



East Ridge Wrestling Parent & Student Handbook

Revised 10/21/25

Philosophy and Program Goals:

Our main goal is to teach, mentor, and grow our student athletes into young adults who strive for excellence in all aspects of their lives and aim to better themselves and the communities in which they live and work. East Ridge Wrestling is committed to educating and mentoring young athletes through knowledge, encouragement and a positive atmosphere which will prepare our wrestlers to face life's challenges. Through wrestling they will develop:

- Character
- Self-Confidence
- Discipline
- Mental Toughness
- Strong Work Ethics

Expectations of student athletes:

Student schooling and academic performance will always take priority over athletic performance.

- Student athletes are expected to maintain a C average (2.0) GPA.
- If a student has trouble in school and cannot hold that GPA, the student will be asked to sit out to focus on school work until all missing assignments, quizzes, exams, and retakes have been completed, or until the GPA has reached at or above a C average.
- Academic misconduct may result in suspension from competition include:
 - Teacher write ups
 - Detention
 - Suspension
 - Misconduct outside of school
- Students that participate in wrestling MUST
 - Be present in school for 50% of the school day in order to be eligible to participate in a practice or contest on that given day
 - Have no UNEXCUSED absences during a school day in order to be eligible to participate in a practice or contest on that given day
 - Be present in school 1st hour on the day following a contest in order to be eligible to participate in a practice or contest on that given day

**THE MAIN RULE Do not do anything to embarrass:
YOURSELF, YOUR FAMILY OR EAST RIDGE HIGH SCHOOL.**

Coaches reserve the right to remove any student on the team from competition and possibly from the team due to any behavioral misconduct in violation of East Ridge High School, District 833, Suburban East Conference, and MSHSL policies, and ERHS wrestling handbook agreements listed above.

Expectations of parents and guardians:

Parent/guardian support is integral to the wrestling community. You are your student's #1 supporter on and off the mat. It is the parent/guardian responsibility to be respectful during competition regardless of good or bad calls. Please ensure our coaches are trained to handle these situations.

Parents/guardians will be expected to volunteer at home-hosted events throughout the season. Each family will contribute **10 hours volunteer time** to the Wrestling program (1 home meet + 1 ruckus shift) Parents/guardians will be given a calendar and advanced notice so they may plan what works best for themselves/families.

Expectations of coaches:

At East Ridge Wrestling, we hold our coaches to the highest standards for the mentorship and safety of the student athletes. All coaches must be registered with the Minnesota State High School League (MSHSL) with completed background checks and various MSHSL training courses in coaching, standards and concussion protocols.

Criteria for Team selection, roster assignments and goals of each level

Tryouts will not be held for East Ridge Wrestling, everyone regardless of experience or skill makes the team. Our team competes in two tiers:

1. Varsity
2. Junior Varsity (JV)

Over the course of the season student athletes will "wrestle off" to determine roster placement as needed depending on weight class. Wrestlers who win their wrestle off will compete at the varsity level, all others will compete at the JV level. Varsity lineups are subject to change according to coach discretion, injuries, etc. Students may move weight classes based on eligibility to fill varsity slots or create junior varsity matches for experience.

Example: Team A has 2, 170# JV wrestlers and 1, 182# JV wrestler. Team B has 1, 170# wrestler and 2 182# wrestlers. One of the wrestlers from Team A can be moved from 170# to 182 to give all students the opportunity to wrestle.

Regards to exhibition matches and weights (Boys: under 92lbs, 92.1-98.9lbs, and above 285lbs Girls: under 85lbs, 85.1-90.9, above 235lbs for girls)

Boys:

92lb exhibition matches: Wrestlers who do not meet the 92lb minimum (94lb after January 1st) will only wrestle opponents who also do not meet this minimum for 107lbs.

92.1-98.9 Wrestlers: Wrestlers not meeting the 99lb minimum for 114lbs (101 after January 1st), but are eligible for 107lbs (92.1-98.9lb) will only wrestle opponents in the 107lb weight class. They will NOT wrestle exhibitions with wrestlers under 92lbs

285lb exhibition matches: Students who are eligible to wrestle the 285lb weight class (189.1+ or 191.1+ after January 1st) Will **NOT** wrestle exhibition matches with wrestlers above the 285lb limit (287lb after January 1st)

Wrestlers above the 285lb weight class will only wrestle opponents who are also above the 285lb limit

Girls:

85lb exhibition matches: Wrestlers who do not meet the 85lb minimum (87lb after January 1st) will only wrestle opponents who also do not meet this minimum for 100lbs.

85.1-90.9lb Wrestlers: Wrestlers who do not meet the 91lb minimum for 106lbs (93lb after January 1st) will only wrestle opponents in the 100lb weight class. They will NOT wrestle exhibitions with wrestlers under 85lbs

235lb exhibition matches: Students who are eligible to wrestle the 235lb weight bracket (170.1 and above or 172.1 and above after January 1st) Will **NOT** wrestle exhibition matches with wrestlers above the 235lb limit (237lb after January 1st)

Wrestlers Above the 235LB weight class will only wrestle matches with opponents also above the 235lb weight class.

Lettering Procedure/Policy:

The varsity lettering policy is as follows, students must meet **ALL** criteria

- Must wrestle at least 10 varsity matches OR participate in team or individual sections
- Volunteer for at least 2 youth practices
- Be in good Academic standing (at least 2.0 GPA cumulative weighted or unweighted OR tri 2, 2.0 GPA weighted or unweighted)
- Remain with the team through the completion of the season

Team Captain Policy:

A captain is defined as a leader of a team. Captains are voted on by their peers. The number of captains for any given year will vary based on team size, diversity of votes and senior class size. Coaches reserve the right to demote captains who exhibit behavior that does not align with the program philosophy and goals or if they are caught in misconduct of school or league policies.

2025-2026 Captains: Dorian Bangoura, Jackson Fuller, Will Maguire, Amir Maklad

Practice Expectations & Unexcused Absences:

Practice will be held Monday-Friday from 3:30-5:30pm. Practice will also be held Saturdays from 9-11am if there is no tournament that day. Sunday's are OFF with no mandatory practices, competitions or workouts.

Attendance at practice is mandatory. If a student does not practice the day before a meet, they do **NOT** compete in that meet, unless previously agreed upon by the head coach.

Students who are sick will be required to sit out to adhere to a **24-hour symptom free policy** designed to minimize the spread of illness.

Students or a parent/guardian should notify the head coach at least **2 hours** prior if a student is going to miss practice. If a student is going to miss a meet, please notify the head coach, 1 day in advance if it is planned (I.E. holiday, vacation, college visit, etc.) These types of absences would be considered excused.

Unexcused absences: not notifying the head coach that they are going to be gone (no call no show), or within the 2 hour window of practice or a meet starting.

- 1 unexcused absence will result in a warning
- 2 unexcused absences will result in suspension from the upcoming competition
- 3 unexcused absences in one season will result in removal from the team.

School Holidays: No practice/optional:

- November 27th Thanksgiving
- December 24th Christmas Eve
- December 25th Christmas Day
- December 31st New Year's Eve
 - January 1st New Year's Day
- January 19th Martin Luther King Jr. Day
- Monday February 16th – president's day (**Varsity only**)

Uniforms:

Students will be provided singlets or 2-piece uniforms, warm up pants, a warm up jacket. Headgear and shoes are recommended to purchase via a sports equipment store. Headgear is available to rent as needed. Limited shoes are available for those that absolutely need them. Equipment loaned to students by the school must be returned at the end of the Varsity season and per policy may not be worn or used outside of the varsity season in independent competition. If any part of the uniform is lost or damaged, the student athlete and family are responsible for a replacement fee.

Student athletes must provide their own wrestling shoes and will not be able to compete without them. Students with braces must wear a mouthguard that covers all braces (I.E. top and bottom braces need a top and bottom mouthguard)

Apparel – orders, refunds, expectations:

There will be an opportunity to purchase apparel and “player packs” through the booster club. East Ridge Wrestling Apparel will be available throughout the season and is the responsibility of the parent/student to contact the vendor for order refunds.

Special events:

East Ridge Wrestling hosts a handful of special events throughout the season. This includes alumni night, parent night, teacher night and senior night. All events can be seen on the schedule.

As community outreach is important, East Ridge Wrestling encourages student athletes and their families to be involved in the local community, and any special events the team participates in that supports the local community as well as fundraising events.

Transportation:

Bussing is provided for most away meets and competitions. There will be times where bussing is unavailable, and we will ask wrestlers to carpool. Should a parent/guardian wish to take their student home from an away meet/competition, the parent must be present, and must sign the wrestler out with the head coach prior to leaving. It is for the safety of all students and parents that parent/guardians will not be allowed to drive other teammates home. A student may only be taken home by a parent/guardian listed as their emergency contact. If there is **no** bus available, students can drive themselves, with teammates, or with families driving to/from the meet.

Cancellation due to weather (mainly winter) & early dismissal:

Practices may be postponed or cancelled due to weather. The student's emergency contact will be notified according to district policy. It is that person's responsibility to notify the student.

If there is early dismissal for any reason (weather, staff planning days, etc.) Varsity level will still have practice at the scheduled time, other levels will go home on the bus. Emergency contacts will be notified.

Booster Club information:

Booster Club information can be found at either the East Ridge Wrestling Facebook, Twitter, and Instagram Pages, or the Raptor Takedown Club can be contacted directly at raptortakedownclub@gmail.com

Questions/Contacts

Please use the following contacts for any questions on about this handbook and policies.

Jon Balagot – Head Wrestling Coach: 651.724.5243, j.balagot_160@yahoo.com

Austin Leflay – Assistant Wrestling Coach

Martia Fuller – Assistant Wrestling Coach

William Wilder – Girls Head coach, Assistant Varsity Coach

Sam Christensen – Assistant Wrestling Coach

Nick Perez – Assistant Wrestling Coach

Sara Palodichuk – ERHS Athletic Director: 651.425.2348, spalodic@sowashco.org

I have read and Understand the Policies and Procedures of the **“East Ridge Wrestling Parent & Student Handbook”** and understand and acknowledge that any violation of these written policies and procedures can lead to suspension and possible removal from the team of the student(s) acknowledged below.

Parent(s)/Guardian(s) Print Name:

Parent(s)/Guardian(s) Sign Name:

Student(s) Print name:

Student(s) Sign name:
