

Owatonna Wrestling

2020-2021

Coaching Staff

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Owatonna Wrestling Culture

“We Are the Authority”

WE – This the entire Owatonna Wrestling community. Our mission, goals, standards, and guidelines are not limited to the wrestlers in the program. It starts with the coaching staff and parents, and disseminates down through the program.

- **Heritage** - We will honor the tradition, spirit, and alumni of this storied program, furthering the pride through positive outreach and celebration.
- **Teamwork**- We will develop such a spirit of teamwork and selfless cooperation that the whole becomes better than the sum of its parts.

ARE – This is aspirational. ‘Are’ is not complacency or resting on our laurels. ‘Are’ implies that we are on a constant journey of progress and development. It also positively reaffirms our own worth and self-respect.

- **Dedication**- We will understand that the pursuit of excellence requires dedication on all levels: the program, the team, and yourself.
- **Discipline**- We will develop the awareness that nothing of any real value is ever achieved without discipline, hard work, dedication and sacrifice.
- **Commitment**- We will strive for the betterment of our program on and off the mat, this includes but is not limited to practices, games, and community involvement.

THE AUTHORITY – To be the authority in a sport, we must adhere to excelling in virtues of integrity, self-respect, class, leadership, discipline, and expertise. If we are constantly instilling and reinforcing

these virtues, we will see success in the classroom, on the mat, and in society after they graduate. We are striving to be the model program that other communities – and even other Owatonna sports – aspire to be.

- **Skill Development-** We will use our dedication to improve wrestling skills. Coaches and players will work hard on skills and strategies to increase the success of the program.
- **Competitiveness-** We will not be satisfied with second best. We will strive to develop the necessary skills to succeed in competition.
- **Sportsmanship-** We will treat everyone with respect and take winning and losing as a positive experience that can be learned from

OHS Local Rules involving participation in MSHSL-Sponsored activities

I. Academic Eligibility

In order to be academically eligible, the player must be making satisfactory progress toward graduation. They must be passing all required classes. This means that the following number of credits must have been accumulated each year in order to participate:

- Freshman- 3 Credits
- Sophomore 10.5 Credits
- Junior 17.5 Credits
- Senior 24.5 Credits

Failure to meet the above requirements will cause the wrestler to enter a probationary period of half a year. The conditions for remaining eligible during the probationary period are determined by the Activities Director. Usually this requires the participant to register for 4 credits and be passing all coursework at the next marking period (mid-quarter or quarter). Failure to meet those requirements will result in immediate ineligibility to participate in any practices or competitions until satisfactory progress is demonstrated at the next grading period.

II. Awards

Local Statement - Any athlete who misses any part of a season due to suspension for a violation of the MSHSL Code of Conduct or the MSHSL bylaws involving mood-altering chemicals or sexual/racial/religious harassment or violence will not be given letters, captainship, all-conference nominations or other local awards during that season. Also, practice for an athlete during a suspension period will be at the discretion of their Head Coach.

Any athlete who has been named a Captain of a Sport team and subsequently violates the MSHSL Student Code of Conduct or the Chemical/Harassment Bylaws, either in or out of season, will lose their Captainship for any Category (Sport) Activity.

Big 9- An athlete CANNOT be named to an all-conference team if he/she misses ANY part of the season due to a suspension for violation of MSHSL chemical or sexual harassment rules. In season is defined from the starting date for that sport until the team is eliminated from tournament competition.

III. Transportation

Students are to be transported to and from Co-Curricular activities in school approved vehicles only. All student athletes will be required to sign a travel release form. If the athlete does need to leave a contest early only a legal guardian may transport the athlete from the event and a travel form must be signed.

IV. Attendance

A student who participates in a co-curricular activity after school must be in school periods 3 and 4 of the day of the activity unless excused for a school related function. Excessive tardies and trancies during the day will result in removal from the activity for that day. Activity includes practice, contest, or performance. Behavioral referrals will also result in removal from the activity for that day.

OHS Wrestling Guidelines

I. Wrestling Attendance Policy

Afternoon Practice (3:00pm - 5:15pm) / Morning Session Times Vary

- Have all equipment on and be ready when you step on the mat. Practice begins at 3:00pm each day.
- Each minute late to the wrestling room or morning session will result in compounding exercise administered by the Captains.
- All participants involved in HS wrestling are expected to attend every practice even when school is not in session and during the Holiday seasons.
- Any missed practices, excused or unexcused, will be made up.

Excused Absences From Practice/Morning Session

- Anyone holding a job during the season must pre-arrange with their employer a schedule that does not interfere with wrestling practice or competitions. When you wrestle for OHS you make a full time commitment to your team. The success of practice and contests depends on everyone being there all the time.
- Attendance is important. If you are going to miss practice for any reason, a message must be sent to the Head Coach before practice begins.
- Excused absences will be kept to a minimum. If you are not at practice you are letting your teammates down. There are things that come up that cannot be helped, the coaches understand that but you are responsible to let the coaches know.

- All students will be required to sign-in and out of practice. Attendance will be taken at the start of practice. If an athlete comes late they must check in with a coach so that they can get marked down with the time they show up. If an athlete needs to leave early they must find a coach before they leave so that the coach can mark down the time and reason for leaving early. Athletes at the end of practice will record their weight with a coach. If athletes don't do the above actions it will be counted as an unexcused absence.

Unexcused Absences From Practice/Morning Session

- Unexcused absences are not accepted. If you are gone for no valid reason there will be consequences. The coaches will deal with each situation individually and apply the correct punishments. If you miss practice you will miss competition time.

II. Wrestler and Wrestling Community Standards - We Are the Authority

Integrity

- Remember you represent your team, the Owatonna Wrestling Program, and the entire Owatonna community.
- Treat everyone with respect. Coaches, teammates, officials, contest workers, opponents, and your family.
- Coaches are your advocates. Coaches are to be the only people consulting the referees, other coaches, etc.
- Abusive or profane language is prohibited and will be reported to the Athletic Director for review and possibly punishment.
- If you do not have anything nice to say, don't say it. We are a team sport and our success depends on the cooperation of everyone. If there are any issues, please address them with the coaching staff or AD so that the appropriate actions may be taken. These actions could include, but not limited to: missing competition, suspension, removal from the team, etc.
- No cell phone use on the bench. You may use it to listen to your music but no texting, gaming or anything else not related to listening to music is allowed.
- Players will not wear any clothing that represents drugs, alcohol or sexual references. Any student made apparel that represents Owatonna Wrestling will be approved by the head coach before wearing to school.
- Clean up after yourselves. The practice room will be kept clean. Everything must be picked up after practice and meets (home and away).
- Be respectful of uniforms and equipment. Appropriate action will be taken. You are responsible for paying for any school issued equipment that you damage.

Dedication

- Academics are the single most important aspect of school. Wrestling is an extension of your education, and your education is a reflection on your work ethic. No matter what you want to accomplish in life, high school grades are a reflection of your character to future employers.
- Get the most out of your body. Conditioning is important. You put hard work into getting yourself ready so fuel your body with nutritional foods.

- Get plenty of sleep. Your performance depends on your body. Try to get at least 8 hours of sleep per night.
- When you wrestle for Owatonna you are expected to do your best. The coaching staff is committed to prepare each wrestler to be the best. You can get additional help after practice.

Reputation

- Anything you post is permanent. Be respectful of our sport, school and fellow classmates and athletes.
- Any derogatory comments will be handled by the A.D. and coaching staff and not tolerated. The punishment will be decided by the A.D. and principal of the school.

Any violations of the above guidelines will be dealt with by the coaching staff and the appropriate punishment will be given. Punishments could include but not limited to: removal from competition, staying after practice, suspension from team/school, removal from the team. All removal from the team will be reviewed by the Athletic Director and Principal first.

III. Lettering Policy

- The athlete will meet all eligible requirements as stated in the general lettering requirements for OHS.
- The athlete will abide by the Code of Conduct set forth by OHS and Owatonna Wrestling. If the athlete fails one or more of the expectations, they will not be eligible to receive any end of season awards.
- Students who are in violation of the drug/alcohol/code of conduct as stated by the MSHSL will not obtain a letter.
- Any underclassmen that get pulled up to the varsity level during the regular season may receive a letter per coach's decision.
- Wrestlers with a minimum of 8 Varsity matches will earn a Varsity letter.
- Any wrestler earning a minimum of 5 Varsity wins will earn a Varsity letter.
- Wrestlers selected to the 19 man rostered section team or individual section tournament will be awarded a letter provided they meet all the other criteria for lettering.
- The Owatonna High School, Athletic Director, or Head Wrestling Coach reserves the right to deny or give a letter with a valid reason.
- Any wrestler who completes the whole season from the start date through the state tournament will also be eligible for a letter provided they meet all the other criteria for lettering.

IV. Determination of Roster Spots

- We will hold wrestle offs to determine roster spots. The coaching staff reserves the right to move and add/remove athletes from the line-up to help the team. For individual tournaments the individual who won the wrestle off will have the spot.
- We will only call up OMS 7th-8th grade wrestlers if they are competing for a Varsity spot. If they do not make Varsity, they will continue to practice with OMS, wrestle OMS matches, and have

the opportunity to wrestle 9th Grade Team if there is an available spot. JV spots and matches will go to athletes in grades 9-12th first.

V. Performance- Enhancing Nutritional Supplements

- In order to minimize the health and safety risks to student-athletes, maintain ethical standards and reduce liability risks, school personnel and coaches will not supply nor recommend the use of any drug, medication or food supplement solely for performance-enhancing purposes. School personnel and coaches will not dispense any drug, medication or food supplements except when the student is under the care of a doctor and only as prescribed. Even natural substances in unnatural amounts may have short-term negative health effects.
- Student should not use Creatine, androstenedione, or other performance enhancing nutritional supplements as defined by the NCAA except under the care and direction of a licensed medical professional and only then in the manner prescribed by the medical professional and manufacturer's recommendations.

VI. Equipment

- Wrestlers will be issued school equipment. They are responsible to return them at the end of the season in good condition. Wrestlers will be responsible for any damage when returned.
 - Warm-ups
 - Singlets
 - Headgear

VII. Hygiene

- This is a contact sport. It is important to help prevent disease.
- Showering before practice is highly recommended to prevent bringing disease into the practice room.
- Showering after practice is not an option. You must shower before leaving.
- Have clean clothes every day for practice. Nobody likes wrestling someone who stinks!

VIII. Injury and Health

- Wrestling is a very physically demanding sport. Dings and injuries happen.
- Know the difference between being hurt or being injured. You know your body!
- TC is our friend. He is there to help. If you feel something isn't right, talk to your coaches and be seen by TC. Coaches and TC are your first step unless it is an emergency.
- If you go to the doctor for any reason at all, and that is any reason, you must have a clearance note in TC's hands before you are able to participate in practice or competition. NO EXCEPTIONS!!
- If you need to get a hold of TC, please call after 11am or be seen by him before practice.

- o TC- 507-213-1924
- o Or, contact a coach to get a hold of TC.