

AHS Wrestling

Team Vision

The vision of the Wrestling Program at Alexandria High School is to develop student-athletes who are contributing members of this community. Although, we will strive to develop championship caliber athletes, the program's success is not measured by championships, but by the personal improvements made by its participants. Being in better condition than your opponent is vital to being a competitive wrestler. My goal is that the wrestlers are in their best shape for the end of the year section & state tournaments.

Team Rules

Listed below are the team rules that the student/athlete in the Alexandria Wrestling Program is expected to follow. It is the responsibility of the student-athlete in following the rules and guidelines within this document. Violations will result in disciplinary action, each case will be evaluated on an individual basis.

1. Breaking any school or county regulation is prohibited :Any act at school or away from school, which, in the opinion of the coach reflects negatively on the Program.
2. Tardiness or missing practice without an excuse is prohibited: Leaving school to miss practice without notifying Coach Hartzog is prohibited. **(Counts as unexcused)**
3. Bullying and or ANY form of hazing of any student at AHS is prohibited & acting in unsportsmanlike is prohibited.
4. Athlete is responsible for equipment issued to them and will pay replacement cost if it isn't returned.
5. Inform the Coach of any and all injuries or illness. This includes skin "issues" that might be ringworm.
6. Plastic or rubber sweat suits are ILLEGAL and may NOT be used at any time.
7. Participating in practice sessions outside of the high school team's practice is not permitted during the season.
8. Injured wrestlers are expected to attend all practices and matches. Support your team.
9. As a member of a team, you are expected to remain at events until all members of your team have completed competition – this applies to dual meets, and tournaments. Leaving early from events is demonstrating a lack of support for your team. Please plan accordingly and notify Coach in advance if there is a situation in which you must leave early.
10. The following is required concerning behavior on the team bus: 1-Keep hands and head inside the windows 2-Do not throw objects inside the bus or out the windows 3-Remain seated while in motion
11. Bring warm ups to matches DO NOT WEAR TO SCHOOL. They may be worn on tournament days. Wash in cold water and hang dry.

Consequences for rules violations

- 1st- offense. Endurance enhancement & possible match suspension
 2nd- offense. Match suspension until cleared of make-ups & possible Team Dismissal

Expectations

As a wrestler you will:

1. Set practice and performance goals for the season and your career.
2. Work hard in the classroom both academically and behaviorally.
3. **Attend every practice, match, and tournament unless the coach is directly notified.**

Practice / Match Expectations & rules (please see above consequences for rule violations)

1. Practices will be held after the school day from 3:00pm to approximately 5:00pm.
2. Be EARLY for all practices and matches. Be dressed & ready (mat out & taped).
3. You are expected to **weigh in EVERYDAY at practice.**
4. If you choose to "cut weight", it must be done in a safe and sensible manner – this means NOT starving yourself, NOT dehydrating yourself, etc. in order to make a desired weight class. Instead, you should focus on proper nutrition. You must also know and understand the weight certification rules.
5. Social media shall not be used to (1) provide line-up information to the competition or the public. (2) to complain or make fun of any athlete from any team.
6. You must travel to and from competitions with the team – when transportation is provided. You may not

AHS Wrestling

leave the competition site without the approval of the head coach. **If permission is granted, you may leave ONLY with your parent(s) who must sign a release form.**

7. ALL team members must be continuously involved in the preparation for home wrestling events until it's completion. THAT IS PART OF BEING A TEAM!

Team Selection

Varsity spots are determined by “wrestle offs” (aka, “challenge matches) between all wrestlers in a particular weight class. Please note that wrestle-offs determine the Varsity line-up. Coach reserves the right to move people in the line-up to better our chances in dual meets.

1. Depth Chart: It is possible to move down the depth chart if tournaments- not following team rules.
2. Wrestlers MUST be within three (3) pounds of the weight class when challenging for a spot.

Earning a “Letter”

1. Every wrestler who is a participating member of the team at the end of the season will be eligible for a Varsity letter- NOT PROVIDED BY SCHOOL. Criteria includes:

- a. Turn in all issued equipment.
- b. Pin a varsity wrestler from another school.

Injuries & Hygiene

1. In order to minimize the risk of injury a coach MUST be present during any activity or workout.

3. In the event of an injury, you should:

- a. Report ALL injuries to coach – don't hide injuries in order to compete.
- b. Consult a doctor – especially in cases of head and/or neck injuries
- c. To treat any injury at home: a) Apply ice (the most important thing)...NEVER apply heat; b) Apply a compression bandage (ace wrap); c) Elevate the injured part; d) Don't hesitate to contact a doctor.
- d. If you are suspected of having a concussion you must be removed from the practice or competition until you can be evaluated by a medical professional.

4. Wear CLEAN workout gear for EVERY practice. Wash kneepads regularly (use some bleach).

5. You MUST shower immediately after every practice and competition.

This is the single most effective way to prevent skin infections including ringworm.

7. Keep our practice area neat. Be sure to take ALL headgear, knee pads, clothing, etc. with you after practice.

8. Secure your belongings during practice and matches (home and away). You are encouraged to keep jewelry, money and other valuables items at home.

9. If you have ringworm or any other infection, you will NOT be allowed to practice or compete unless a physician deems you “not contagious”. You MUST have a “Communicable Skin Disease Form” completed by your doctor in order for you to compete in dual meets or tournaments

10. Report any suspected skin infection to coach– don't try to hide a skin infection in order to compete. Hiding a skin infection can lead to the entire team becoming infected.

Parent Support

The wrestling program at AHS is not a “win at all costs” program. We want to be successful and have a winning program; however, we want to achieve this through teaching proper technique, good work ethic, and good values. A certain amount of understanding and sacrifice must be made by the parents for each athlete to achieve the most of their experience. We expect a certain level of commitment from each wrestler. Without that commitment, he/she cannot succeed. We would like your help to insist and encourage athlete to make and follow through on that commitment. Please communicate any concerns, problems, or questions to the coach. Support your child (and support the team) by attending as many competitions as possible; and we ask that you please volunteer to help support the program when possible. Thank you!

AHS Wrestling

PLEASE SIGN & RETURN THIS PAGE ONLY

I have read and fully understand the rules and direction of the AHS Wrestling program. I will ensure my wrestler abides by the rules and regulations and will comply with consequences if the need arises. I will ensure my wrestler will make all practices and help set up & clean-up for ALL home matches & tournaments.

PARENT/GUARDIAN Signature: _____

I have read and fully understand the rules and direction of the AHS Wrestling program. I will abide by all rules and regulations and will be a positive reflection of the AHS Wrestling program at ALL TIMES. I will comply with consequences if the need arises. I will make all practices and help set up & clean-up for ALL home matches & tournaments.

WRESTLER Signature: _____