the sport.
- To foster a love of the sport of wrestling.
- To be Regional Champions
- To be Youth State Champions

EXPECTATIONS

Every wrestler should expect to work hard and commit themselves to being the best, not only on the wrestling mat but in the classroom and the community. River City Wrestlers are expected to maintain high standards in sportsmanship, citizenship and respect for persons and property. They are expected to have good manners, a positive attitude and an excellent work ethic.

SCHOOL

River City Wrestlers are expected to go to class daily, pay attention, work hard, and respect their teachers. They should set good examples for the rest of the student body when it comes to manners, respect for persons and property and all school rules and regulations.

ELIGIBILITY

A wrestler shall be eligible to represent River City Wrestling if he meets the following criteria:

RIVER CITY WRESTLING | 2017-2018

- He must represent his team and school ideals in student conduct.
- Passing all courses according to your school district standards. It is the parents' responsibility to notify the head coach of any failing grades or academic concerns.
- If a wrestler is not passing a subject he is ineligible for three weeks; at the end of the three weeks if he is still not passing he is still ineligible for the remainder of the grading period.
- Wrestlers' appearance will consistent with the ideals of our team goals. (natural hair color, no piercings, or tattoos)
- Wrestlers will maintain a practice attendance rate of 80% or better.

Problems in any of these areas may result in:

- Extra conditioning after practice
- Loss of challenge privileges
- Suspension
- Expulsion

PRACTICE

Know the practice schedule and keep up to date by checking emails and the River City Wrestling website (www.rivercitywrestling.org). Every time a River City Wrestler comes to practice, he is expected to work hard, focus on getting better and put 100% into every practice session. Your teammates count on you to be at practice, work hard and make yourself better. The more you improve, the more your teammates will improve. All wrestlers are expected to **attend a minimum of 80% of all practices**. Failure to do so may result in dismissal from the team for the remainder of the season. When a wrestler missed the determined number of practices, parents will need to meet with Coach Quirino to discuss continued enrollment in the program. Please communicate any concerns about attendance with Coach Quirino as soon as possible so that we may avoid this consequence.

During the first two weeks of your wrestlers participation parents are allowed in the room for practice. In an effort to keep athletes focused and cut down on noise and distractions we will implement a "closed practice" policy after the two week period ends. Parents will be allowed in the room during the last 15 min of each practice and the first practice of each month with be "open."

COMPETITION

Competition schedules will vary for every athlete. The primary goal of a wrestler should be to learn the sport and be the best that they can be. **When a wrestler is ready to compete**, we will put wrestlers on the mat that think and believe that they can win. A River City Wrestler is expected to give 100% every time he steps out on the mat. He should be ready both mentally and physically. He should wrestle aggressively, yet within the realm of good sportsmanship and should never question a call by an official. Watch and support all team members when they compete.

We will conduct closed practices after the first week of the new season. Open practices will be scheduled and conducted monthly.

COACHES

- Must have good communication with other coaches, wrestlers, and parents.
- Must be consistent with disciplinary action and encouragement with all wrestlers.
- Must be up to date on current wrestling skills, strategy, nutrition and weight training.
- Must be familiar with all KSWA and USA Wrestling policies as they relate to the wrestling program.
- Must have organized, intense practices so each wrestler can achieve to the best of their ability.
- Must set a good example for wrestlers by refraining from over-aggressive behaviors such as excessive yelling, belittling or berating of wrestlers, referees, parents or other coaches.
- Must maintain positive interactions with wrestlers remembering that we are leaders, role models and mentors.
- Must have a background check and USA Wrestling Coaches' Card.

WRESTLER

RIVER CITY WRESTLING | 2017-2018

- Must be coachable (willing to listen, learn and give their best effort).
- Must be totally committed during the season to the team and the sport of wrestling.
- Must work to achieve great physical condition.
- Must diet correctly and be in the correct weight class.
- Must maintain the ideals of sportsmanship and citizenship at all times.
- Must work hard in the classroom.

ATTENDANCE

It is your responsibility to know the practice schedule, to attend and be on time. If you have a legitimate reason for being absent or late, notify a coach in advance at (502) 627-0789 & email: CoachQ@rivercitywrestling.org.

- Be on time (10 min early). Check the Calendar, Text Messages and Newsletter for updates or variations on practice times.
- All Wrestlers will wear athletic shorts, t-shirt and wrestling shoes for practice (bring a water bottle, running shoes, sweatshirt and change of clothes)
- No jewelry will be worn during practice (i.e. watches, wrist bands or necklaces).
- Excessive talking and horseplay will not be tolerated.
- Be prepared to work hard every day.
- Wrestlers are expected to **attend a minimum of 80% of all practices**

TEAM DESIGNATION

Coaches will decide which team, nights of practice and practice times will be appropriate for each wrestler. The team will be divided into two main groups: Green and White Teams (more focused on learning and developing within the sport) and Gold Team (more experienced, competition oriented). Determining the weekly line-ups will be based on the following:

- Practice Attendance
- Work Ethic
- Attitude
- Citizenship
- Wrestle-Off Matches (for MS team); Youth team will not wrestle-off

WRESTLE-OFF

If a wrestler has satisfied the requirements listed above, he may challenge according to the challenge schedule. Match times for all Middle School Team Challenge Matches are 1:30, 1:30, 1:30 (overtime will follow KSWA guidelines). There may be instances in which a wrestler may have more than one challenge match a day, but every effort will be made to ensure fairness within each weight class. Wrestlers may, upon approval from the Head Coach, challenge for more than one weight class. The winner of the first challenge match will compete that weekend. Wrestlers must meet the following weight allowances at the time of a challenge match: **70-96lbs must be within 2 lbs; 103-Hwt must be within 3 lbs**. These challenges are a privilege, not a right.

EQUIPMENT

- You assume full responsibility for all equipment checked out to you. If equipment is lost damaged or not returned, your **\$60 security deposit** will be withheld and deposited.
- Competition singlets are checked out to you before your first competition. If there is a lineup change, the wrestlers involved will make the switch if necessary. All equipment must be turned in at the end of the season.
- You are responsible for providing your own headgear, wrestling shoes and mouthpiece (if you have braces). See our coaches, if you need guidance in purchasing of equipment.
- A headgear is required for all wrestlers in competition.
- Due to the nature of the sport, it is very important to wash practice gear daily and shower immediately following practice or competition.

TOURNAMENTS

- Make sure you have all equipment wrestling bag.

RIVER CITY WRESTLING | 2017-2018

- Uniform (singlet, headgear and shoes)
- Nail clippers
- Food and a water bottle for the day
- Show up to competitions on time and on weight.
- Follow the proper weigh-in procedure.
- Sit together as a team in the bleachers.
- Warm-up as a team.
- Listen for your matches being called.
- Cheer positively for our team; do not make comments about other teams.
- Shake coaches' hands before and after matches.
- Talk briefly with one of the coaches after your match.
- Stay in uniform unless you have been eliminated or you have permission to change.
- Be in full uniform when receiving awards.
- Pick up all trash around our team area at the conclusion of the tournament.
- If you earn an award you will be expected to show up for the award ceremony in team uniform.
- If we host a tournament, all wrestlers and their families are expected to help run the tournament (set up, run and clean up at the end of the tournament).

TRAINING GUIDELINES



To ensure maximum performance, please follow the suggestions below:

- Pack wrestling gear and food the night before events
- Be asleep by 10:00 PM on weeknights and nights before a match.
- Eat smart. Stay away from junk food with no caloric value. Eat more fruits, vegetables and foods high in carbohydrates.
- Drink plenty of water
- Run, do push-ups, pull-ups and sit-ups on your own.
- Use visualization as a tool to help you be successful.

RIVER CITY WRESTLING | 2017-2018

ACCEPTANCE (Please copy and turn in this page for our records)



I have read and understand the team handbook, including all policies and procedures. I agree to abide by all rules, regulations and consequences contained herein.

Wrestler Name (Printed) ↓		Parent Name (Printed) ↓	
Wrestler Signature ↓		Parent Signature ↓	
Date:		Date:	

A signed copy of this form must be on file in order to compete in the wrestling program.

