

## General Team Rules, Expectations and Attendance

All participating athletes must understand that the coaching staff has no desire to sacrifice any aspect of this program for one or two individuals. At Central High School, the team comes before the individual. In addition, we are committed to building a program that people can respect and be proud to be a part of in the future. It should be understood that violations of the following rules may result in either suspension or dismissal from the team, disciplinary actions, as well as forfeiture of a varsity letter or any athletic awards. Some cases may be unique in nature and the coaching staff reserves the right to review and determine consequences for anything outside the list of written rules stated for the team. All wrestlers will agree to follow these rules and the rules of the sport as part of being on this team.

### General Rules

1. The wrestling program's first objective is to have every athlete do well in school, get a high school education and hopefully move on to get a college degree. It must be understood among the participating athletes that they are at Central HS for an education. Any misbehavior during school will not be tolerated by the team such as:
  - Cutting class
  - Cutting school
  - Tardiness
  - Disrupting Classes
  - Disobeying teachers
  - Frequent detention visitors
2. All wrestlers will abide by all rules, expectations and consequences stated in the Champaign Central HS / Unit #4 Athletic Guidelines, Code of Conduct and Handbook.
3. Wrestlers must stay on top of your school work. It should be your first priority when not attending class, practice or competition. Wrestling requires a big commitment of your time and energy, learn to budget your time accordingly and ask for help before it is too late. Every athlete must meet the minimum academic requirements for the previous semester and to also have a passing grade each week for the following week's participation in addition to meeting all social probation requirements. Athletes should not be satisfied with a minimum passing grade; you CAN and SHOULD always do better! Communicate with your teachers and coaches, don't wait until the grades come out and it's too late. If the coaching staff decides you need to put in more effort into your school work because you have an "F" or an excessive amount of "D's", you may be required to have your teacher's report your progress and effort on a form provided by the coaching staff prior to participating each week until the coaches are satisfied with your progress.
4. No swearing, degrading teammates or opponents in practice, on the bus or in competition.

5. Refrain from the following in regards to Twitter, Forums of any kind, Facebook, Vine, Instagram or any other social media:
  - Posting details about our team, individuals on the team, injuries, techniques practiced, possible lineups, etc. that will give anyone an advantage over our team or individuals on the team.
  - Making derogatory comments about teammates, coaches, referees, or opponents. Anything you say or do, should always be a positive reflection.
  - Posting any pictures or videos of activities of yourself or teammates that would be against any rules of conduct for athletes participating for Central High School and the team.
  - Any team twitter, Facebook or website will be used for communication from coaching staff to athletes and parents, recognition for accomplishments and posting upcoming events only.
  - Offensive language or cursing, posting or sharing items of a sexually offensive nature ( Be a class act and be reminded that college recruiters look at everything that you share on the internet)
6. Always keep a good attitude when competing and practicing. Refrain from complaining. Complaining brings a negative attitude to the team and has no place on this team or in the practice room.
7. Wrestlers will be issued equipment and uniforms throughout the year. You are responsible for the cleaning, caring and returning them undamaged in good condition. Uniforms, warm-ups, shoes and other equipment will not be worn anywhere other than competition. Wrestlers and their parents are responsible for the cost of replacement of uniforms or equipment if damaged due to negligence or lost. It is the responsibility of each wrestler to personally turn in equipment in a clean and undamaged condition. They must obtain confirmation from the coaching staff or manager that they have returned all equipment issued to them. Any items not returned, are lost or damaged due to negligence shall be charged to the athlete for the replacement of those items.
8. The use, abuse, possession, selling or being under the influence of any unauthorized drugs, alcohol, steroids or tobacco will not be tolerated. Do not put yourself in any of these situations where people around you are doing it but you are not, walk away from it immediately.
9. Committing a local, state or federal crime will result in dismissal from the team.
10. Any form of Hazing involving members of the team is forbidden.
11. All team members (coaches, wrestlers, managers, and statisticians) shall dress appropriately for dual meet competition, tournaments, practice and school. All wrestlers (Varsity and JV) are expected to dress up for school during the week for any competitive event that falls on Monday-Friday. Weekends (Saturday and Sunday) will

be casual attire but will be expected to wear and be in full team apparel. Be professional and act professional. Coaches and Captains will inform the team of the dress code. On the weekend tournaments, clothing that includes profanity, images deeming to be lacking in class in any way, beer advertisements, etc. shall be prohibited. Any female statisticians or managers shall also wear appropriate clothing. We are a professional program and we will look the part.

12. Phones of any kind shall be used for necessary calls only and not when in uniform, during practice, on the bench during competition, while the coaches are talking to the team or providing any kind of instruction. Electronic devices will be turned off during those times (e.g. no texting, no posting, no recording, no picture taking, etc.) Anyone caught using their phone during those designated times will have it confiscated.
13. The team will be looking for an opportunity to do some good will community service in the community, for the public and local charities. We expect everyone to make suggestions and to participate as a team in at least one service project each year.

## Practice

1. All wrestlers will be at practice ahead of time to change clothes, get the mats in place and to be fully prepared for the start of practice on time. If you are not there at the time coach takes roll call without an excused absence, you are considered late to practice or absent. Anyone late by one minute or more to the start of practice will be required to do some form of extra conditioning whether it is an excused tardy or not.
2. There will be no sitting or lying on the mat during practice. Take a knee during instruction but we must always stay strong through the duration of our practice.
3. Not giving your all at every practice hurts the TEAM and YOU. We are not expecting 110%, 200%, etc. it's unattainable anyway. You are expected to give 85% to 90% at all times striving to reach a higher level. Not giving your all in every way affects your performance and your example of slacking affects everyone. You will never get that day back so make it your goal to outwork everyone around you every day. Put your game face on when you come to practice, you need to practice it to be able to do it in competition.
4. Any absences that would be considered excusable by the coaching staff will require the athlete to first contact the Head Coach during school, directly after school or from home by calling him personally or meeting him prior to practice. They must do this personally, contacting the coach can't be sent by another person. **This is the athlete's responsibility and nobody else's.** It should also be noted that extended excused absences may cause a wrestler to be withheld from dual meets, tournaments, drop in their team ranking and/or lose a starting position. The following will be considered excused absences by the coaching staff: sicknesses cleared by the coach, death in the family, parent notification for personal reasons.

## Typical Daily Practice Schedule

3:20pm	School is dismissed
3:25 to 3:40 pm	Get mats in place first
3:40 to 3:50 pm	Get dressed after mats are down
3:50 to 5:50pm	Be Ready for Practice at 3:50pm
5:50 to 6:00pm	Announcements, recap and dismissal
6:00 to 6:30pm	Roll mats up, Weigh-in & Shower

Athletes attending weight lifting session prior to practice will be allowed to leave at 30 minutes early upon being excused or stay if they wish to get in extra training.

- Headgear must be worn while drilling and live wrestling. Don't ever forget your headgear at practice or competition. There is no excuse for getting an avoidable ear injury to keep us out of completion.
- Wrestling is a contact sport with the risk of injury always being present. In order to minimize the risk of injury, please observe the following:
  - Use proper technique
  - Refrain from using illegal, dangerous and potentially dangerous moves
  - No Horseplay
  - A coach must be present during any activity or workout
- You are expected to weigh in every day. You need to be responsible for weight management and know what your body loses during practice. Maintain your weight where you want it to be, wrestle the weight you feel best and can perform the best. Be honest and inform the coach as to where you are at all times.
- All wrestlers are expected to put the mats down before practice, roll up the mats after practice and work as a team to put mats up. No slacking or avoiding helping your teammates. Nobody leaves for home or showers until they are all the mats are up. You can relax after you leave practice. Anyone caught not helping by the coaching staff will be required to do sprints, run or some form of conditioning as decided by the coaching staff during the duration of the mats being put up.
- Do not ever wear your wrestling shoes anywhere other than at practice and at competition. Keep the sole surfaces of them clean and clean them on a regular basis. Use them on the mats or in the gym; do not ever wear them outside.
- Each time you enter and leave the wrestling room, practice proper hygiene in washing hands, wear clean wrestling gear and clothing, take showers immediately after practice preferably with an antifungal soap. Wash kneepads regularly. At any time you observe getting a rash, bumps or blisters on your skin, report it to the coach immediately. If it is a skin fungus of some kind, it needs to be treated and cleared as soon as possible. Do not spread it to the rest of the team. Always communicate anything questionable.

11. In the event of an injury, you should:
  - Report all injuries to coaches and explain how it happened, don't hide injuries in order to compete.
  - Consult a doctor or trainer, depending on the injury. The school has a trainer and you will be advised on what to do.
  - Follow all suggestions for treating the injury, the sooner you heal, the better you will perform
  - If you have been diagnosed or suspected of having a concussion, you must be removed from physical wrestling activities and competition until you can be evaluated and cleared by a medical professional.
  
12. Secure your belongings during practice and matches at home and away. You are encouraged to keep jewelry, money and other valuables in the practice room where you may monitor it. Also, if it isn't your property, don't touch it or get into it.
  
13. In order to stay up with competition and have the opportunity to surpass our opponents, we will practice on some scheduled dates during Saturdays, Thanksgiving and Winter Break and sometimes before school. These practices will be posted ahead of time and you will be expected to be at those practices. Know when these practices are and schedule your other activities over those breaks accordingly. This is needed because when we hit December, there is a lot of competition which eliminates practice time. All wrestlers are required to attend practices during this time. We need the practice time to get better and it is a commitment to improve for the end of the season. It is not a time to take off and get soft; it's a time to excel in our skills and conditioning.
  
14. As a team and individuals, we are committed to each other. Every athlete (Varsity & JV) is expected to make every scheduled practice until the IHSA State Championships. We need each other to get better and to prepare for the end of the season. It will be a requirement in order to receive any athletic Numerals, Patches or Letters.
  
15. Athletes are to refrain from participating in training for other sports during the same time as the wrestling season without permission from the Head Coach. However, if there is a special circumstance or opportunity in the opinion of the Head Coach that would help the athlete (a Junior or Senior) excel in reaching a goal or obtain an exceptional opportunity in another sport while still meeting the requirements to the wrestling team, the athlete may be allowed to participate in the training upon approval from the Head Coach. If this is allowed, an outline of additional written requirements and consequences will be prepared by the Head Coach and agreed upon by the wrestler prior to doing the training in another sport and staying on the wrestling team.
  
16. The practice room will be totally committed to the wrestlers, managers, and statisticians on the team from 3:50pm to 6:00pm. The room is off limits to any parents, girlfriends, alumni wrestlers or general public other than school staff or approved coaching staff. When practice begins, there should be total focus on instruction and the practice. Any

parents or non-coaching staff members may be allowed to enter the room after practice to discuss anything that needs to be discussed with the Head Coach.

## **Weight Lifting**

1. Weight lifting is encouraged among our wrestlers. You can always improve on how strong you are and there are many programs available. All successful wrestlers do some kind of weight training. Weight training should achieve 2 purposes; make your muscles stronger and achieve muscle endurance.
2. A wrestler can lift weights and gain strength without gaining weight with the right workout and with proper diet.
3. As a team, we will lift twice a week on a regular basis for approximately 45 minutes to one hour as designated on our practice schedule. All those attending will be there on time and sign-in. If you are one minute after, you are considered late. All those attending will have the option to leave 30 minutes early from the next scheduled practice following the weight lifting session (their option) and won't be required to help the rest of the team roll up mats. This is a commitment to becoming stronger athletes and reducing injuries.

## **Competition**

1. "Win or lose, regardless of circumstances (bad calls, opponents' strengths or conversations, injury, pressure from a big match) you should always expect the highest levels in regard to yourself. You are not going to win every match, or every battle in life. You can bring integrity, courage and pride which is something that can never be taken from you. Be a class act no matter what are the circumstances."
2. You must travel with the team to and from events. You aren't allowed to ride to and from events with your parents, by yourself or your friends. As a member of the team, you are expected to remain with your team at events until all members of your team have completed competition at dual meets and tournaments. Getting up and leaving, talking with fans, etc. while your teammates are competing demonstrates a lack of support and respect for your team, be your team's biggest fan. All female statisticians or managers traveling with the team shall sit with the coaches during travel.
3. While on the bus travelling to and from completion, the following behavior is required on the bus:
  - Keep hands and your head inside the window
  - Do not throw objects in or out of the bus
  - Do not litter on the bus, leave it as clean as we got on it
  - Remain seated while in motion
  - Leave phones, tablets, and music off when coaches are talking to the team on the bus

- No spitting on the floor or out the window
  - Any females on the bus shall sit with the coaching staff up front.
  - Be polite and courteous to the bus driver
  - If eating is allowed on the bus, we will not leave the bus until it is clean of all trash. If any trash is found by the coaching staff afterwards, extra sprints at practice will be done with the entire team.
4. All team members will generally meet 15-20 minutes prior to the scheduled bus departure to check their weight and wait for the bus. If for some reason, you are concerned about your weight, always communicate this to your coach the night before. If you are not there by the time the bus is scheduled to depart, you will be left behind and not allowed to compete. There will be other consequences for not being there on time and letting your team down.
  5. All team members (Varsity & JV) must be continuously involved in the preparation for home events or tournaments until its completion. When the coaches indicate all tasks are finished, the team will meet briefly before being allowed to leave. EVERYONE will help with set up and break down for our home dual meets and tournaments. Failure to help will result in a conference with the coaching staff and team discipline.
  6. All wrestlers (Varsity and JV) are expected to dress up for school during the week the day of any competitive event that falls on Monday-Friday. Weekends (Saturday and Sunday) will be casual attire but will be expected to wear full team apparel issued to them. Be professional and act professional. Coaches and Captains will inform the team of the dress code.
  7. Athletes must have a firm handshake with their opponents before and after every match, win or lose, including wrestle offs, no exceptions.
  8. What is being a class act? Examples of what is expected from you in showing class:
    - Class is being a good person, showing good sportsmanship, always taking responsibility for the consequences for your actions and being considerate of others.
    - Class athletes handle victory and defeat in the same way – Mature, Humble and Gracious.
    - You have class if you show pride; have humility, poise, and display self - confidence without being arrogant.
    - Don't brag in victory or make excuses in defeat.
    - Always praise your opponent for a job well done and be humble admitting your mistakes.
    - Accept the thrill of victory and the agony of defeat in stride.

- Remember to handle yourself in the same manner of class whether you are competing, in the classroom or in public.
  - In the event you speak or act inappropriately to a coach, teammate, official or opponent you must resolve the issue before you leave the building that is satisfactory to your head coach. If you don't, you may be disciplined in cases of gross misconduct, you will be dismissed from the team.
9. Your headgear will stay on and secured until you step off the mat. Throwing headgear down hard, kicking it or just winging it across the room in any fashion will not be tolerated. Takedown your straps in the locker room or out of site from the crowd. When you begin to warmup (**3 weight classes before your match**), go to the locker room or out of site from the crowd to put your straps up and then return to the wrestling area. You must be in full dress uniform, straps up, headgear snapped on, warmup off whenever in the wrestling area ( front of chairs, mat, score table, or in the roped off area). Always hand your warmup, t-shirt, shorts, and anything of value to your coach before stepping on the mat.
10. All wrestlers will remain absolutely silent during competition with the exception of three words: "Yes", "No", and "Sir". Do not speak to the referee unless he speaks to you. Do not ever question a call, ask why you didn't get any points, why your opponent got points, or tell him you weren't pinned. If the coaching staff feels the referee missed something, they will be the only person to discuss it with the referee.
11. After coming off the mat, always go to your coach and get input from your coach on what you did right, what you can improve on the next time, and how to counter against anything you haven't seen before. Give him your full attention and ask questions if you don't understand. Do not look elsewhere as if you have something better to do, run off the mat to somewhere else or be argumentative. It is a time to get better, not a time to be disrespectful and throw a fit. We are working together to learn how to beat the competition.
12. Be attentive to your teammate's matches. Always stand up and clap for your team mate, encourage him, win or lose after every match. Sit as a team, look sharp and participate in any pre-match or post-match rituals. All teammates will be expected to provide the following feedback and support:
- Always be positive with your teammate, coaches will give constructive criticism.
  - Cheer and support your teammates who wrestle before and after you.
  - Don't report to the table until the coach tells you to. Once you report, you must go to the center of the mat to wrestle. Do not leave the wrestling area without permission from the official.
  - Nobody sits on the bench other than team coaches, wrestlers, manager or stat people.
  - Refrain from public affection when at events. Do not display any public affection with girlfriends at dual meets or tournaments. You are expected to display yourself as a "FOCUSED, FIRST CLASS WRESTLER."



➤ **During Dual Meets:**

- Before each teammate wrestles, we will perform a pre-match huddle and break him out when it is his turn to report to the table.
- At the conclusion of each match, our bench will stand, applaud and congratulate each teammate on their performance, win or lose.
- After your match, you must touch each of your teammates and coaches hands at the edge of the mat. Our bench will form a line, RUN DOWN THAT LINE! And then talk to your coach.

➤ **During tournaments:**

- Our team and supporters will sit together in a designated area.
- When a teammate is wrestling, try to get as close to the mat as possible but stay out of the designated wrestling area, mat area or roped off area for participating wrestlers and coaches.
- If more than one teammate is wrestling at a time, split up and support each other.

13. Keep your cool at all times, even if your opponent is taunting you, talking trash or doing things that you feel are unfair or illegal. Do not retaliate in any way, keep quiet and let your wrestling do the talking. Do not lower yourself to those standards and don't let your opponent suck you into doing it either. If you need to leave the gym for any reason, inform a coach. This includes those times that you are upset and want to get out of the gym for some alone time. Remember, we will display a "FIRST CLASS ATTITUDE" whether we win or lose. If you feel you absolutely need to leave the gym to regain your composure then you must tell your coach that you are going to the locker room.

- You have 5 minutes, and then you must return to the gym to support your teammates.
- Do not throw your headgear or anything else.
- Don't make a scene; remove yourself from the gym by going to the locker room.
- Such inappropriate public behavior will result in team discipline.

14. If you are scheduled to wrestle in competition and do not make the weight you are scheduled for in the lineup, then don't expect to compete in the next event. It is not a right; it is a privilege that shouldn't be taken lightly. You are letting yourself down and weakening the team by not being responsible for making weight. Don't let yourself down and your team by not being responsible for your weight management. If you do not make weight at a competition, you may be required to make weight the night before competition at practice on a regular basis or be replaced as decided by the coaching staff.

15. If you get a detention and you owe time to be served, you may not participate in the event until the detention time has been served.

## Challenges

1. Challenge matches or wrestle offs will be held throughout the season and everyone must challenge for a position on the varsity team. They will determine who is holding a Varsity position, JV 2<sup>nd</sup> string and JV 3<sup>rd</sup> string. All wrestlers will wrestle off at the beginning of the season and coaches will always officiate.
2. All requirements for making varsity and holding the varsity position are outlined on the **Team Ranking Guidelines** document that must be reviewed by every wrestler on the team before obtaining a position on the team. **(Refer to the Attachment for Team Ranking Guidelines)**
3. Don't challenge for a spot when you know that you will be unable to compete in the competition due to school or make weight on a regular basis. Your team depends on you being there to help the team.
4. The schedule for any challenge matches will take place on scheduled dates near or approximately on :
 

1. November 22 <sup>nd</sup>	must be within 5 lbs of wt. class desired
2. December 7 <sup>th</sup>	must be within 1 lb. of wt. class desired
3. December 14 <sup>th</sup>	must be within 1 lb. of wt. class desired
4. January 11 <sup>th</sup>	must be within 3 lb. of wt. class desired
5. January 18 <sup>th</sup>	must be within 3 lb. of wt. class desired
5. Any challenge matches in the opinion of the head coach is close between two teammates in the November / December challenge matches, there will be the best 2 out of 3 matches won to secure a starting position. Otherwise it will be a one match determination between the two teammates. The coaching staff or head coach may require a challenge match between any two teammates on the wrestling squad if they feel it will improve the team.
6. A varsity wrestler can't be challenged if he has won a varsity tournament the previous week.
7. Starting with the January challenge matches, a varsity wrestler must be beaten twice or 2 out of 3. However, if the current varsity wrestler wins the first match by pin or technical fall in the first challenge match, then the challenge is over.
8. Attitude, work ethic in all practices, responsibility, academic eligibility, social probation, attitude in school and public are possible factors used by coaches in determining who is allowed to wrestle off in a challenge match on any given day.
9. Before any wrestling challenge, you must be within a reasonable weight allowance. The weight allowance will be as designated above and verified by a coach prior to practice.

## Nutrition & Dieting

1. Proper nutrition is an important part of a successful program. The demand that wrestling places on the body, mind and emotions, can be very hard. It is essential that one pays close attention to the body's nutritional requirements if you wish to be successful. It is just as important as the workouts and the preparation we do for competition.
2. Weight loss must be done with proper dieting and exercise. The use of any laxatives, purging, yo-yo dieting by gorging and then starving, rubber suits, or any other unsanctioned methods will not be allowed. Eat right, wear regular sweats, stay hydrated and work out hard.
3. When selecting a proper weight class, wrestlers will go through a few tests for fitness to evaluate them on their physical condition and strength. Their body fat will be determined in a fully hydrated condition as outlined by IHSA Weight Certification process and by a certified trainer. The test will determine what is the lowest weight class they are allowed to compete at through the IHSA Certification process. The certification test results will be given to the wrestler, coach and parents to assist the wrestler in deciding what will be the lowest allowable weight to participate at when competing. By IHSA rules, 7% is the lowest body fat percentage allowed to compete and must be obtained by a date calculated per IHSA guidelines. Wrestlers should evaluate where they are at, potential openings in the team lineup and where they will be the most competitive. They should always seek the advice of the coaching staff and Head Coach on what they should do. It will be their decision on what they want to commit to for themselves and the team. Wrestlers may either gain or lose weight to wrestle the weight they choose to compete but it is ultimately their decision. Once a decision is made, the wrestler must understand the team counts on them to make that weight and it is their responsibility for their weight management.
4. Success in making weight is more of a matter of weight control and management, rather than cutting or gaining weight extremely. The focus of weight control must be on physical fitness and sticking to good solid nutritional practices every day during practices and competition, not just before a match. What you put in your body will affect how you feel and how you perform.
5. All wrestlers should have a good diet whether they are reducing weight, maintaining weight or gaining weight. The purpose of a controlled diet is to make an individual a more efficient and a strong competitor.
6. Remember that water is an essential element of our body and should be taken liberally. Dehydration for long periods of time and cutting out meals will only hurt the efficiency of your performance. All wrestlers are encouraged to be fully hydrated before coming to practice in order to reach their full potential in a workout.
7. Wrestling diets and information will be made available to the wrestlers through the program for suggested diets to be followed.

## **Weight Maintenance and Responsibility**

1. All wrestlers on the team will be limited to the IHSA Weight Certification Guidelines. Weight Certification must be completed by a certified trainer hired by Unit 4 and must be done prior to any competition. It is expected to do the weight certification tests within the first 2 weeks of practice. Every wrestler needs to be weight certified as soon as possible to determine their current body fat and lowest weight class they can safely obtained under a hydrated state with 7% body fat.
2. The weight certification designates the lowest weight you would be allowed to wrestle and the date you must meet that goal if you choose to wrestle that weight. You must then weigh-in at an event at that weight to confirm your certification by the deadline stated on your weight certification.
3. Once you decide what weight you want to wrestle to provide you the best chances of winning in competition and you make that weight, you will be expected to make that weight the remainder of the season. Remember that you choose your weight class based on the IHSA certification testing and make that promise to yourself and your team. The coaches and the team need to know that they can count on you.
4. It is your responsibility to make weight to wrestle whatever weight class you are at on the team, nobody else is responsible for you but we are all available to help you if you need support. Refer to Nutrition and Dieting of these team policies.
5. Always be honest with your coaches in your progress. If you need suggestions, support or help, discuss it with your coach. It is not a sign of weakness to ask for help or suggestions. We are a team and will help each other whenever possible.
6. In the event that you are overweight at weigh-in at an event:
  - You will be required to make scratch weight at the end of practice the practice before our next event (dual or tournament). This must be verified by a coach.
  - Refusal to make scratch weight at the end of practice the practice before the next event or not making weight a second time at a competition will result in suspension from the varsity lineup or an automatic increase in weight class for the remainder of the year.

## **Team Captains**

1. The coaches want to make the captain position a very special title. The captain position involves more than just being a good wrestler or being the most popular. Your choice for captain should be the best person to lead our team to the IHSA State Championship. The position will be an elected position in which each wrestler will evaluate each nominee for captain through a captain criteria tool. The nominated captains will also

evaluate themselves. The wrestlers will elect two captains for a team of 30 and three captains for a team larger than 30 and the coaching staff will elect an additional captain of their choice.

2. Captains will be expected to communicate with the Head Coach if they feel something needs to be discussed or any concerns with the team. They should be the link between the coaches and wrestlers. Communication in both directions is important.
3. Captains will be expected to motivate the team when necessary, lead in drills and conditioning. Captains that are repeat offenders of team policies or provide a good example in practice will be dismissed as co-captain and possibly replaced by another individual on the team selected by the coaching staff.
4. At any time a captain is relieved of his duties as being a captain by the Coaching staff or for needs to step down due to personal or family reasons, the coaching staff will select a replacement.
5. Captains are responsible for informing their teammates and underclassmen of dress codes, acceptable behavior, sportsmanship, practice routine and making sure they are fully equipped and ready to go prior to a match.
6. The captain should be a **Leader by Example** and a **Vocal Leader**. The person who is chosen captain by their team and coaches will encompass these many qualities: commitment, confidence, composure, character, encourager, team and coach supporter, servant, confidence builder, refocuser, team builder, be properly dressed, be the first out to practice, take the lead in getting mats down for practice and getting them up afterwards, make an all-out effort in practice, be non-argumentative, be courteous, have great sportsmanship skills, and enforcer.
7. The following criteria shall be met prior to being nominated as a captain by any teammates at the first team meeting:
  - Must be a sophomore – senior class
  - Has not been chronically academically ineligible.
  - Has not violated the Champaign Central Athletic Code for the last two seasons

At the first team meeting, nominations from teammates will be taken for all eligible wrestlers. Team guidelines for captain nominations shall be as follows:

- Any wrestler or coach can nominate a wrestler or 2<sup>nd</sup> a nomination.
- Once nominated, the captain candidate must accept the nomination.
- If they accept, a 2<sup>nd</sup> is needed to confirm the nomination.
- Each captain nominee will then address the team with any comments as to why they would like to be their team captain if they wish.

- Wrestlers may only vote for two or three nominees (depending on the size of the team) and completely fill out the criteria form provided to the team. **(Refer to the Attachment for Captain Criteria Form)**
  - Any incomplete or irresponsibly filled out forms will not be accepted until they are filled out completely.
  - Wrestlers will elect 2 to 3 captains depending on team size by using the captain criteria forms.
  - Coaching staff will elect an additional captain at their discretion through a coaches' consensus decision.
8. The Captain Criteria Form (Refer to Attachment) is divided into two parts. There will be 24 questions to rate different qualities of your nominated captain with a rating score of 1-5 for each question. For example: 1=Strongly Disagree, 2=Disagree, 3=Undecided, 4=Agree and 5+Strongly Agree.
- The top 12 questions help you rate your captain nominee as a Leader by Example. Scores totaling 12-43 = Not a Leader, 44-52=Solid Leader, and 53-60=Spectacular Leader. It is desired to have a leader that scores between 44-60, the higher the better.
  - The remaining 12 questions will help you rate your captain nominee as a Vocal Leader with the same type of rating.
  - Our captains should be a vocal leader that leads by example. The total scores on the 24 questions generally mean the following: 24-80=Not a Leader, 81-105=Solid Leader, 106-120=Spectacular Leader.
9. Although there will be Captains on the team, the coaches and team will expect all upper classmen to assist the captains and coaching staff in the leadership of our team through our IHSA competition and a IHSA State Team Title. If a captain is ill or can't attend a dual meet, an honorary captain may be selected by the Head Coach just for the dual meet.

## Varsity Lineups

1. The coaching staff will determine the varsity lineup for each competition. The coaching staff can use a variety of methods to determine who wrestles in each weight class while keeping the safety and wellbeing of the wrestler in mind. Wrestle offs (challenge matches) can be used to determine the lineup, better individual matchups against opponents but these will not necessarily be the deciding factors.
2. For dual meet matches and tournament matches that involve team scoring the coaching staff reserves the right to wrestle the best possible lineup for that competition. This may mean that a wrestler who is first on the ranking chart may wrestle up a weight class or not wrestle at all in that match or tournament.
3. To repeat the above in Challenge Matches, the same goes for the Starting Varsity Lineup for any given event. **Attitude, work ethic in all practices, responsibility, academic eligibility, social probation, attitude in school and public are possible**

**factors used by coaches in determining who is allowed to wrestle in the starting lineup on any given day.**

## **Wrestling Awards and Letters**

1. Any wrestler, manager and statistician who is a participating member of the team at the end of the season will be eligible for a Varsity letter.
2. To receive any Team Awards, you must first meet the following criteria to be considered for any Numeral, Certificate, Special Individual Award or Letter:
  - a. Complete the season in good academic and social standing
  - b. Show a consistent, good work ethic and positive attitude.
  - c. Show consistent team and school spirit in practices, in matches and other school functions.
  - d. Be a class act and show good sportsmanship during practice and competition.
  - e. Turn in all issued equipment, uniforms and gear or pay for any lost articles at the end of the season.
  - f. Must participate in practices and competition until the IHSA State event unless the team participates in the State team duals which will extend this commitment.
  - g. Attend practice and events regularly and on time.
  - h. Assist in moving the wrestling mats from the practice facility to Central HS after the last practice. Going out for another sport is not an excuse to abandon your responsibility to your teammates in moving the mats. Time to be announced after the season ends.
  - i. Make an all-out effort to secure a place on the varsity team by challenging throughout the season.
  - j. Managers and Statisticians shall be expected to fulfill their duties outlined under lettering requirements.
3. To obtain a Varsity Wrestling Letter, you must meet the following requirements:

Meet all the requirements stated above for Numerals and Awards  
**AND**

## **WRESTLER LETTER AWARD**

- a. Wrestlers that earn 16 Varsity Letter Points in Varsity competition. Points are awarded or subtracted as follows:
  - One point for each varsity match wrestled
  - One point for each varsity match won
  - Up to 2 additional points can be given for an outstanding performance in competition by the coaching staff, win or lose.

- One point subtracted for missing weight at a dual meet
- Two points subtracted for any kind of conduct that costs a team point
- Two points for missing the bus departure for competition
- Two points subtracted for missing weight at a tournament
- Four points subtracted for any misconduct or misbehavior that would cause a dismissal from school or a reprimand from school

**OR**

- b. Placed in the top 3 at the Varsity Regionals regardless of points;

**OR**

- c. Be a senior (returning or new) who completes the season, has met all the criteria stated above for Numerals and Awards, and has completed the wrestling season regardless of varsity letter points obtained.

**OR**

- d. Be a junior who completes the season, has met all the criteria stated above for Numerals and Awards, and has completed at least one previous wrestling season in their 9<sup>th</sup> and/or 10<sup>th</sup> grade seasons regardless of varsity letter points obtained.

4. All awards (Numerals, Participation Certificates, Letters and other special awards) will always be subject to the discretion of the Head Coach when there may be certain special circumstances that may be reason to deny or present an award that aren't outlined above.

## **TEAM MANAGER LETTER AWARD**

Managers are considered to be an extension of the coaching staff and are very important to the function of the wrestling squad. In turn, they are also a representative of the team and coaching staff during practices, events and in school. Please be mindful of these at all times. In order to earn a Team Letter for Manager, the manager must obtain enough team points for how well they fulfill each responsibility. Responsibilities and expectations of managers are listed as follows:

1. Report to the head coach upon arrival at practice, dual meets or tournaments for special instructions.

1 point for every practice x 60 = 60 points	(60 regular practices)
1 points per dual x 25 duals = 25 points	(25 duals on 13 dates)
10 points per tournament x 4 = 40 points	(4 tournaments on 4 dates)
<u>15 points for Central JV Super Duals = 15 points</u>	<u>(1 event on 1 date)</u>

**Total amount of points possible = 145 points**



2. Assist with stats whenever necessary as directed by the head coach. Learn how to keep score correctly. A lot of times, the manager may have to fill in and assist in keeping score when the team is split. **5 points per tournament = 20 points**
3. Assist with equipment distribution, documentation, collection and inventory. All equipment, uniforms and gear belonging to the team must be collected. Every piece of equipment and uniforms cost the team money which takes away opportunities for the team. This is a very important responsibility. **(10 points for the beginning & 10 points for the end of the season = 20 points)**
4. Assist the head coach with future team signup, organization of team depth charts, roll call and organization of events. **(20 points)**
5. Always be prompt. If you are one minute after for any reason, you are late. Arrive 60 minutes before the start of all scheduled home events, 15 minutes before the start of practice and 20 minutes before the bus leaves for away events. **(minus 5 points for each time late, minus 15 points for each time you don't show)**
6. Promote the program and be mindful of recruiting athletes into the program during school. **( 10 bonus points for every recruit that completes the season)**
7. Assist the head coach in entering team stats into the computer for overall team scoring and record keeping. **(Bonus points = 2 points for every dual and 5 points for every tournament)**
8. Be entrusted with getting items from the equipment room and setting up the practice.
9. Cleaning mats after they are rolled out by the wrestlers and help in putting them away.
10. Always check with the coaches before leaving practice and events.
11. Assist with getting mats down and put away during practice or any dual meets or tournament at home.
12. Assist in timer or calling out drills during practice when directed by coach.
13. Assist in any team fundraising or community volunteer work.
14. Perform any other duties as directed by the Head or Assistant Coach.
15. Managers are expected to follow team policies (Read and know them) and Unit 4 guidelines for students involved in athletics. You are expected to be committed, do well in class and be a respectful representative of the team at all times.

As a team manager, how well you do the above greatly influences the quality of the program and allows things to run smoothly for the coaches and wrestlers. Your position on the team is an important one and is greatly appreciated. Team managers should become knowledgeable of the sport over time. The Head Coach will provide as much information and direction as needed to help the team manager be successful.

**In order to letter as a team manager, you have to obtain a minimum of 155 points out of 205 points through the season.** Points will be subtracted heavily for being late or not showing but there is opportunity for bonus points also.

## Team Statistician Letter Award

Statisticians are considered to be an extension of the coaching staff and are very important to the function of accurate score keeping and records. In turn, they are also a representative of the team and coaching staff during practices, events and in school. Please be mindful of these at all times. In order to earn a Team Letter for Statistician, the statistician must obtain enough team points for how well they fulfill each responsibility. Responsibilities and expectations of statisticians are listed as follows:

1. All statisticians are expected to learn how to keep score during a wrestling match, how to keep team score during a dual meet and assist during a tournament.
2. Be committed to keeping stats accurately, attending events and learning the sport of wrestling. It is intended that all statisticians that are committed to working with the team, will earn a letter in the sport. Points will be awarded to statisticians for attending the following events:

4 points per dual x 25 duals = 100 points	(25 duals on 13 dates)
10 points per tournament = 40 points	(4 tournaments on 4 dates)
15 points for Central JV Super Duals = 15 points	(1 event on 1 date)
<u>5 points per practice to practice scoring = 20 points</u>	<u>(4 practices on 4 dates)</u>

**Total amount of points possible = 175 points**

3. Always be prompt and committed to attending events. If you are one minute after for any reason, you are late. Arrive 40 minutes before the start of all scheduled home events and 20 minutes before the bus leaves for away events. **(Subtract 1 point for every dual meet and 5 points for every tournament you are late. Subtract 5 point for every dual and minus 15 points for each tournament you don't show)**
4. Assist the head coach in entering team stats into the computer for overall team scoring and record keeping. **(Bonus points = 2 points for every dual and 5 points for every tournament)**
5. Promote the program and be mindful of recruiting athletes into the program during school. **( Bonus points = 10 bonus points for every recruit that completes the season)**
6. Assist in any team fundraising or community volunteer work.
7. Perform any other duties as directed by the Head or Assistant Coach.
8. Statisticians are expected to follow team policies (Read and know them) and Unit 4 guidelines for students involved in athletics. You are expected to be committed, do well in class and be a respectful representative of the team at all times.

**In order to letter as a statistician, you have to obtain a minimum of 125 points out of 175 points through the season.** Points will be subtracted heavily for being late or not showing but there is opportunity for bonus points also.

## **SPECIAL INDIVIDUAL AWARDS**

Special awards are developed and significant to the current program to reward the athletes for exceptional behavior and accomplishments during for the season and over their career. The coaching staff will select individuals for each award based on stats, a discussion among coaches and coaches' consensus. Awards and a brief description of these awards are as follows:

**Varsity Most Valuable Wrestler** – Most valuable wrestler is one that generally will have the most team points taking into consideration team points given up, how many tournaments won or placed, most pins, most tech falls and overall winning percentage.

**JV Most Valuable Wrestler** - Most valuable JV wrestler is one that generally will have the most team points taking into consideration team points given up, how many tournaments won or placed, most pins, most tech falls and overall winning percentage.

**Most Improved** – has shown an overall improvement in skills, winning percentage and where they rank on the team from last year to this year. This can go to a varsity or JV wrestler.

**Master of Escapes** – has the most escapes on the Varsity Team.

**Maroon Iron Man Award** – for any wrestler that has the best attendance record in practice, has attended every available dual and tournament, has been there for every fundraising and community involvement, and has been there from beginning to the end more than anyone else.

**Coach's Award** – goes to a first year wrestler that shows heart, commitment, hard work, good grades, dedication, is fearless in competing and leads by example of what a coach expects from an ideal athlete.

**Sportsmanship Award** – Any JV or Varsity wrestler that has shown a commendable example of sportsmanship and class act in practice, school and in competition.

**Kelly Spirit Award** – Any JV or Varsity wrestler that has shown great spirit and inspiration to the team in competition that has endured a hardship, injury or handicap through the season along with a continued effort to contribute to their team.

## **Parent Support**

1. We want a successful and winning program but we don't want a win at all costs program. A certain amount of understanding and sacrifice must be made by the parents for each athlete to achieve the most from the experience.
2. We expect a lot of commitment from the wrestlers, coaches, managers and statisticians. Without that commitment, he or she can't succeed. To make this commitment, they need your support to help and encourage them to make and follow through on that commitment from parents.
3. Please communicate any concerns, problems, academic issues or successes, or questions with the Head Coach.
4. Please volunteer to help support the program, your son and the team whenever possible. You are an extension of our team and we need you to be successful. In order to provide your son the opportunities, travel and equipment to reach success. It takes funding and help with many tasks of running a successful program. Anything not taken care ends up hurting everyone on the team. You are part of our TEAM and your assistance is just as crucial as anything else involved with the program. This is your Team and you are a part of it as much as the coaches, wrestlers, statisticians and other members.
5. Support your son (and support the Team) by attending as many competitions as possible. It is important to your son whether he says it does or not. Get to know the other parents, share rides, car pool, whatever it takes, but make a strong effort to show them you care.
6. Please refrain from shouting instructions to your son. Such behavior causes confusion. Wrestlers on the team must learn to listen to their coach who is in their corner. Please allow them to do the coaching.
7. No harassing the referees, officials, opposing wrestlers or opposing coaches. Your son may be embarrassed by such conduct and will be a distraction for him to be successful. We want our Team to be a class act and you are part of our Team.
8. Remain in the stands during all competitions, dual meets, and tournaments. Please refrain from getting mat side or in the coach's corner. Your son will look for your cheers after the match and will hear it between periods. Before and during competition, your son needs total focus on his match, his coach and his opponent. You being mat side will hinder his focus and may cause him to lose the match.
9. Show positive support for the coaching staff and their decisions. In doing so, you will show positive support for the program. Complaining or questioning the coach's actions or decisions over the dinner table or in the stands does not make your son a better athlete and it isn't productive. If you don't understand a decision or action by the coaching staff, discuss it with them when the time is right in a reasonable constructive

manner with an open mind. Coaches do sometimes make mistakes but they will always do their very best to help your son succeed.

10. Never compare your son to another wrestler and point out his failures. Wrestling is a hard sport and the more successful wrestlers have put in a lot of time that you are not aware of during their earlier career. Just encourage them, compliment them on their efforts and sportsmanship and cheer hard for them.
11. Practices are closed to the public. Please refrain from being in the practice room until practice is completed. Having parents, girlfriends, siblings, etc. in the practice room is a distraction to the practice, the wrestlers and coaches. In addition, only certified coaches approved by the Head Coach and Unit 4 School District, other approved school staff are allowed in the room. Recording practice session is not permitted without the permission of the Head Coach. If you need to talk to the coach, he will be available after practice.

## **Goals**

Motivation is closely related to establishing, monitoring, and adjusting goals. Wrestlers will be asked to write down their goals, no more than 2. When setting your goals, use the following guidelines for direction in setting your goal(s):

- Be specific in setting technique and training goals as well as performance goals.
- Make your goals personal. Decide what you want to achieve. Don't be afraid to set higher goals than your teammates if you are willing to make the commitment. If you have less experience than others, then set more realistic short term goals that will allow for you to compete with yourself and always improve.
- Make your goals challenging but do not fear to fail. Evaluate your goals weekly and modify if necessary.
- Design a plan of how you are going to achieve the goals you have set. Consult your family, coaches and other wrestlers for their help in setting out a plan.
- Make a commitment to your goals and work the plan you have set to accomplish them. Set them on your bedroom door or refrigerator to look at it every day, stay focused.

## **Accountability**

All wrestlers, managers and statisticians will be held accountable for following team policies and expectations. Any violation will be viewed independently and the coaching staff will view the circumstances of the violation. Depending on the violation and at the discretion of the coaching staff, the violator may be required to do one or more of the following unless they are dismissed from the team:

1. Additional conditioning delegated by the coach and an apology to the team
2. Additional conditioning delegated by the coach, apology to the team and pulled from the next competition

3. Provide volunteer service time to the public as determined by the coaching staff.
4. Provide extra work for the team such as mopping mats, fundraising, event setup, etc.
5. Pulled from the next dual or tournament
6. Lose position on the varsity lineup and have to earn it back under the conditions set by the coaching staff
7. Pulled from dual meets and tournaments until practice is made up
8. Dismissal from the team
9. Athlete may be required to follow an agreement outlining requirements and possible consequences to improve grades, behavior or attitude in school or on the team.

## **Final Note**

Exceptional teams have no individual exceptions; therefore these rules and expectations apply equally to all wrestlers on the team. All team rules and expectations are subject to change as there will always be situations and circumstances that may warrant change or clarification. The Head Coach will make the final decision based on each individual situation not described within the team rules and expectations. It is the athlete and their parent's responsibility to read over all policies for the team to be better informed of how the team will be structured and guided throughout the season. Team members and their parents will need to sign off that they have received and reviewed the team policies.

**ATTACHMENTS**

**To**

**CHAMPAIGN CENTRAL WRESTLING**

**TEAM POLICIES**

NOTE:

The following forms and documents are referenced within the previous Team Policies and will be used throughout the season. These may be altered or revised from time to time to reflect the current season at the coaching staff's discretion.

# CENTRAL HIGH SCHOOL WRESTLING ACKNOWLEDGE

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**PLEASE SIGN & RETURN THIS PAGE TO THE COACH AS SOON AS POSSIBLE**

Wrestler and Parents:

We are committed to the total development of each student-athlete in the wrestling program. The below documents have been created so that each wrestler may obtain the greatest benefit from the program, know what to expect and will have the structure needed for fair and equal treatment. The purpose of this document is to acknowledge that you have received, reviewed and understand the following documents that have been issued to you by the coaching staff:

- 1. Champaign Central Wrestling Team Policies**
- 2. Champaign Central Ranking Guidelines**
- 3. Practice and Event Schedule**
- 4. Team and Coach Contact Information**

A Parent or Guardian and the Wrestler must sign in the spaces designated below indicating that you have read over the above stated documents and understand them. If you have any questions or concerns now or in the future, feel free to contact the coaching staff. We always welcome the opportunity to discuss your concerns with you.

Wrestler Print Name: \_\_\_\_\_

Wrestler's Signature: \_\_\_\_\_

Parent / Guardian Print Name: \_\_\_\_\_

Parent / Guardian Signature : \_\_\_\_\_

Date: November of 2013



# CHAMPAIGN CENTRAL TEAM RANKING GUIDELINES

## Updated 9-28-2014

2014

All wrestlers will wrestle-off or challenge each other at each weight class and coaches will officiate. The wrestlers will first be put into a ladder system or depth chart for each weight class. All wrestlers must work up the ladder (i.e. 4<sup>th</sup> ranked must challenge 3<sup>rd</sup> ranked, 3<sup>rd</sup> ranked must challenge 2<sup>nd</sup> ranked and 2<sup>nd</sup> must challenge 1<sup>st</sup> ranked) once the rankings have been determined by the coaches. Challenges & wrestle off dates will be approved at the coach's discretion prior to the challenge and coaches have the authority to insist on a wrestle-off. Challenge matches may be held periodically through the season at the coach's discretion and a coach may demand a wrestle off at any time they feel it is warranted. The following guidelines and standards will be taken into consideration when ranking wrestlers on the team in each weight class, determining Varsity spots and holding Varsity positions:

- Grades / Academic standing, better grades = better ranking
- Effort in practice and knowledge of wrestling skills
- Total scores among teammates in wrestle-offs. Top ranked wrestler will be initially chosen by coaching staff, all other wrestlers at that weight will be allowed to challenge. Wrestlers will have to win best 2 out of 3 to obtain and earn spot at weight class. Must be within 2 pounds of weight class to challenge on date of challenge prior to practice when challenge matches are done. If not, both have to agree to the challenge and waive the weight requirement. A wrestler who earns a Varsity position will be allowed to hold the position for at least three weeks before being challenged by a previously beaten teammate.
- Participation in other sports will raise your ranking
- Unsportsmanship, disrespect to fellow wrestlers, coaches, opponents and referees will drop you in ranking and/or loss of varsity position.
- Attendance at practice may impact your position on the team
- Any violation of school rules, Unit #4 school handbook for athletics, school suspension or crimes committed will drop wrestler in ranking, dismiss wrestler from team and/or loose starting position depending on the violation.
- Lack of effort in practice, school work or competition may warrant change in starting lineup and/or ranking
- Public display of loss of temper, throwing headgear, kicking chairs, not giving the coach's your attention, etc. during or after competition may warrant change in starting lineup, ranking and/or loss of varsity position.
- Not being on time for or missing a competition or practice without an excused absence will drop wrestler in ranking and/or loss of varsity position. It should also be noted that extended excused absences may cause a wrestler to be withheld from dual meets, tournaments, drop in their team ranking and/or lose a starting position.
- Missing competition due to injury or illness may drop wrestler in ranking and/or loss of varsity position if it is for a length of time.
- By not making weight for competition or being late for weigh-in at competition will drop wrestler in ranking and/or loss of varsity position.
- **If a wrestler loses a starting varsity position, the wrestler must earn it back.** If the position doesn't have a backup wrestler at that weight class, the varsity wrestler must earn back the position as determined by the coaches. Until this has been done to the satisfaction of the coaching staff, the starting position will be absent or available to be filled at the coach's discretion.
- All wrestlers must sign that they have received, reviewed and understand the team ranking guidelines.

**CAPTAIN NOMINEE:** \_\_\_\_\_

**Your Name:** \_\_\_\_\_

**CAPTAIN CRITERIAN TOOL**

Using a scale of one (1) to five (5) rate your team captain candidate on the following 24 questions.

1 = Strongly Disagree    2 = Disagree    3 = Undecided    4 = Agree    5 = Strongly Agree

<b>COMMITMENT</b>	
1. is one of the hardest workers on the team	
2. cares passionately about the team's success	
3. is a competitive person who wants to win	
<b>CONFIDENCE</b>	
4. has confidence in himself as a person and his ability to lead	
5. wants to perform in pressure situations	
6. bounces back quickly following mistakes and errors	
<b>COMPOSURE</b>	
7. stays calm and composed in pressure situations	
8. stays focused when faced with distractions, obstacles, and adversity	
9. keeps his anger and frustration under control	
<b>CHARACTER</b>	
10. consistently does the right thing on and off the mat	
11. is honest, loyal and trustworthy	
12. treats teammates, coaches, and others with respect	
<b>LEADER BY EXAMPLE - TOTAL</b>	
<b>ENCOURAGER – SERVANT</b>	
13. reaches out to teammates when they need help	
14. takes time to listen to teammates	
<b>ENCOURAGER – CONFIDENCE BUILDER</b>	
15. regularly encourages his teammates to do their best	
16. regularly compliments his teammates when they succeed	
<b>ENCOURAGER – REFOCUSER</b>	
17. communicates optimism and hope when the team is struggling	
18. knows what to say to teammates when they are struggling	
<b>ENCOURAGER – TEAM BUILDER</b>	
19. has developed an effective relationship with each teammate	
20. is a team player who seeks to unify the team	
<b>ENFORCER</b>	
21. holds teammates accountable for following team rules and standards	
22. constructively confronts teammates when necessary	
23. is willing to address and minimize conflicts between teammates	
24. is firm, fair, and direct when dealing with conflicts and problems	
<b>VOCAL LEADER - TOTAL</b>	
<b>COMBINED TOTAL</b>	

## TEAM GOALS

- **ALWAYS KEEP YOUR COOL**

You must be mentally tough and stick to the game plan. Most points are given by the ref, not because you think you earned them. Never cost your team a team point because you broke mentally.

- **IF YOU HAVE 7 POINTS, YOU MUST GET 8**

We must put in the extra effort to get that extra point to get our major. Major decisions are 4 team points, decisions are 3 team points, it adds up.

- **ALWAYS SCORE THAT 1 ESCAPE POINT**

We should always score that 1 point from bottom. Some matches aren't won by big decisions and every point counts. Don't ever let anyone keep you down longer than 30 sec.

- **MOVE YOUR OPPONENT**

If we aren't moving our opponent, we aren't wrestling them. Dominate and be aggressive in hand fighting, wear them down, create opportunities.

- **SCORE THE FIRST TAKEDOWN**

70% of matches are won by the wrestler who scores the first takedown and it gives you the advantage in overtime.

- **WRESTLE TOUGH ON THE EDGES**

Never assume the ref will blow his whistle on the edge or you are out of bounds until the ref has actually stopped the action. A lot of wrestlers relax at the edge because they assume they will be called out. Always wrestle tough defensively and try to score on the edge if you are attacking or being attacked.

- **ALWAYS HUSTLE TO THE CENTER**

Don't ever walk but don't sprint, just maintain a good jog to the center. This shows mental toughness and a never-quit attitude to our opponents.

- **SCORE EVERY PERIOD**

We can't wait to score at the end of the match; we can't live or die by the last points scored.

- **SCORE ON TOP**

When our opponent takes bottom, we will keep them down and score.

- **LEARN FROM EVERY MATCH**

Don't ever make excuses for losing and believe every opponent is beatable. Our goal is to never give up and to stick it out. Always fix your weaknesses, remember the good things you have done and don't focus on the negative.