

# 2023-2024 Sandwich Indians

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***WRESTLING***

# Wrestling Handbook

## The Sandwich Wrestling Program

As a Sandwich wrestler, you will have the privilege of participating in one of the toughest sports known to man. If you are dedicated to excellence, the result of your participation will be a body that is physically strong, a mind that is disciplined, and a work ethic that will carry you through the rest of your life.

Being a member of the Sandwich Wrestling Program will also demand that you succeed academically, as well as athletically, and that you will treat fellow students and teachers with the utmost respect. There is no room in this program for individuals who don't know how to act in the classroom, on the mat, and out in public. As a Sandwich wrestler, you will learn that the violation of a rule on the mat or a violation of a team rule will result in a consequence. This is also true in life.

As a Sandwich wrestler, you will need to accept the fact that the team, in most instances, is more important than yourself. You must be willing to move up a weight class, if need be, or possibly sit out if it means an advantage for the team. Your individual win-loss record is not as important as the win-loss record of this team. Our team consists of wrestlers, their parents, coaches, and school officials coordinating their efforts toward the same common goal – winning a State Championship at the Varsity Level. Open channels of communication must be established in all directions. Anything less than a positive attitude from everyone will greatly jeopardize the success of the program.

## **Wrestling Program Design**

- I. Kids Club Level (Grades K-4)
  - A. Introduction to the sport of wrestling
  - B. Teaching of basic fundamental skills
  - C. Three Weekly practices to develop these skills
  - D. Competition during the season based on coaches discretion
  - E. Emphasis on wrestling as a fun and enjoyable activity, not one that is overly competitive and stressful
- II. Middle School Wrestling (Grades 5-8)
  - A. Developing fundamental skills
  - B. Introduction of more advanced moves
  - C. Daily practices to develop these skills
  - D. Interscholastic competition as set by the I.E.S.A. in conjunction with the middle school coach
  - E. Weekly tournaments and competition throughout the season
  - F. Students must meet eligibility requirements established by the middle school
  - G. Emphasis on wrestling as a fun and enjoyable activity; however, a shift towards preparing wrestlers to be highly competitive will start to occur. Having fun and winning will start to become equally important.
- III. High School Wrestling (Grades 9-12)
  - A. Continued refinement of basic skills
  - B. Teaching of advanced techniques
  - C. Addition of regular weight training to the practice schedule
  - D. Practice will begin on the date established by the I.H.S.A.
  - E. All wrestlers are expected to attend all practices

F. Students must meet eligibility requirements established by the I.H.S.A.

G. Injured or ineligible wrestlers are expected to attend practice unless other arrangements have been made

H. The varsity line up will be chosen at the discretion of the coaching staff:

- i. Challenge matches will be one indicator. However, a wrestler must earn the right to challenge. He can do this by attending all practices and working hard, behaving in and out of the classroom, displaying good sportsmanship at all times, being respectful to self and others, and by being academically eligible.
- ii. Individual match-ups against an opponent may be another factor in determining the varsity line-up.
- iii. Challenges for the varsity line-up will be held periodically.
- iv. Coach may change the line-up at any time for athlete disciplinary actions and/or team strategy.

IV. Those wrestlers not in the varsity line-up will compete at the junior varsity and/or freshman level.

V. No wrestler is guaranteed any matches. Varsity matches will be wrestled based on the discretion of the Varsity Coaching Staff. Junior Varsity matches will be wrestled based on the discretion of the JV Coaching Staff. Exhibition matches at each weight will be distributed among the wrestlers at each weight as evenly as possible. Matches in this program are not given to anyone. Matches will never be given to a wrestler simply because he is older or has wrestled for the program for more years. The better you are, the more matches you will wrestle. What is promised is that each wrestler, regardless of wrestling ability, will be treated fairly and treated with the utmost respect and dignity.

# **Sandwich Wrestling Guidelines**

## **CUTS:**

Just like the basketball coach I hold the right to cut any wrestler from the team for lacking the proper attitude, work ethic, willingness to follow the coach's philosophy, and behaviors that bring a negative outlook to the wrestling program.

## **Suspension**

The Head Coach reserves the right to suspend any wrestler from competition and practice for being tardy or absent, not contributing during set-up and tear down of activities, poor attitude, lack of effort, watching the clock, intentional stalling, and giving up. All of these actions represent the team in a manner that is detrimental to what we are striving to achieve.

## **Practice:**

1. Be in the room, on the mat, and ready for practice no later than the designated time set by the coaching staff. Practices could be set before or after school, on weekends, and over school holidays.
2. **All practices are closed** to parents, alumni, and fans. This prevents any outside interference from what the coaching staff is trying to accomplish. If you do need to talk to a coach you must come after practice. (exceptions: if there is an emergency and you need your son or daughter pulled out of practice)
3. Practice Times: (are subject to change/see calendar)

Weekdays:	Lifting/Conditioning 6-7am Practice: 3:30 – 6:00 p.m.
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Weekends:	8 – 10:30 a.m.
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Later in the season practice times may become shorter or longer. Look at the attached calendar for more information.

**All wrestlers need to shower after practice as soon as they get home.** We shower to prevent ringworm, impetigo, and other skin irritations and rashes that may be involved with wrestling. If the wrestler does not shower at the school they will be subject to consequences including suspension from competition. Washing practice gear daily is also important.

**Tardiness:** (to practice, meets, and tournaments)

1. Any wrestler who is unexcused and is late to practice will earn opportunities for improvement to be done after practice (example: running with time parameters)
2. Continued Tardiness in excess will result in termination from the team. (this will be handled on an individual basis by the coaching staff)
3. If you are late because you are getting help from a teacher you must bring a pass from that teacher with you to practice (you should check with a coach first)
4. Any student who receives a detention must bring a pass to practice from that teacher. They must also make-up for the missed practice time after practice.

**Absences:** (from practices, meets, or tournaments)

1. First unexcused absence – wrestler will perform opportunities for improvement after the next practice he attends to replace missed conditioning and will not compete in the next competition until completed
2. Second unexcused absence – wrestler will perform opportunities for improvement after the next practice he attends to replace missed conditioning and will not compete in the next competition until completed
3. Third unexcused absence – wrestler will perform opportunities for improvement after the next practice he attends to replace missed conditioning and will not compete in the next competition until completed
4. Following the third absence from practice the wrestler will have meeting with the coaches to discuss termination from the team
5. The coach also holds the right to suspend any wrestler from competition for missing practice, meets, etc.

#### 6. Examples of absences

- If a wrestler misses a meet or tournament on a Saturday because he is in detention it will be considered an unexcused absence.
- 2- hour detentions also count as an unexcused absence.
- There are very few absences that will be excused. If a situation arises that will cause you to be absent, you (not your parents or guardian) are expected to contact one of your coaches before practice.

## ***Communication with the coaches is the key here!***

- If situations arise with extenuating circumstances, the coaching staff will handle each case on an individual basis. The absence policy is set as a guideline, but if common sense dictates that a deviation needs to be made, it will be made.
- Varsity athletes are committed to the sport of wrestling. Any athlete missing practice or meets for other school related activities will be wrestling J.V. and will not receive the chance to challenge for varsity.

**Excused absences:** Will include deaths in the family, family vacations (within reason and with proper prior notification to the coaching staff), emergency medical treatment, religious commitments on the day(s) of worship, and school field trips (not to exceed two during the season). Varsity wrestlers have a higher sense of commitment and should not be missing practice for vacation.

**Unexcused absences:** We demand dedication and commitment from our wrestlers. Detailed schedules will be provided that should allow you to schedule around your wrestling responsibilities. If you are kicked out of practice for behavior issues you will receive an unexcused absence.

### **Practice Equipment**

1. Practice equipment should include:
  - i. An athletic supporter, boxer briefs, compression shorts, or briefs - no loose boxers
  - ii. Shorts and/or sweatpants
  - iii. T-shirts and/or long sleeve t-shirt (no hoodies or sweatshirts with pockets)
  - iv. Socks

- v. No jewelry, watches, bracelets, rings, necklaces allowed
- vi. Wrestling shoes

2. Sauna suits or “plastics” will not be tolerated during practice.

They are both illegal and dangerous to use. If a wrestler is caught wearing them during practice, he or she may not be able to dress for the next two meets and/or tournaments. A second offense may result in automatic termination from the team.

### **Home Meets**

1. All wrestlers will be required to meet in the wrestling gym before the weigh-in at the time designated by the coach. (Attendance will be taken.)
2. Every wrestler, regardless of year in school, will be required to set-up for the meet and tear down after the meet. No one will leave until the whole team is dismissed as a group by the coaching staff.
3. Eating large amounts of food before and after the meet is not recommended. Food with complex carbs and protein such as bread, pasta, peanut butter, etc. are recommended. Water is the suggested beverage for best performance. Other acceptable beverages include Gatorade, Vitamin Water, and Pedialyte. Soda will not be acceptable. Wrestlers will eat, then they will dispose of their own garbage. The Sandwich Wrestling Team does not leave messes for others to clean up.
4. During competition, student-athletes will be expected to sit in a designated team area. Wrestlers should not talk to parents, relatives, friends, or girlfriends during the meet. Between meets or after meets is the appropriate time for visiting. All wrestlers support their teammates by remaining on the bench.
5. After weigh-ins and dress, all locker rooms will be locked until the meet is over.



## **Away Meets**

1. Be on time for the bus; it will leave on time with or without you. All wrestlers should be at school at least 30 minutes prior to the departure time to check their weight and equipment. If weight is an issue the coaching staff will open the school earlier if requested the night before by a wrestler.
2. We will leave and return as a group. This is important for team unity. The only exception to this will be tournaments that are a great distance away or instances that dictate common sense would dictate it would be appropriate to do so. You will only be allowed to leave with your own parents. Your parents must see a coach as well as give him a written note to give you permission to leave with them.
3. No food is to be eaten on the bus.
4. We will respect other teams' facilities at all times.
5. All Statisticians/Managers will sit directly behind the coaches on the bus and will not sit with any boys on the bus rides. This also relates to any female wrestlers.

## **Tournaments**

1. All other rules that apply to tournaments from the rules for home and away meets will be enforced.

## **Overnight Stays**

1. Any behavior that is against school policy and team policy will be strictly enforced. Plan of action will include a call to school administrators and parents. Parents will be asked to come pick students up.

## **Conduct**

1. Sandwich wrestlers will respect teammates, managers, statisticians, cheerleaders, opponents, equipment, coaches, officials, themselves, and others with whom they come in contact.

2. Sandwich wrestlers will be expected to be responsible for all items of equipment: shoes, socks, singlet, headgear, sweatshirt, sweatpants, team shorts, and T-shirts.
3. Sandwich wrestlers will be academically responsible and do the best they can in the classroom. Education is more important than athletics. However, both can be done well if one's time is managed properly.
4. Any wrestler who argues with a coach or refuses to do any reasonable request made by a coach will automatically be terminated from the team. Under no circumstances should a teenager be allowed to speak inappropriately to a person of authority. If there is a disagreement between a wrestler and a coach, the parents should contact the coach involved with the situation. However, most coaching decisions are based on the head coach's philosophy and will be supported by the head coach.

If you feel that your son or daughter has been mistreated you should follow these steps:

1. Contact the coach involved
2. Contact the Head Coach
3. Contact the Athletic Director

These steps are to help you understand the decisions made by the coach and to allow you to communicate your concerns with the coach. Rules will not be changed because you do not agree with them. We set these rules in hopes to establish a foundation of citizenship and responsibility in our wrestlers. We want your son/daughter to be able to gain more than wrestling skill from the program.

We want them to understand what it means to be a part of something bigger than themselves. Sacrifice, discipline, teamwork, and work ethic are key characteristics to being successful in life, and those are only a few of the qualities we try to instill through our program. These characteristics are a foundation for the decisions we make.

5. Sandwich wrestlers will always refer to a coach with proper titles, for example "Coach"
6. Sandwich wrestlers will not speak to their opponents during a match. This leads to "trash talking," which will not be tolerated. We do our talking with our wrestling.

7. Sandwich wrestlers will not display unnecessary roughness or unsportsmanlike conduct before, during, or after competition. It is expected that you run your wrestling moves with power and toughness on the mat, when it counts for points, conserve energy not waste it.
8. **Sandwich wrestlers will run back to the middle of the mat upon going out-of-bounds.** No one should beat a Sandwich wrestler back to the middle of the mat. Your conditioning will be superior over your opponents and you are expected to wrestle like it. This is both intimidating for your opponents, and will show the ref that you are ready to wrestle the whole match, and that you are not stalling, but dominating.
9. Sandwich wrestlers will look to wrestle in the middle of the mat. This will prevent other teams from using the edge of the mat as an advantage.
10. Sandwich wrestlers will secure their shoelaces before each match as a rule established by the I.H.S.A. All metal on knee pads must be covered with tape.
11. Sandwich wrestlers will **NEVER** fake an injury to win or “catch their breath.”
12. Sandwich wrestlers will win with dignity and lose with dignity. That means shaking hands like a gentleman, not inciting the opponent’s crowd, and **NEVER** throwing headgear in public view. Such displays of poor sportsmanship will be handled severely and will not be tolerated.
13. No wrestlers will be allowed to sit by anybody but their team.
14. Sandwich wrestlers **will report to the awards stand in full uniform issued by the school.**
15. No alterations will ever be made to the wrestling uniform that we issue. Cutting the neck of the sweat top hood will count as destruction of property. You will pay for all damages to equipment.
16. Posting inappropriate material on social media will not be tolerated see attached school district policy
17. The coaching staff of the Sandwich High School Wrestling Team has been hired to coach this sport to the best of their ability under the Head Coach’s Philosophy.

Under no circumstances will it be tolerated for a wrestler, parent, or fan to tell the coaching staff how to coach or what moves we should teach.

18. Anyone who is not a certified coach hired by the School Board cannot under any circumstance sit in a coach's seat and coach from the side of the mat. The school is liable for any injuries that may occur during a match and will not be liable for any negligent acts by a parent who is trying to coach from the corner of the mat.

### **Athletic Trainer Policies**

1. If you need to go see the athletic trainer, then you need to make sure you check in for attendance before going
2. If the athletic trainer or a doctor says you cannot practice, the coaching staff will abide by this advice until you have been cleared by the athletic trainer and/or doctor.
3. Sandwich wrestlers should always see the athletic trainer before seeing a doctor. The athletic trainer will determine the severity of the injury and recommend the visit to a doctor if deemed necessary. (As a parent, you always have the choice to see your doctor at any time you deem necessary. Our athletic trainer understands athletic injuries and recovery times and may lead to a quicker return-to-play)
4. If a wrestler sits out of practice the day before a meet because they are hurt, injured, or sick, that wrestler will not dress for the meet. (unless special circumstances have been approved by the Head Coach ahead of time.)
5. If a student is hurt, injured, or sick they must still come to practice. If sickness is serious enough, they must get permission from the Head Coach to miss practice.

### **Appearance**

1. Anybody with a body piercing(s) must have them removed during season. This includes practice and meets.
2. Sandwich wrestlers will dress in a manner that will reflect favorably on the school and our program. Clothes should be neat and clean at all times. Clothing advertising alcohol, tobacco, drug use, using profanity, suggesting inappropriate sexual innuendos, or racial or gender based slurs will not be tolerated.

3. On the day of away meets all wrestlers are required to wear one of the following:
  - a. Dress up (jeans or khakis with a belt. Polo or button up shirt, tie is optional)
  - b. Team warm-up (sweatpants or team shorts, warm-up top)

**Awards (are subject to change)**

1. Most Valuable (Upper and Lower Weights) – selected by stats on Team Points earned
2. Most Improved – selected by votes from coaches
3. Iron Man – Selected by Coaches Vote based on toughness and being what a Sandwich wrestler should be.

**Captains (note: We do not have captains every year)**

The next year's captains will be selected by the wrestlers and coaches votes based on the following criteria:

- a. Wrestler epitomizes the Sandwich Wrestling Program, its' philosophies, and its work ethic
- b. Wrestler is academically eligible at all times
- c. Wrestler has abstained from use of alcohol, tobacco, and illegal drugs
- d. Wrestler is a leader, both on the mat and in the hallways
- e. Wrestler must play a fall or spring sport offered at Sandwich High School or make a commitment to off-season training offered here at the school
- f. Wrestlers must attend summer training.
- g. Must attend the team camp

Note: Any captain caught using alcohol, tobacco, or illegal drugs during the season, in the off-season, or during the summer will be automatically terminated from this leadership position. Getting caught doing the above, starting with the first day of school one's freshmen year, will disqualify one from ever being a captain for the Sandwich Wrestling Program. No exceptions will be made.

**Off-season Wrestling Work-outs**

All wrestlers are expected to play multiple sports at Sandwich High School in the off-season unless competing in the off-season wrestling club.

### **Body Fat Certification/Hydration Testing**

Each season it is required by I.H.S.A. rules that each athlete, participating in wrestling, passes a hydration & Body Fat Certification. This test requires your son/daughter to give a urine sample. The urine is used for testing hydration and not drugs. Your student athlete cannot participate in competition unless they have taken this test and passed. This test is in place for the safety of the student athlete and should be looked upon as a positive thing.

- The establishment of a minimum weight class is based on a body fat measurement of 7% for male wrestlers and 12% for female wrestlers.
- A weight loss of 1.5% of a wrestler's total body weight per week has been established. A wrestler will not be allowed to wrestle at the minimum weight until the date specified on the body fat results sheet provided by the IHSA.
- A wrestler may not weigh in more than one weight class above the lowest weight class that he/she has ever weighed in at. If they do weigh in more than one weight class above the lowest weight that they have ever weighed in at, that wrestler will be recertified at the higher weight class for the remainder of the season and will not be able to weigh in or wrestle at a lower weight.

IHSA Mandated drug testing will be random and you may never be tested in 4 years. Banned substance list can be found on IHSA Website (ihsa.org)

### **Weight Training**

It is expected during the season and off-season. All wrestlers are either enrolled in the weight lifting class at SHS or attend morning lifting three times per week for an hour each day. Missing morning lifting will result in opportunities for improvement.

— — — — — No wrestler will compete for the team until this is returned.

Date: \_\_\_\_\_

I have read and understand the rules and regulations of the Sandwich High School Wrestling Program as are stated in this handbook. I will follow these rules and will help reinforce them as situations arise during the season.

Wrestler: \_\_\_\_\_

Legal Guardian: \_\_\_\_\_

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No wrestler will compete for the team until this is returned.

Date: \_\_\_\_\_

I have read and understand the rules and regulations of the Sandwich High School Wrestling Program as are stated in this handbook. I will follow these rules and will help reinforce them as situations arise during the season.

Wrestler: \_\_\_\_\_

Legal Guardian: \_\_\_\_\_