

Abilene High School

Cowboy Wrestling 2019-20

Coaches

James Stout
Corey Casteel
Josh Peterson
Darren Whiteley
Logan McDowell

Dates to Remember:

11/15 alpha weigh in. 3:15PM
11/18 Practice 3:45PM
11/20 Chili Supper and Pie auction 5/6pm
Team Pictures 5:30 PM
Orange and Brown Classic 7:30 PM

Wrestlers and Parents:

We are about to start another exciting season of AHS Cowboy Wrestling. Myself, the other coaches, and kids are extremely excited about this year. With a terrific work ethic, emphasis on technique, and extreme desire at all levels, we should be able to experience success not only individually, but also as a team. This program strives to be the best at what we do but more importantly, we strive to develop character that will help them to be successful in the more important, "match of life".

Wrestling is a terrific sport that gives the Student-Athlete an opportunity to compete individually and for the team. Both dynamics can create a very exciting experience for the Wrestler, Coaches, Parents and Fans to enjoy. In order to meet your potential to be the best Wrestler you can be, you must:

1. Take care of business in the classroom.
2. Be coachable and work hard EVERYDAY in practice.
3. be healthy, eat right, don't "yo-yo" and maintain a healthy "fighting weight"
4. Maintain a high level of Character 24/7/365.

Academics:

Wrestling provides an opportunity for the Student-Athlete to challenge themselves. At the same time it creates physical and time management pressures that can affect academic performance. Those that meet that challenge and stay focused can really excel in this type of environment. Practices, Matches, Tournaments, Extra workouts, and Weight control can affect time for studies. It is very important that time management utilized. Properly prioritizing and limiting Texting, social media, TV and other non-productive activities are all big factors. Optimum sleep is also a key that should not come behind non-productive activities.

The schools policy on eligibility due to grades will also be monitored and enforced. If a student needs help with any class he should feel free to contact me and I will pursue getting him help. Academic success is very important and we will support the student to make that a top priority.

Practice expectations:

1. Be on time- Practice will begin at 3:45PM each day, be ready, shoes on and ready to go! Tardiness will be dealt with accordingly.

2. **It is important that workout gear is cleaned daily to help prevent infectious skin problems.**
3. Be ready to not only to get a great workout but also to LEARN and TRAIN for your ultimate goals, not just what is coming this week.
4. Be courteous and respectful to your teammates and coaches. Treat others as you expect to be treated.
5. **If the student is at school, he is expected to practice. If an illness develops and he does not feel he can practice he will still be obligated to at least speak to a COACH. The Coach may ask him to stay and watch, or tell him to go home.**
6. **If a student is not in school by noon he/she cannot practice or compete. The student handbook outlines the guidelines of practice and competition in further detail. ANY WRESTLER with an unexcused absence will not participate in the next competition. And ANY WRESTLER WITH 3 UNEXCUSED ABSENCES WILL BE DISMISSED FROM THE TEAM.** Excused absences will include but may not be limited to family emergency, sickness (a coach must be contacted before practice and an e-mail/note form parents or teachers in order to excuse the missed practice)

Health and Weight Control

1. Wrestlers will undergo Hydration Testing on the Alpha Certification Date 11/15 or 11/18.
2. **The wrestler may not wrestle at a weight class more than 8% less than his alpha-weight before the first practice without doctor/parent/coaches consent.**
3. The weight classes are 106,113,120,126,132,138,145,152,160,170,182,195,220,285.(divide weight by .92 for max alpha weight or see handout)
4. We expect the student to choose a weight that they feel they can compete and contribute the most as well as are willing to wrestle the entire season schedule.
5. They will also undergo Hydration Testing on the Day they certify which should be on or before December, 20, 2018.
6. SLEEP is very important,
 - a. 10:00 curfew should be in effect for all athletes the night before competitions. (this includes social media)
 - b. Athletes under training need 60-90minutes of additional sleep each night to keep from suffering from long-term sleep deprivation that affects performance.
 - c. It is suggested that phones, I pads, and computers are stored and charged overnight someplace other than where the student sleeps.
7. Skin checks will be performed routinely, any abnormalities that arise will be sent to a Doctor for a report.
8. Kids will shower daily before they leave the facility, lights in the room left on to stop fungus on the mats, clean clothes daily, mats will be mopped before every practice with disinfectant. These are all steps to prevent skin infection problems.
9. Ringworm may be able to be prevented with prescribed oral medication, ask your doctor if you have interest in this.

Varsity Selection:

1. All weight classes will be open for challenges.
2. Challenges will take place before practice approximately 15-30 min before practice begins.
3. Kids challenging will need to weigh in before match takes place.
4. Coaches will ensure that kids are within a reasonable amount of weight from the target weight before challenges take place.
 - The wrestling room will be closed for all challenges except the matches presented at the Orange and Brown Classic.
 - Only team members and coaches will be allowed.
 - Once the varsity wrestler is established at a weight, any challengers must first establish #2 status in that weight before challenging for the Varsity position. They can move up only one spot per week.
 - The Challenger at any position must win the first match to force 2 out of 3 to overtake the spot.
 - If a varsity wrestler misses 2 or more competitions or challenges for any reason, (including injury) a 2 out of 3 series could be mandatory to re-affirm the varsity spot if there is a challenger for that weight.
 - Barring any injuries or ineligibility to a Varsity Wrestler, the last week to challenge for a varsity position will be the week of January 20th, 2020.
 - If a Varsity wrestler loses a challenge match series during the Final week He/she will have the opportunity to challenge one more week. He/she would be the challenger and then have to win the first match to force a 2 out of 3 series, he also has ability to change weights during this week.(must meet KSHSAA rules)
 - If a JV wrestler wrestles unattached at a Varsity tournament, and wins head to head or has a common opponent victory over the Varsity Wrestler that will be considered the first win over the varsity wrestler for the 2 out of 3 series the following week.
 - Wrestlers can change weights up to the week of January 14, 2019. After that they cannot change weights unless they lose a spot in the challenge process.
 - The coaching staff reserves the right to choose the varsity lineups to match up best with the opposing team, or if challenge matches are consistently very close (ex.1-2 points or overtime) and a clear cut winner is not established.
 - Varsity Wrestlers who do not make weight will likely wrestle JV even if they are superior physically or technically than the varsity wrestler in the next weight class. They will have the option the next week (if not after 2/20/20) to challenge up or make a better effort at original weight.
 - The practice room is open for parents to **observe** during normal practices. We would ask that parents observe between 4:45 and 5:45. Before that time we are teaching technique and drilling and we need our team and coaches focused on technique and individual improvement without any chances of distraction. I do believe it is best for the kids to not have their parents at practice on a daily basis. Parents cannot participate with, or instruct and are asked to observe only.
 - These guidelines are not all inclusive and other circumstances can arise that cause deviation from these guidelines the ultimate decision will be up to the coaches.

Athletics and Character:

Athletics is definitely a character builder. The type of character you exhibit will be stronger if you take into consideration the following:

- a. Develop a self-discipline that allows you to be both a leader and a follower.
- b. Do not be tardy or absent following weigh-in, or competitions.
- c. Always exhibit good positive sportsmanship
- d. Always be courteous to Teachers, All Coaches of All Sports, Teammates, and other Students, You represent yourself, your family, AHS and the Wrestling program, ALL THE TIME.
- e. Others look to you for leadership, young athletes and wrestlers look up to you, be a great example in all that you do.
- f. Develop the desire to win and go for it.
- g. Wrestling in high school is a "TEAM SPORT"; place your team above personal glory.
- h. Spirit - Show enthusiasm and spirit at all times for all sports and activities at AHS.

The district policy on drugs, alcohol, and tobacco will be strictly enforced.

Lettering Requirements:

Our sport allows the opportunity for Students to earn an athletic letter, in some cases the rare opportunity for underclassmen to earn this award.

Requirements for Lettering in Wrestling at AHS:

1. Be in good Standing with the AHS Athletic Dept. and Administration.
2. Be in good Standing with AHS Wrestling Coaches
3. Must not be under suspension from D.A.T. policy
4. Must be academically eligible
5. Must have completed entire season (practice and tournaments) for which you qualify based on JV/V status.
6. Score minimum of 32 Varsity points during season* or:
7. Score a minimum of 64 Junior Varsity points during season*. (any varsity points earned will be doubled and added in if needed to meet this requirement) or:
8. Senior that has completed at least 2 years of Wrestling and meets criteria 1-5 above.
9. Student that completes season injured that has lettered in previous year(s) but could not complete competition season due to injury, otherwise still attends practice and meets requirements 1-5 above.
10. A manager that meets her/his obligations and requirements 1-5 above will receive Manager Status letter.

*Dual Scoring format use for lettering criteria (decision of 1-7 points= 3 points toward letter, Major dec. 8-14 pts=4points, technical fall=5 points, fall=6points.)

Provisional Letters: A Provisional letter is a letter that will be awarded the following year if the student returns and meets requirement for lettering. Provisional letters will be awarded to those who meet requirements 1-5 above but not #6 or 7.

Player Commitment:

1. All team members are expected to help with all home duals and tournaments even if they are not competing that day. (varsity helps with JV tourn. And vice versa)
2. Arrive on time with a purpose!
3. Outwork your competition
4. Study your sport, Watch HUDL get better by being smarter.
5. Support your teammates, your team must succeed for you to succeed, the JV, underclassmen, and AKWC will be what you are proud of in the future
6. Respect your equipment, I expect to see sweat and maybe some blood, but not food stains.
7. Respect your training, know deep down you have the best arsenal of technique and you outworked anyone who you compete against.
8. If you are having a bad day, 'Fake it" and pretend it is a good day!
9. Never think you "Can't, whether you think you can or can't, you are probably right!
10. Push to get better every day, put in extra if time if you can, roll around before or after practice at a slower fun pace and make yourself better.
11. Push to "Practice Perfect"; you will compete as you practice. We practice more than we compete (2 to 1 at least) so your habits, good or bad, are mostly developed in our practice room.
12. Respect the Honor and Work of your opponents (OOOSSS= bring your best because I will bring my best)
13. Wrestle like a Hero, NEVER GIVE UP!!

Sincerely,

Coach Stout
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