

# LAKOTA EAST WRESTLING

## PARENTS HANDOUT

### 2010-2011 GOALS FOR THE PROGRAM

1. To develop outstanding young adults (socially, academically, and athletically).
2. To win a team championship at a varsity level tournament.
3. To beat West.
4. To have a winning varsity team record.
5. To continue to produce State Qualifiers, State Placemen, and State Champions.

### LONG TERM GOALS FOR THE PROGRAM

1. To develop outstanding young adults (socially, academically, and athletically)
2. To develop a **Top 10 (State Wide) Team** every year.
3. To place in the **Top 5** in the State as a team.
4. To win a GMC, Sectional, and District team championship.
5. To continue to produce State Qualifiers, State Placemen, and State Champions every year.
6. To beat West on a consistent basis.

### PRIORITIES AND EXPECTATIONS OF THE WRESTLERS

*(Take care of these things and you will provide opportunities for yourself)*

- A. HEALTH
- B. ACADEMICS
- C. SOCIAL RESPONSIBILITY
- D. ATTEND REQUIRED EVENTS WITH ENTHUSIASM AND ENERGY.
- E. COMMITMENT TO SELF, TEAMMATES AND COACHES.

### GOALS OF THE TEAM MEMBERS

It is important that all wrestlers set individual goals for themselves. It is even more important that all wrestlers set individual daily goals for themselves in order to help them reach the bigger goal. I.E. It is one thing to say that you want to be a state champion, but what are you going to do extra on a daily basis to help yourself achieve that ultimate goal. Goals are a very important component of our existence. It is imperative that EVERY member of the team set long term goals for themselves and daily objectives to meet those goals. These are skills that will be beneficial in all of your future endeavors.

## RESPONSIBILITY OF THE COACHES

1. To clearly define the meaning of success and set forth a path for all to achieve their personal goals.
2. To communicate the expectations of practice time.
3. To offer the opportunity for all to learn.
4. To offer the opportunity for as many as possible to compete as often as possible.
5. To maintain and reinforce the goals and priorities of the program.
6. To help establish, maintain, and reinforce individual goals.
7. To protect the wrestlers from abuse--either through themselves (ie. cutting too much weight), or parents (ie. being too critical).

\*It is the coaching staff's responsibility to determine if a wrestler can compete (Protect themselves) at a particular level. In rare situations, the coaching staff may decide not to move a wrestler up to a higher level based on the fact that they are not able to protect themselves.

8. The coaches will monitor the academic progress of the team. This will be done by an official process (electronic eligibility system), and through informal communications with teachers. The word is out that the coaches will not tolerate inappropriate behavior in the classroom. Teachers are advised to let us know if you are not behaving properly in class. **In order to remain eligible to compete on a weekly basis, an athlete must be passing 5 solid courses. If a wrestler is not passing 5 solid courses, he will be ineligible to compete the following week (Sunday-Saturday). If a wrestler does not pass 5 solid courses for the 1st quarter grades (not semester), he will be ineligible until the end of 2nd quarter. If a wrestler does not pass 5 solid courses for the 2nd quarter (not semester) grades, he will be ineligible for the remainder of the season. An eligibility report will be provided to the head coach via the administration and the TAC grading system every Friday.**

## RESPONSIBILITY OF THE WRESTLERS

1. Believe and **BUY INTO THE PROGRAM**. **"PROGRAM"** is defined as the commitment to:
  - a. The priorities of the program.
  - b. Implement technique.
  - c. Implement training.
  - d. Listen to advice on weight class, weight loss, weight training, conditioning, technique, and strategy.
  - e. Trust the coaches.
  - f. Believe and Achieve.

2. Support, listen, and try to implement all aspects of "The Program."
3. To **COMMUNICATE** with the coaches.  
Re: **What weight class they plan to certify at.**  
**What weight class they plan to wrestle off at.**  
**If they are going to be late to practice.**  
**If they are going to miss practice.**  
**Any injury or illness.**
4. To bring **any concerns** to the coaches.
5. To abide by all school district policies (i.e. substance abuse policy, etc.)

### **INJURIES/ILLNESS**

All Injuries/Illnesses must also be communicated to our coaching and training staff.

- \* The required process in dealing with an injury is as follows:
  - The injury must be communicated to the coaching staff **immediately**
  - If necessary, the coaching staff will escort the athlete to the athletic trainer
  - If necessary, the training staff will contact the parents, recommend specific doctors to see, or get the athlete to emergency care immediately.
  - We have one of the top athletic training staffs in the state. Please follow their recommendations
  
- \* **It is imperative that the above procedure is followed. Do not go to a doctor before you have seen the athletic trainer. This is in an attempt to get the athlete healthy and back to competition as quickly as possible. The training staff will recommend you to the best athletically minded doctors in the Cincinnati area. Dr. Abbott is our team physician. The training staff will be able to get you into see Dr. Abbott that evening or the very next morning.**
  
- \* The recommendations and the rehabilitation plan as set by our training staff will be followed.
  
- \* You must agree to work to your fullest extent to fully rehabilitate all injuries and/or illness while maintaining guided training practices in rehabilitation. You will make every effort to return to the team in shape, fully recovered, as fast as possible (as determined by the training staff).

## WRESTLE OFFS

All wrestlers on the Varsity, J.V., and Freshman levels **who are going to wrestle off must weigh within 5% of their weight class on wrestle off day** (we will be providing a chart that will outline the weights based on 5%). If they do not make weight for the wrestle offs they can wrestle off in a higher weight class. It is imperative that ALL wrestlers weigh within 5% of their weight class at the beginning of each week. Therefore, if any challenges are accepted by the coaching staff, the wrestle off can immediately be held (if need be).

**\*\*Our goal is to get the wrestlers to pick the weight class that they feel is best for them to compete at that season, get to that weight class, and stay at that weight class. We would like to prevent the wrestlers from jumping from weight class to weight class each week. This is a selfish action that only hurts the team as a whole. Therefore, to further clarify the wrestle off procedure: a ladder will be established at the first wrestle off of the year. *(The #1 freshman will be **required** to enter the initial h.s. wrestle off. This does not mean that this freshman will be required to stay up on the h.s. team. It simply gives the coaching staff an idea of where this wrestler falls in comparison to the rest of the kids in his weight. After the wrestle offs have concluded, the coaches will speak with this athlete to determine together what is best for him.)* At this wrestle off, only one win is needed by a wrestler to be placed higher on the ladder than the losing wrestler. Once the ladder has been established, the #1 man at each weight class would have to be beaten twice by a lower ranked wrestler in order to lose his #1 rank. The #1 man on the ladder only has to beat a lower ranked wrestler once. All lower ranked wrestlers that are wrestling each other off (Ex. #2 vs. #3) only have to win one match in order to gain the higher rank. ***Wrestle offs will only occur based on a challenge by a lower ranked wrestler and an acceptance by the coaching staff. The coaching staff reserves the right to allow or not allow a challenge from a lower ranked wrestler (i.e. the higher ranked wrestler handedly beats the lower ranked wrestler time and time again—the allowance of a wrestle off in this case simply takes away from valuable practice time).*****

**\*\*Emphasis will also be placed on actual competition—since the ultimate goal is to be successful in actual competition (as opposed to just the**

practice room). Example: The higher ranked wrestler continually beats the lower ranked wrestler in wrestle offs, but the higher ranked wrestler does not compete as well as the lower ranked wrestler in actual competition. In this situation, the coaching staff reserves the right to put the wrestler who is a better competitor on the mat during competitions. ***Wrestle offs are just an indicator—the coaching staff will put more emphasis on what is happening in actual competitive events.***

\*\*The coaching staff also reserves the right to bump or juggle the line-up as they see fit in order to give the team the best overall chance of success. This does not happen often, but it is the coaching staff's responsibility to put the most competitive team on the mat at all times.

**\*\*If a wrestler makes a decision to leave one weight class to challenge at another, he not only loses his ranking at the first weight class, but is placed at the bottom of the ladder at the new weight class and has to work his way to the top through the procedure mentioned above. If a wrestler is held out of competition by the coaching staff due to a punishment for a violation of team rules (i.e. an unexcused absence from practice), he loses his ranking on the ladder and is placed on the bottom. If a wrestler misses competition or practice that is unexcused by the coaches, he loses his ranking on the ladder and is placed at the bottom. If a wrestler has been injured all year and has never established himself on any ladder, he will start at the bottom of the ladder, and will be treated as if it is the first wrestle off of the year (he only has to beat everyone above him on the ladder 1 time). If the coaches hold a wrestler out of competition due to illness or injury, the wrestler does not lose his ranking on the ladder upon return.**

\*\*Lastly, at times we will hold a Black and Silver Wrestle Off/Intersquad Scrimmage at the beginning of the season. The objective of this event is to pit the #1 and #2 kids at each weight class against each other for the final initial wrestle off. Please keep in mind that this does not always happen at all weights for a variety of reasons — therefore we try to put together matches that will ensure an enjoyable evening for the fans. In other words, in some cases it is an actual final wrestle off and in other situations it is just a good matchup which does not necessarily mean that the winner of the match is guaranteed the #1 spot at that weight class.

## WEIGHT CERTIFICATION

The OHSAA has established a minimum weight based on a 7% body fat for males. Minimum weight (the lowest possible weight that a wrestler can compete at) will be established through a process where each student will have their hydration tested, be weighed and have a certified assessor determine their percentage of body fat through the use of skin fold calipers. The assessment cannot occur after a practice. The lowest weight class at which a wrestler may compete will be determined as follows:

- If the predicted weight, at 7% body fat, is exactly that of one of the weight classes, that weight shall be the wrestler's minimum weight class.
- If the predicted weight falls between two weight classes he must wrestle at the higher weight class.
- There will be a one percent variation of error adjustment, which will be determined by the performance calculator.
- When weighing in, using a certified scale, one will round up the reading to the nearest tenth.

No wrestler may compete until he has participated in the Alpha weigh in and his name and data are included on the school Alpha Master Roster. Assessments may begin on November 15<sup>th</sup>. Wrestlers may be measured any time on or following this date until the deadline date of January 26<sup>th</sup>. However, they cannot compete until their alpha weight has been established. If a wrestler fails the hydration test (reading of 1.026 or higher), he will have to wait 48 hours before being reassessed. Any wrestler with a body fat percentage below 7% will not be allowed to compete below their alpha weight (Ex. Weigh in at 111 lbs. with a body fat of 6%. You must compete at 112 lbs.). A weight loss limit of 1.5% of your alpha weight per week has been set. A wrestler will not be permitted, at any time, to wrestle in a weight class that would require him to lose more than 1.5%, per week, of his alpha weight from the original date of his assessment.

***Rule of thumb: in most cases, you will want to be within 5 lbs. of your desired weight class (fully hydrated) at certification.***

***However, if you have a naturally very low body fat percentage, you will want to take advantage of a preassessment that will be offered before certification day. Speak to Coach Lehman and he will be able to give you the date and time of the preassessment (usually late October or early November). This would be beneficial in this situation because it will help you determine what you need to weigh on certification day.***

### **Growth Allowance**

A two pound growth allowance will be given on December 25<sup>th</sup> (Ex. 112 becomes 114). Growth allowance may not be utilized to achieve a lower minimum weight for a wrestler. In order to utilize the growth allowance, a wrestler shall compete at scratch weight in the desired weight class at least once prior to using the two pound growth allowance. On any given date, a wrestler may not weigh in more than one weight class above his lowest allowable weight class as defined by his alpha master report timeline. If this was to occur, the wrestler would forfeit his lowest allowable weight and a new lowest allowable weight would be established.

## **Team Rules (Wrestlers)**

Wrestling is a unique sport for many reasons. One in particular, is the combination of individualism within the context of a team. In order to reinforce the idea of responsibility to the team, the following rules have been established.

1. If an athlete has an unexcused absence from a match or practice (this includes not making weight at a match), they will not be able to challenge for, or to represent the school at any level, for one match. They will also lose their rank in the ladder and fall to the bottom of the ladder.

\*Excused absence/tardy from practice:

Extra help from teachers (with a note).

Doctor Appointments (coaches informed beforehand)

Family obligations in which coach has been informed beforehand.

Other school obligations in which the coach has been informed beforehand.

\*Unexcused absence/tardy from practice:

Detentions

Suspensions

Missing practice without the coaches being informed.

**\*\*Injury/Illness does not excuse you from practice. You must report at the beginning of practice to hear all announcements and then rehab your injury on location. Do not leave the building without the coaches being told. If it is in the best interest of the athlete to go home, the coaches will make certain that he goes home immediately after any announcements are made.**

**\*\*If a wrestler is absent for an extended period of time (excused or unexcused), the coaching staff reserves the right to hold this wrestler out of competition until they feel that the wrestler has gotten themselves back in good enough shape to protect themselves in competition. This is for the safety of the athlete. Also, if the wrestler misses a wrestle off day because of this extended absence, he automatically loses his rank in the ladder. It would not be fair to the wrestlers that are present to not give them the opportunity to compete.**

**\*\*Excused or unexcused absences from practice will result in a 30 min. conditioning workout (structured by a coach) after practice(s) upon your return. This is tied to the number of days missed (i.e. 1 day missed=30 min. after practice the day that you return. 2 days missed=30 min. after the first 2 practices upon your return. This is not a punishment. It is simply a method of making up for lost time.**

**\*\*Unexcused tardies to practice will result in the athlete immediately being given a 15 minute Aerodyne Bicycle Workout/Conditioning workout by the coaching staff. It will be in the wrestler's best interest to be on time to practice.**

### 3. Dress Code/Grooming

**\*Wrestlers must have hair cuts and dress appropriately for school. Wrestlers must have belts on their pants and not have their underwear showing.**

**\*\*For some away matches and at school on match day, the team will wear ties, dress shirts, and nice dress pants. (**No Wranglers**). Please listen to the coach for instruction pertaining to this.**

**\*\*National Wrestling Federation Rule Section 2 Art. 1: During competition all wrestlers shall be clean shaven, with sideburns trimmed no lower than earlobe level and hair trimmed and well groomed. The hair in its natural state, shall not extend below the top of an ordinary shirt collar in the back; and on the sides, the hair shall not extend below earlobe level. The front of the hair must not come below the eyebrows.**

**\*\*No earrings will be worn at practice or to and from events.**

\*Keep yourself, your workout gear and your locker clean at all times. **Wrestlers must shower after every practice on location, not at home. Please utilize a fresh/clean towel every day (not one that has just dried). Please read through all MRSA handouts that have been provided. Make sure to wash your kneepads and to wipe down your headgear with sanitizing wipes on a daily basis.**

\*Keep an eye out for personal rash or any abnormal skin abrasions. Report any abnormalities immediately to the coaches. You would not want to harm yourself or your teammates at all during the season.

4. Respect the equipment, valuables, etc. of others. Be responsible for your own equipment--uniform, bags, headgear, wrestling shoes, etc. Keep an eye out for each other at away meets. Please make sure your locker is locked at all times. Do not leave your stuff lying out. If you lose any equipment, let the coaches know immediately. You are responsible for replacing the equipment. The equipment is new. Please wash your singlets after every match. **Be sure to follow the tagged washing instructions.**

**5. Don't embarrass your parents, your team, or your coaches at anytime--Outside of School, In Class, At Meets, Etc.**

6. Respect your teammates. No verbal abuse or physical abuse will be tolerated. Violations may result in, but are not limited to, suspension from matches. Repeated violations can be ground for dismissal from the team.

7. Respect your coaches. Failure to respond to coaches instructions may result in, but is not limited to suspension from matches. Repeated violations can be grounds for dismissal.

## **NCAA CLEARINGHOUSE**

It is very important that if you are interested in competing at an NCAA Division I or II levels in college that you apply to the NCAA Clearinghouse at the beginning of your junior year. You can do this through the Guidance Department. Be sure to communicate this desire to Coach Lehman so that he can begin the college process with you.

# EARNING A VARSITY LETTER

In order to earn a Varsity letter, you must achieve one of the following:

1. Place in a Varsity Tournament
2. Wrestle in at least half of the dual meets on the Varsity level.
3. Represent Lakota East at the GMC Tournament
4. Represent Lakota East at the Sectional Tournament
5. A Varsity wrestler who has solidified himself as #1 and is injured and cannot continue for the remainder of the season.
6. A senior participant in the program who has fulfilled all team requirements and has successfully completed the season.

## AND

1. You must finish the year as a member of the team in good standing. Rules are in affect until after the awards banquet.
2. You must attend practice until after the Sectional Tournament (not the GMC Tournament). This includes JV Wrestlers. In order for a JV wrestler to earn a JV Letter they must abide by this guideline.
3. You must turn in all of your equipment.

## The Long Run:

It is the coaches decision when and where to place wrestlers in the lineup. 95% of the time, this will be done on the basis of the wrestle offs. There are times when the coach will place a wrestler in the starting lineup that is contrary to the result of the wrestle off. This could take place if there is a conflict of styles, i.e., wrestler A can beat wrestler B but no other wrestlers. Although this does not happen that often, such a possibility remains.

At times, it is more appropriate for a wrestler to be in the J.V. lineup than it is to wrestle on the Varsity level. This situation occurs when a young man is losing so much weight just to be in the varsity line up, that he can not practice hard on a daily basis. This wrestler will have no improvement throughout the course of the year. This young man would be better off wrestling on the J.V. level at a higher weight class, having the energy to practice hard, and improve as much as he can for the future. The second situation can take place when a young man is not prepared to compete on the Varsity level. A young man can lose all

confidence if they continually are unable to have any prospect of success. This young man could be better off in the J.V.lineup, even temporarily, so he can experience success.

### ***Ways parents can contribute.***

1. Help get all necessary paperwork. Note: make multiple copies of your child's completed physical and keep in a safe place.
2. Help monitor status of equipment.
3. Help oversee hygiene of wrestlers.
4. Encourage wrestlers to communicate any concerns to coaches.
5. Communicate any concerns with coaches.
6. Believe and Support the ideas of the coaches and philosophy of the program.
7. Help with various special events.
8. Help with soup moms.

### **Expectations of parents:**

1. To not schedule private concerns during time already committed to wrestling.
2. To represent yourself well at matches. Our parents and fans have always been the best. Let's keep it that way.
3. Wrestling is already a tough sport. Do not make it any harder on the athletes. Encourage them as opposed to putting them down. Do not try to coach them. Support the coaching staff and buy into the program.
4. Feel free to contact Coach Lehman any time with any concerns or questions that you may have. [James.lehman@lakotaonline.com](mailto:James.lehman@lakotaonline.com). Phone: 759-8615 ext. 15288.

We all must remember that this endeavor is not about us. It is about the wrestlers. They are ultimately in control of their commitment, their goals, and their expectations. It is our responsibility as "parents" to show them how to meet their goals, and to get them to strive to do a little better.