

# AHS Wrestling

## 2017-2018



### Player/Parent Handbook

## Policies

### Academic Policy:

Academic performance is closely monitored. Student-athlete grades will be printed and analyzed each week. All wrestlers are required to have a grade of "C" or better in at least five classes and no "F"s to compete in any athletic contest. Student-athletes not meeting this standard will be required to complete individualized plans designed to improve academic performance.

### Class Attendance Policy:

Each student-athlete is expected to attend all their classes. Failure to comply with this expectation will result in reduced playing time, suspension, or expulsion from the team. Excused absences will not affect a player's status. To be eligible to play on any given day, the student must have attended all registered classes.

### Practice Attendance Policy:

Each wrestler is expected to attend every practice. Let Coach Turner or Coach Foss know if you are going to be late or miss a practice. **PLEASE COMMUNICATE WITH YOUR COACHES.** All practice attendance issues will be dealt with on an individual basis. Practices will be held every day after school from 4 to 6 pm. If there is no school, Coach Turner or Coach Foss will communicate with parents and athletes regarding practice times.

### Discipline:

Obey the AHS Student Code of Conduct and Student Athletic Code, and team rules. In season, minor violations will be enforced after practice. Major violations will be dealt with by your coach or athletic director on an individual basis. Always be forthcoming and honest with your coaches.

- Live Clean: No tobacco, marijuana, vaping, alcohol, or drugs.
- Stealing from your teammates or another team is strictly prohibited.
- Any arrest by the police will result in suspension and possible dismissal from the team.

### Practice gear:

Each player is expected to wear appropriate clothing and gear to every practice: Shorts or sweatpants, shirt, wrestling shoes, and headgear. The school does have some headgear available to use but you're welcome to purchase your own if you'd like. Gear

can be purchased online, at Dick's Sporting goods or Cascade Athletic Supply in Medford.

### **Issued gear:**

Each player will be issued a singlet (and possibly a headgear). Singlets need to be washed and in respectable condition at the beginning of a tournament or dual meet. Players will be financially responsible for items not returned, or damaged by neglect. Replacement costs for a singlet is \$70 and \$35 for a headgear.

### **Tournaments and dual meets:**

We will travel by school bus to all away meets and tournaments. Players must ride the bus to away matches; no driving your own car or with friends or parents. If a wrestler wants to travel back home with another wrestler's parent(s), they must have it cleared with the AD, Karl Kemper, BEFORE leaving the school. In short, without this clearance, wrestlers will only go home via bus or their own parent. If a wrestler is riding home with their own parent they must have the parent let the coach know they are taking responsibility of transporting their own child back home.

At all times, each member of the team is expected to show respect for our opponents, their coaches, their school and property. We will also treat the referees, all our teammates, coaches and fans with respect.

### **Varsity position:**

There are 2 varsity positions at each weight. The weights for wrestling are as follows: 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, HWT (285). If there are more than 2 wrestlers at a given weight then wrestle-offs will determine the varsity wrestlers. Once a varsity spot is earned, another teammate can challenge the varsity wrestler for a spot. The challenger will need to defeat the varsity wrestler in two consecutive wrestling matches to earn the starting spot.

### **Earning a varsity letter:**

Wrestlers need to earn 20 points to earn a varsity letter. 2 points are earned for a varsity win and 1 point is earned for a varsity loss. Wrestlers can also earn a varsity letter at the coach's discretion.

### **Cleanliness & Hygiene:**

A coach will clean the mats daily before practice. It is really important to wear clean practice clothes and to shower after every practice. Other good habits include doing daily skin checks and to change and wash the wrestler's bed sheets on a weekly basis. A

coach must be immediately notified if any wrestler is found to have a communicable disease.

**Weight loss:**

Per NFHS rules, wrestlers can go down to 7% body fat for men and 12% for women. From a coach perspective, it is preferable to have a wrestler compete with meager weight loss goals. They will perform better, have less fatigue, and enjoy the sport more than their peers who are losing too much weight. All weight-loss decisions will be made collaboratively with a focus on proper nutrition and safe practices.

**Parent Concerns:**

Please contact Coach Turner or Coach Foss directly with any athlete or program concerns: [ahturner@uwalumni.com](mailto:ahturner@uwalumni.com), 608-417-0263 or [ashlandwrestling@gmail.com](mailto:ashlandwrestling@gmail.com), 541-897-0017