



HOWELL WRESTLING

Team Handbook

SEASON GOALS

A) Pre-Season Goals:

- * Attain Academic EXCELLENCE
- * Build strength
- * Increase flexibility
- * Develop base-line conditioning
- * Develop drilling skills
- * Begin development of “*Mental Toughness*”

B) In-Season Goals:

- * Maintain academic EXCELLENCE
- * Maintain and increase strength
- * Win Team Districts, Team Regionals, and Team States
- * Capture KVC crown
- * Undefeated dual meet season
- * Take at least eight (8) athletes to individual states
- * Increase home meet attendance
- * Become a “FAMILY” (*represent Howell and Howell High School with pride*)
- * Team grade point average above 3.25 (*Team Academic All-State*)

Practice generally should not exceed two (2) hours. Practice attendance is **MANDATORY!**
(Missed practices will result in mandatory makeup practices and possible dismissal!)

Technique emphasis will be on takedowns, escapes, and pinning combinations.
The Highlanders will first be relentless on our feet, torrid on top, and gone on bottom.
To accomplish our goals, we **MUST** be strong, super conditioned, durable and tenacious.
(*Above all, we will want it more since we have paid higher dues.*)

Unannounced days off will be awarded for super team efforts and rarely to avoid extraordinary team fatigue.

C) Post-Season Goals:

- * INCREASE academic performance
- * Increase strength
- * Wrestle as much as possible
- * Complete in Freestyle and Greco-Roman wrestling
- * Attend at least 1 (one) summer camp

We will constantly reinforce the incredible advances made possible by wrestling throughout the year. We would like athletes to become involved in a Freestyle or Greco-Roman club in the spring and summer, and to help develop the middle school wrestling team, as they will be our “team of the future.” All wrestlers that are not involved in a spring sport should lift at least three (3) times per week.

ATTENDANCE:

- 1) Tardiness for ANY team related functions without a previously arranged excuse will not be tolerated.
- 2) Attendance is mandatory at ALL team functions unless an excuse is previously arranged.
This includes ALL home meets, fund-raisers, banquets, etc. (Plan ahead for these events.)
- 3) Excused Absences and Tardiness: Must be cleared with the coach beforehand, in person preferably, but if necessary by phone at Hutchings Elementary School: (517) 548-1127. School E-mail: adamj@howellschool.com
- 4) Unexcused absence and tardiness will be dealt with accordingly.
Continued offenses may result in dismissal.

All wrestlers MUST attend all practices, even if injured. (*Unless cleared with coach*)

BEHAVIOR:

- 1) Because we are a team of individuals, we need rules to keep organization and discipline to function as a team.
- 2) 90% of what you do (as far as being right or wrong) should be governed by basic common sense.
- 3) If you wonder if something is right or wrong, do NOT do it.
If you still feel compelled, ask someone (presumed responsible) for his or her opinion.
- 4) You represent **Howell High School Wrestling** on and off the mat. If you have something you need to get out of your system, do NOT do it in public. ANY negative behavior that gets back to any of the coaches by newspaper, word of mouth, or otherwise spells problems. YOU will be held responsible for YOUR actions. In general, we all need to unwind and enjoy school as well, especially wrestlers. YOU are the hardest working and most disciplined student-athletes at this school. You will earn your breaks. Be discrete and moderate.

ACADEMICS:

You are required to have a 2.0 grade point average, and must be passing 5 of the 6 classes. Be aware that **academics** are the most important part of being a student-athlete. The staff believes you should have at least a 3.0 grade point average. **Our goal is to have a TEAM grade point average above 3.25.** Once you decide to be a “*champion*” in the classroom, it will directly affect your wrestling, and your life! Plato is often referred to as one of the greatest intellects of all time, what is not known is that Plato was also a well accomplished wrestler who could “*crush men’s bones with his bare hands.*” Abraham Lincoln was also a respected wrestler. The point is that wrestling takes brains! Anyone can “*slide by*” and be a great athlete, but it takes a special breed that can handle everyday responsibilities, academics, and athletics. **We are that special breed.**

The coaching staff will be checking up on your academic progress, hopefully through the study hall process. If you need help, do not hesitate to ask. There is no shame in needing help. There are many people that would be more than willing to help you, if you will only help yourself.

*If you are academically ineligible and desire to be a member of the team after the new grades are posted you must:

- 1) Attend ALL practices, home meets, study hall and team functions until you become eligible.
- 2) Abide by ALL team rules and policies.

TEAM MEMBERSHIP:

- A) Anyone at Howell High School that desires to be a wrestler here can be, under these conditions:
 - 1) MUST be academically eligible
 - 2) MUST abide by ALL team rules
 - 3) Have NO unexcused absences
 - 4) Work Hard
- B) Fine or poor wrestling ability is NOT a criteria. Attitude and hard work are more important.
We want to get you ready for “*life,*” as well as a match.
- C) In general, the coaching staff does NOT believe in cutting. Wrestlers cut themselves when they become non-wrestlers. Anyone who loves the sport enough to come everyday and abide by the rules is a valuable addition. The more workout partners we have, the tougher our room will be. This will help us all in the long run.
- D) Unexcused absences and tardiness will be dealt with accordingly. Continued offenses may result in dismissal.

- E) Only an elite breed of person can develop the desire and dedication that makes this program work!

FACILITIES:

- A) A coach should be in the room at ALL times.
- B) NO food, drink, chew, street shoes, or “toys” are allowed in the wrestling room.
- C) Only bring what you need for the work out. *(All other items should be stored in your assigned locker.)*
- D) Before practices, underclassman (freshman/sophomore) should sweep and mop mats daily.
This MUST be COMPLETED 10 minutes before practice starts!
- E) The room must be neatly arranged at the end of each practice. *(Equipment stored, mats covered, etc.)*
- F) Wrestlers should wear clean clothes for each practice. *(Preferably wear things that can be bleached.)*
- G) Wrestlers should stay out of the coach's office. This is not your personal area.
- H) ANY cleanup completed by the coaches or managers will be dealt with accordingly.
In general, this room is our “HOME.” Let's keep it one of the BEST rooms in the state!

TRAINING ROOM:

- A) Be sure to be taped BEFORE practice! This is NOT to be done during practice.
- B) Do NOT use supplies in the medical kit! This is to only be used at competitions.

INJURY & SICKNESS:

- A) OUT OF SEASON: See coach, but basically you should seek your own care.
- B) IN SEASON: Unless an emergency, which needs immediate treatment, see the coach.
The coach can then refer you to the training staff that can evaluate your circumstances, or advise you to see your physician.
- C) If you seek your own care elsewhere, we are bound by that doctor's recommendations.
(i.e. We could lose an athlete for the season due to a minor cauliflower ear!)

LOCKER ROOM

- A) Keep EVERYTHING locked up!
- B) Keep the locker room SPOTLESS! *(No tape, trash, etc.)* Noncompliance will be dealt with accordingly.
- C) Keep showers and bathroom clean.

WEIGHT ROOM:

- A) A coach should be in attendance.
- B) Keep room SPOTLESS! *(Be sure to rack ALL weights when finished!)*
- C) Treat ALL equipment with care.
- D) NEVER lift without a partner.

In general, treat ALL people with respect. Treat ALL equipment, dummies, scales, weights, etc. as if it were yours. Leave things BETTER than when you used it!

AWARDS:

- 1) “Roy Ruggles” Outstanding Wrestler: (Roy Ruggles is generally for the top Senior.) O.W. may be given to any athlete. Recognize the person who is Most Valuable to the team in terms of performance, leadership and contribution to the competitiveness of the team. *(Voted on by the team)*
- 2) “Steve Merrill” Most Improved Wrestler:
Recognize the person who has made the MOST improvement from the season's start to its finish, or preferably from last year's results. *(Voted on by the coaching staff)*

- 3) "Lasse Kauserud" Rookie of the Year:
Recognize the most outstanding rookie performer. *(Voted on by the coaching staff)*
- 4) "Bill Kirk" Spirit & Dedication:
Recognizes the person who may not have even been a starter, but someone who is there everyday and does his best to give the team a "spark" be it during practice or competition. *(Voted on by the coaching staff)*
- 5) "Fallen Highlanders" Captains Award:
Recognize the person(s) who have provided outstanding team leadership through action, example, or words. *(Voted on by the team.)*
- 6) "Herm Wilkinson" President's Award:
Recognizes the person who has the highest overall GPA (Grade Point Average) on the team.
- 7) Other Awards: "Most Pins" / Senior Awards / etc...

VARSITY LETTER CRITERIA:

To earn a VARSITY LETTER for wrestling the following criteria must be met.

- A) **MUST** attend **EVERY** practice.
- B) **MUST** attend **ALL** team functions.
- C) **MUST** be academically eligible.
- D) **MUST** complete in at least two (2) varsity matches.
- E) **MUST** be in good standing with ALL team rules and policies.

Other circumstances may be taken into account. The coaching staff will determine final decision.

WEIGHT CLASSES:

103 pounds	145 pounds	Listed are the weight classes available to all wrestlers. If you would like to participate in a specific weight class you should be at that weight by the time of the state administered Alpha Weigh-In. <i>(This is what will determine the weight class you may compete in for the year.)</i> The state generally does <u>not</u> allow a wrestler to go below 7% body fat. <i>(see the coaching staff for details...)</i>
112 pounds	152 pounds	
119 pounds	160 pounds	
125 pounds	171 pounds	
130 pounds	189 pounds	
135 pounds	215 pounds	
140 pounds	285 pounds	

CHALLENGE MATCHES:

The nice thing about coaching wrestling is that the coaches do not decide who gets the spot. All spots are "up for grabs" and can be won by anyone. Challenge matches will be held often to move up the "ladder."

The **FIRST** challenge matches will determine the **RANKING** of each weight class. (This will be a "tournament" style day.) The Varsity position at each weight will be awarded to the individual in the finals of that weight who wins the best two (2) out of three (3) matches. (All other matches leading up to the finals on this day will be "head to head" matches.)

Challenge match dates will be announced in advance. ALL wrestlers are expected to compete in challenge matches. These matches will be a best of one (1) match unless it is for the varsity position. Matches will start with the lowest seeded/ranked wrestler. Wrestlers may only challenge the person ahead of them on the ladder. The winning wrestler will advance to the next wrestler ahead of them until the weight class is complete. To take a Varsity position, the lower ranking member must win two (2) matches in a row. (This will be a best of three (3) series with the Varsity man having a one (1)-match advantage.) If you have any questions please ask the coach in advance.

MATCH & MEET CONDUCT:

DUAL MEETS:

1) On the Mat:

- a) Do NOT talk to the official unless addressed first or injured.
- b) Do NOT talk to your opponent.
- c) During ANY break in the action you MUST look over to the coach for instruction.
- d) Unsportsmanlike conduct will NOT be tolerated; It embarrasses you, your team and your school.

2) Between Your Matches:

- a) Do NOT leave the bench area without the coach's permission.
- b) Support your teammates efforts.
- c) Do NOT address or badger the officials.
- d) Following your match, do NOT lie down. Grab your warm-ups, sit down, and start yelling encouragement.
- e) During dual meets you MUST complete a six (6) minute "jump rope match" if you receive a forfeit.

3) Following Your Matches:

- a) After you are done wrestling for the day, you MUST immediately run ten (10) sprints the long length of the gym, with ten (10) push-ups between each sprint.

TOURNAMENTS:

1) On the Mat:

- a) Same as above. *(Be sure you have a coach and a manager to take stats in your corner.)*

2) Between Your Matches:

- a) Support your teammates efforts.
- b) Stick together. "FAMILY!"
- c) If eliminated, do NOT leave. Stay in your uniform.
- d) Listen closely for your matches.
- e) If there is a substantial break, change out of your wrestling shoes and into some comfortable shoes.
(We must save our legs for matches.)

3) Following Your Matches:

- a) After you are done wrestling for the day, you must immediately run ten (10) sprints the long length of the gym, with ten (10) push-ups between each sprint.

DISCIPLINE:

- 1) Pre-season breaches of policy will be dealt with accordingly.
- 2) Second offense may lead to dismissal.
- 3) In general, no one has ever been "kicked off" the team. The coaching staff believes this to be the last resort and there are many more character building tasks available for those who need it. However, the coaching staff reserves the right to dismiss any team member for breaching team policy.

BASIC NUTRITION:

The Howell coaching staff does not believe in cutting weight excessively. An average male generally has around 12% body fat. The ALPHA WEIGH-IN will tell you the lowest possible weight class that you may go. In general, wrestlers are top-level athletes that need the right fuel for our bodies, so a good diet is important to LOSE weight, GAIN weight, or MAINTAIN weight.

If you would like to lose weight, and by this I mean lose fat, you need to change your diet.
(Theoretically you cannot lose more than two (2) pound of fat per week.) If you exceed two (2) pounds in one week you are also losing water and possibly losing muscle.

Please see the MHSAA website for more details in regards to the alpha weigh-in and nutrition.

<http://www.mhsaa.com/sports/wrst/index.htm>

If you eat well and make it part of your daily schedule it can become a healthy life style for years to come.

GENERAL GUIDELINES:

- 1) Academics are the **MOST** important part of being a student-athlete.
(Work hard in the class as well as on the mats.)
- 2) **ALL** wrestlers **MUST** be to practice on time and ready to go. *(This includes taping.)*
- 3) Avoid excessive clothing during wrestling practice. *(You may put them on for conditioning or after practice.)*
- 4) **NEVER** leave practice without a coach's permission.
- 5) **ALL** skin irritations **MUST** be reported to the coaching staff **IMMEDIATELY**.
- 6) Team members should shower immediately after practice.
(Preferably with a disinfectant type soap. We want to cut down on all skin infections.)
- 7) The locker room should be **SPOTLESS** at the end of each day.
(clean up your own mess, tape, etc.) Failure to comply will be dealt with accordingly.
- 8) Take care of the wrestling room, *(during school and during practices.)* This is our "**HOME**".
- 9) Wrestlers must wear clean workout gear for each practice. *(Preferably wear things that can be bleached.)*
- 10) Hazing of underclassmen will **NOT** be tolerated.
Upperclassmen should take them under their wing and prepare them to lead future Highlander Championship teams. We will work extremely hard together, we must encourage each other to keep our "family" together.
- 11) Varsity student-athletics must wear a tie *(and preferably a jacket)* the day of all dual meets.
(A well dress student-athlete commands the respect of all, especially wrestling officials!)
Tournament attire should be neat and clean.
- 12) Change out of wrestling shoes when ever possible. Wear shoes that are cushioned and comfortable.
*(This will pay off at the end of a long tournament with fresh legs.) You **MUST** tape your laces for matches!*
- 13) Wrestlers **MUST** look to the corner for instructions during any break in action.
- 14) No Howell wrestler will **EVER** throw a temper tantrum after a match or during a match.
We will **NOT** come off the mat or lay on the ground. We will put on warm-ups, catch our breath and cheer our team on. *(We will **NOT** give anyone the satisfaction of being in better shape than us.)*
- 15) Do **NOT** ever talk to the official unless spoken to first.
- 16) Do **NOT** ever badger the official from the sidelines. *(We will only yell encouragement to OUR team.)*
- 17) Take care of our managers. They are **NOT** your personal servants.
- 18) Show respect to **ALL**. *(Coaches, parents, officials, etc.)*
- 19) Set your goals **HIGH**. If we work hard, there is **NOTHING** we cannot accomplish.

OTHER NOTES OF INTEREST:

To check new rules, visit the Michigan High School Athletic Associations web site at:
<http://www.mhsaa.com/sports/wrst/index.htm>

"It is fatal to enter any war, without the will to win it"

Douglas MacArthur & Highlander Wrestling