

Monarch Wrestling Handbook



ALL DECISIONS REGARDING THESE GUIDELINES AS WELL AS HOW THEY ARE CARRIED OUT IS LEFT TO THE DISCRETION OF THE HEAD WRESTLING COACH

Monarch Wrestling Program

Team Goals:

1. OCC Champions
2. Sectional Champions
3. District Champions
4. Regional Champions
5. 5+ State Qualifiers
6. 5+ State Placers
7. Top 5 Finish @ State

A goal without a plan is just a wish.

Team Philosophies

- 1) We will work harder than our opponents; there is no substitute for hard work.
- 2) Respect- we will treat each other with respect, this doesn't mean we will like everyone on the team but we will treat each other with the respect they deserve by being here working hard side by side.
- 3) Every day is a chance to get better, take advantage of it.

"Do Right Rule"

The Marysville Wrestling coaches make the assumption that all Monarch Wrestlers know the difference between "right and wrong". Monarch wrestlers are always expected to make the "right" decision in relation to matters of behavior, discipline, and academics. If a wrestler makes a "wrong" decision in relation to matters of behavior, discipline and academics, the coaching staff will assume that it was a conscious decision on the part of the athlete to do so... and the athlete will therefore be held accountable for willfully making a "wrong" decision. Accountability can range from being counseled by the head coach, suspension or dismissal from the team all to be decided according to the Marysville High School Athletic Code.

The "Do Right Rule" is in effect 24 hours a day, both at school and away, for the duration of the athlete's participation in the Monarch Wrestling Program.

Team

Championships are won by special people who commit themselves toward team concepts as well as individual success. Wrestling **teams** must show discipline in order to accomplish team goals... we must be a disciplined team.

In order to be a disciplined team, every wrestler must adhere to the guidelines in this packet. An athletic team can not win championships with "individuals". Nor does a team win with common people. The Monarch Wrestling program requires athletes who are willing to sacrifice "fun" in order to achieve individual and team goals. Practice will not always be fun, wrestling may not always be fun, but winning is. Knowing that you put all that you have into something is a reward which no one can take away from you.

Wrestling Conduct

Being a part of the Marysville Wrestling team is privilege not a right, following the below listed conduct is the minimum requirement to earn the privilege of putting on a Marysville singlet.

1. Be a good citizen, this means that you clean up after yourself at practice, on the bus, or at a competition. Specific to the locker room take care of your bodily functions in an appropriate manner.
2. Be on time for all wrestling activities. This includes games, practices and other team functions. Being late for 3 practices means you will miss the next competition.
3. Practice hard. You wrestle the way you practice.
4. It is against OHSAA rules to use diuretics, caffeine supplements, or plastic running suits to loose weight. If found using these methods wrestlers may be suspended from competition.
5. Wrestlers must bring the following everyday to matches and practices: Wrestling shoes, headgear, running shoes, shorts, several t-shirts. (Note this also means wrestlers should take above mentioned t-shirts and shorts home daily to be cleaned.)
6. Wrestlers should also shower daily after practice. There are two showers available and this is the number one way to reduce skin infection which can lead to denial of participation.
7. Disrespect for coaches, MHS staff, faculty, and opponents will not be tolerated.
8. At the conclusion of a match, the coaching staff will dismiss the team members. For home matches this is after the conclusion of rolling up the mats (all wrestlers are to help rolling up mats regardless of their position on the team). No member of the team is permitted to leave before the rest of the team is excused.
9. If a wrestler leaves practice early or is removed from practice by a coach he and his

parents must meet with the Head Coach before he can return to practice

10. The Marysville High School Athletic Code will be in effect at all times.

11. Members of the Marysville Wrestling team are expected to wear Marysville Wrestling attire during all competitions; this includes plain blue or red shirts without another organizations logo (Jordan Trained/AAU Nationals/ US Army etc.). Each of you will receive a Marysville Wrestling T-Shirt prior to the 1st competition so all of you will have at least one item.

Wrestle Offs

1. Wrestlers earn the right to wrestle off; if a wrestler is in violation of the wrestler's conduct listed below he may be denied the right to wrestle off that week.
2. Be within 7lbs of the weight you want to wrestle on Monday prior to a tournament, or 5lbs for a Thursday dual meet. This is your weight before practice. Weigh-in weight should continue to decrease throughout the week.
3. Coaches will referee wrestle offs during the week, this will primarily done by the head coach but in certain situations an assistant coach may be asked to officiate or to assist the head coach.
4. Wrestle off may be one per week, the two out of three rule will be in place for determining the line-up prior to sectional tournament. At coaches discretion the two out of three rule may be implemented at other times in the season but both wrestlers will be notified at least 24 hours prior to the first wrestle off for that week.

Attendance

All wrestlers and parents are expected to plan ahead and organize their personal schedules so they can meet and honor their school responsibilities and commitment to their team.

- All wrestlers are expected to be on time to practice and matches. Being on time means ready to start practice, leave for an away meet, or to have returned to the High School at the pre-decided meeting time.
- Absences from school have a negative effect on wrestlers' academics. Being absent from school also hinders the wrestlers ability to practice, which, eventually effects the team.
- A missed day of school or practice is an opportunity for growth that can not be made up.
- An absence or tardy excuse is at the sole discretion of the head coach. Consequences of un-excused absences or tardies are at the discretion of the coach and can include extra conditioning, reprimand, match suspension, and dismissal from the team.
- In the event a wrestler is injured, he is still required to be at all scheduled team events unless a coach gives him permission otherwise.

- The player must notify the head coach **in advance** if he is going to be absent from a game or practice due to an “excused” reason. This should be done prior to the beginning of the missed event. My Cell Phone # is 937.243.1911 Excused absences range from the following:
 - Death in family
 - ACT/SAT testing (however advanced notice should be given)
 - Illness
 - Extra Academic Tutoring

- Unexcused absences can range from the following:
 - Detentions/Suspensions
 - Car Trouble
 - Driving friend/sibling home
 - Vacations
 - Any other action that the head coach deems unexcused.

Parent Communication
Other forms of communication

Website: www.monarchwrestling.com

Twitter @monarchwrestle

Facebook team page

Remind 101

Wrestlers add yourself to our remind101 service for text reminders
 text @2e5d to(240) 348-6238

Parents add yourself to our remind101 service for text reminders
 text @wrparents to (240) 348-6238

It is imperative that the coaches communicate with the parents of the student athletes. Our parents are involved with the program fundraising, traveling to tournaments, and supporting our athletes. For our wrestling program to be successful, we must have parental support. So for this reason, our parents will be expected to understand the goals of the program as well as given a list of expectations for how they can increase the success of the program.

I want our parents to feel that they are able to communicate concerns with our coaching staff without prejudice. Parents will not always agree with the decisions of the coaching staff and there may be times when a parent needs to express concerns about their athlete.

Therefore, I have established some guidelines under which parental meetings will take place. If your athlete has a concern that needs addressed, these steps must be followed in order to resolve any concerns:

Step 1: The **wrestler** must express his concern with the head coach.

Step 2: If unresolved, the **wrestler and parent** can schedule a meeting with the Varsity Head Coach.

Step 3: If still unresolved, the **wrestler and parent** can schedule a meeting with the Athletic Director, and

Varsity Head Coach.

Parental meetings can be scheduled for the following:

1. How the wrestler can improve
2. Harassment, bullying, or any other type incident that violates team rules.
3. Concern about academics, social life, or any other type of well being
4. Role of the wrestler on the team
5. Clarification of the wrestle off process

Parent meetings will **NOT** be scheduled for the following:

1. Discussion of other wrestlers. At no time will a parent or coach discuss issues concerning other members of the wrestling program with a parent.
2. Coaching decisions. Coaches are hired to coach, officials are hired to officiate, wrestlers wrestle, and parents support the team.
3. Parental concerns should **not** be addressed on the day of a match. If a parent needs to communicate with a member of the coaching staff, they are asked to email the coach to arrange a scheduled time.

Parent Expectations

The following are suggestions for how you, as parents, can help in creating a positive experience for your athlete, along with helping instill concepts valuable to the team.

1. Let the coaches do the coaching for all team members. At no time should a parent be “coaching from the stands”.
2. Be supportive of the program, from the middle school to the high school.
3. Support and root for ALL team members. This encourages and models teamwork.
5. Encourage your son to talk with the coaches. If your son is having difficulties in practice or matches, encourage them to speak directly to the coaches.
6. Understand and display appropriate match behavior. Remember, you too are representing Marysville High School.
8. Keep wrestling in the proper perspective; help your son understand that they are participating in a high school sport.