

Wrestler-Parent Handbook

ELK RIVER WRESTLING

2019-2020

Coaches

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**2019-2020
Elk River Wrestling Team**

Goals

Understand the Balance.

Be a Positive Team.

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Have Fun!

PHILOSOPHY OF THE ELK RIVER WRESTLING TEAM

We will work hard.
We will support one another.
We will build on the wrestling tradition in Elk River.
We will understand the value of commitment, accountability, and responsibility.

COACH'S RESPONSIBILITIES

The number one responsibility of the coach is to teach the athlete about the sport of wrestling during practices, meets and tournaments. This includes: Proper techniques in the sport of wrestling including style and philosophy of wrestling. Establish team rules, goals and participation expectations. Know the rules of the sport. Supervise and coach athletes' conduct on and off the mat.

The coaches will be:
Positive
Instructive
Fair in their dealings with wrestlers
Willing to listen to athlete's concerns
Ensuring that our athlete's safety and welfare come first

WRESTLER EXPECTATIONS AND RESPONSIBILITIES

Wrestlers are expected to give their best at everything they do. This includes practices, meets, class work and other off the mat situations. The athletes represent Elk River Middle Schools and the team will be expected to conduct themselves in a proper manner. Wrestlers must follow both the Minnesota State High School League Rules and Elk River School policies.

Attendance

Attendance at practices and meets are mandatory. Wrestlers are expected to be on time for all practices, meets and team meetings. Wrestlers must show just cause for missing practice. Injured wrestlers are required to attend practices and do what you can do to contribute to the team. **Excused absences must first be cleared by the head coach prior to the absence.**

Wrestlers that are late to practice will have to make up the missed time. Athletes must attend practice the day before competition to be eligible for the next meet.

Preparation & Attitude

Wrestlers are expected to participate in all practices and meets with maximum effort.

Wrestlers are expected to be good listeners and to ask questions when needed.

This includes listening to constructive input from coaches and teammates.

Wrestlers are expected to learn a new technique or strategy at every practice.

Wrestlers are expected to watch wrestling by observing teammates, your opponents or other successful wrestlers. Learn from them.

Wrestlers are expected to set goals and work hard to achieve them.

Equipment must be brought to ALL practices. This includes all athletes having their headgear, wrestling shoes and fresh, clean clothing. All equipment issued is the responsibility of the athlete. The athlete will pay the replacement cost of any equipment that is lost.

Wrestlers will be expected to show up to all pre-match meetings with proper uniform and equipment. Wrestlers are expected to participate in the pre-match warm-ups. All taping and prep must be done ahead of time.

Sportsmanship Policy

Good sportsmanship conduct will be enforced for all teams and wrestlers. Be humble. Show class in victories and defeats.

On the Mat Conduct

Any athlete who receives an unsportsmanlike conduct by:

Talking back to the referee.

Swearing.

Trash talking the other team.

Cheap shotting an opponent including kicking, punching, biting, etc.

Not shaking an opponent's hand.

Throwing headgear or other material.

Any act or behavior deemed unsportsmanlike by the coaching staff.

Will receive the following:

1st offense - suspension from the next event.

2nd offense - suspension for the next 2 dates and meeting with coaches.

3rd offense - removal from all events until a meeting with coaches and parents and a plan of action is made.

Locker and Practice Room Conduct

Horseplay will not be tolerated.

Wrestlers are responsible for keeping the locker room clean.

Coach's room is off limits without a coach's permission.

All wrestlers must lock their belongings up.

ALL WRESTLERS ARE ENCOURAGED TO SHOWER AFTER EACH PRACTICE OR EVENT!!

This can be done at school or home.

School Conduct

Athletes will be expected to be caught up on their schoolwork and maintain passing grades. Exemplary classroom behavior is expected.

Athletes will be expected to conduct themselves in an appropriate manner in all out of school situations.

Dress & Appearance

Wrestlers are expected to meet all Minnesota State High School League wrestling rules and regulations regarding grooming and appearance.

The wearing of shirts (or other clothing) which are sexually suggestive, profane or advertise alcohol/tobacco/drug products will not be tolerated.

Skin Issues

The coaching staff will conduct regular skin checks during the season. However, if a wrestler finds something that looks suspicious, it needs to be brought to the attention of the coaching staff immediately! Wrestlers will need to get a skin form to bring to the Dr.'s office for the Dr. to sign. NO wrestler can wrestle without a signed form. No exceptions!

TEAM POLICIES AND RULES

Rides Home

Only the parent of a wrestler or manager may bring that wrestler or manager home from an away event. Wrestlers and managers may NOT ride home with someone else's parents. IT MUST BE YOUR OWN PARENT. It is expected that wrestlers and managers notify Coach Ebner if they choose to go home with a parent.

Contacting the Coaches

The coaching staff asks that if you need to talk to coaches about an issue that you do it as soon as possible. Negativity and gossip will not be tolerated. If you are unable to get a hold of a coach, leave a message on their voice mail.

COACH & PARENT COMMUNICATION GUIDE

Both parenting and coaching are extremely difficult vocations. But establishing communication and understanding of each position, we are better able to accept the actions of the other and provide greater benefit to our student athletes. To be successful, communication is vital and requires involvement, dedication, sacrifice, and commitment from parents, student athletes, and coaches.

COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH

Coach's and program's philosophy

Individual and team expectations

Locations and times of all practices and games.

Team requirements, i.e., practices, special equipment, off season conditioning.

Any discipline that may result in the denial of your child's participation.

COMMUNICATION COACHES EXPECT FROM PARENTS

Concerns expressed directly to the coach.

Notification of schedule conflicts well in advance

Support for the program and attributes of dedication, commitment, and responsibility that are ingredients for success and excellence. Encourage your child to excel.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

The treatment of your child, mentally and physically

Ways to help your child improve and develop

Concerns about your child's behavior

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

Playing time

Team strategy

Play calling

Other student athletes

PROTOCOL FOR RESOLVING ISSUES IN AN EXTRACURRICULAR ACTIVITY

1. Player and coach meeting
2. Player, coach and parent meeting.
3. Player, coach, parent and athletic director meeting.
4. Player, coach, parent, athletic director and high school administration meeting.
5. Player, coach, parent, athletic director, school administration and district superintendent meeting.

While your child is involved in interscholastic athletics, they will experience some of the most rewarding and inspiring moments of their lives. It is also important to understand that there might also be times when things do not go the way you or your child wishes.

Parent's Primary Role
Be a POSITIVE fan for your wrestler.

Elk River Wrestling Technology

Website

The Elk River Wrestling website contains information for the wrestling program at all levels. Check out www.elkriverwrestling.com to get more information on many facets of Elk River Wrestling Program from our wrestling history to schedules to volunteer opportunities.