



Wrestling Handbook

“It is not the critic who counts, not the man who points out how the strong man stumbled or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena; whose face is marred by dust and sweat and blood; who strives valiantly; who errs and comes up short again and again; who knows the great enthusiasms, the great devotion, and who spends himself in a worthy cause, who at best knows in the end the triumph of high achievement; and who at the worst, if he fails. At the least fails while daring greatly; so that his place shall never be with those cold and timid souls who know neither defeat nor victory.”

*Theodore Roosevelt, 26th President of the United States
and wrestler*

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Coaching Philosophy

Wrestling dates back 5000 years ago to the times of Sumerians when warriors would compete in refereed matches set to music. The competitor who first threw his opponent or brought him to his knees, back, chest, knees, or elbows was declared the winner. Today the warrior archetype lives on in our reverence for those that serve in our military and in our modern books and movies.

Often there is an experience or personal challenge that awakens the warrior in us. Something motivates each of us to strive for greatness. Theodore Roosevelt overcame a crippling illness to become President. Martin Luther King Jr. faced racism and became one of the greatest humanitarians known to man. More recently Bethany Hamilton, subject of the movie Soul Surfer, overcame the loss of her arm to become a champion surfer again.

My personal experience occurred at eight years of age with the death of my father. Displaying anger and depression, I began getting in trouble in school and at home. My mom signed me up for a youth wrestling program to give me an outlet. Wrestling awakened the warrior within me and my love affair with the sport began. My coaches provided the male influence I desperately needed. The organized practices gave me structure and an outlet for my feelings. The names' Robert Gano, Richard Guerrini, and Mike Peterson will mean nothing to you, but to me they mean everything. These are the men that taught me to properly shake hands, to show humility in victory, and grace in defeat. They were coaches.

Those experiences shaped my core values and beliefs as a coach. Over time a simple mantra took on a life of its' own and has been repeated by every team in my charge, "Make 'Em Quit!" This simple saying is a central thread in my relationship with my own children, my students, parents, and athletes both past and present. Anyone can cuss, throw a tantrum, or quit. But those things are lazy and show no class. Opportunities in life do not always look like opportunities, often they are disguised as obstacles. Such events are difficult to anticipate but preparation can be a constant achievable goal. A true warrior identifies the adversary and strives to rise above it. Whether it is Algebra, peer pressure, illness, disappointment, or an opponent; I believe wrestling will provide the skills and confidence to attain great things.

I grew up in Pennsylvania, a state known for its' wrestling programs, and have coached in Ohio and West Virginia. I have been fortunate to coach three different teams to championships. Individually, over twenty-one athletes have gone onto represent their school at the state wrestling tournament. Eighteen of those individuals garnered all-state honors including three state champions and three state runners-up. These teams and individuals had one thing in common: they believed in our program and the three core values it is built upon: character, conviction, and community.

Engaging in competitions is important. Just as the Sumerians did 5000 years ago, we will have a winner and a loser. But victory can be found in many ways. Through your participation in wrestling, you will develop friendships rooted in character, conviction, and community that will last into adulthood. And you will discover that things that seemed impossible are now probable.

Clear Falls High School Wrestling Code of Conduct

Any extra-curricular activity, including athletics, is a privilege not an entitlement. By choosing to become a member of this team you will be held to a higher standard than your friends that do not participate in sports. You will have to make difficult decisions and sacrifices that they do not have to make. One of the best coaches to ever take up a whistle, legendary UCLA coach John Wooden, once said “Goals achieved with little effort are seldom worthwhile or lasting.” The wrestling program is built upon three basic principles: Character, Conviction, and Community.

Who are you when nobody is watching? **Character** is defined as an engraved mark, an imprint on the soul, and having dominion over individual impulses and desires. **Integrity, trustworthiness, respect, and responsibility are ways of displaying character.** Character cannot be forced upon an individual. Judgment, discernment, and choice are individual decisions. Be more concerned with your character than your reputation. Character is who you really are; reputation is what you are perceived to be. Earn the right to be proud and confident. Recognize that big things are accomplished through perfection of minor details. Understand the best way to improve as a team is to improve yourself.

The right to lead carries with it responsibility, a legitimate requirement duty or obligation to do something. And it is hard to imagine effective leadership without showing that you are firmly convinced of something – namely **conviction.** **You must believe in the mission of the team if you want people to engage in pursuit of the same goal.** Only through each example can each individual influence, motivate, and inspire others. Team members are expected to be committed to a set of ideals something greater than self. To be a good team member you must act and at times sacrifice for the greater good. Believe in the program, it has worked for others before you and will continue to serve others long after you graduate. Be more concerned with finding the best way, not having your way.

Ask any veteran or retired athlete what they miss most and they will tell you, being in fellowship with their team. Being in **community means you are part of a readily available, mutually supportive network of relationships upon which you can depend.** With membership comes responsibility. Happiness begins where selfishness ends. You are not asked to like one another but you are required to love one another. Appreciate your differences and celebrate what each person brings to the team. Much can be accomplished through great teamwork when no one is concerned about getting credit. You must never be complacent or take those that came before you for granted

Some simple guidelines to consider:

1. Maintain Clear Fall’s expectation of C.I.R.C.L.E of honor.
2. **Demonstrate kindness to your teammates and classmates.**
3. Discipline yourself so others will not need to. Don’t mistake activity for achievement.
4. If you do not have time to do it right the first time, how will you make time to do it again?
5. The reputation and integrity of the team will not be compromised by an individual’s selfishness.
6. **The Golden Rule:**
 - a. **“Don’t do anything that is detrimental to you, the school, or the wrestling program. If you do Coach Kerr will handle the situation as he deems appropriate.”**

Equipment

Any class providing credit for physical education is permitted to require the purchase of shorts and tee shirts. Two sets of practice gear will be provided. Additional sets may be made available through the booster club. Every wrestler will be provided with head gear, competition warm-ups, sweats, singlet, and a travel bag. Other equipment that is recommended but not required includes: scale for home use, knee-pads, athletic supporter or bra, nail clippers, and disposable razors. **During competitions, team members will only wear equipment authorized by the coach.**

Responsibility for Equipment

You are responsible for any equipment purchased by CCISD and issued in your name. **Anyone failing to return equipment, or turns in equipment that is damaged because of neglect, will be charged full replacement cost for each item. This is often more expensive than the original cost.** Until the replacement fee is paid, you will be placed on the fees and fines list which could jeopardize your right to graduate or receive your report card from school.

Guidelines to be followed:

- Equipment issued to you should not be loaned to anyone.
- Do not wear school issued gear anywhere unless it is a sanctioned competition or activity.
- You will be issued a locker. Keep your equipment locked always.
- Do not share your locker combination with anyone for any reason.
- Report all damaged or missing equipment immediately.
- Never leave your equipment unattended, especially when you are competing.
- When laundering items, make sure to follow labels exactly. Singlet's and warm-ups should be washed in cold water, separately, and line dried (no dryer)
- Disinfect headgear weekly.

Locker Room

We need to demonstrate pride and discipline in maintaining our facilities. Headgear, shoes, sweats, and warm-ups should never be left out in the locker room. Any items found will be collected and integrity tutorials will be required before the equipment is returned. **Practice items should be taken home daily and laundered.** You can keep a towel hanging in your locker but never just throw clothes into the bottom of the locker. Dark, warm, humid locker rooms are a breeding ground for mold and fungus. Food packaging, athletic tape, or other trash should never be left on the floor.

General Information:

- **Bring only your workout gear to practice. All valuables should be secured in your locker.**
- **Better to have it and not need it than need it not have it. Shoes, sweats, towel, etc.**
- To prevent communicable diseases, always wear clean workout gear.
- Never wear wrestling shoes outside of the school.

Substance Abuse Policy

Possession of drugs (including steroids), alcohol, and tobacco by a minor is illegal. The use of these substances is detrimental to your ability to perform as an athlete and is a violation of the Clear Creek Independent School District code of conduct. In addition, possession, distribution, sale/transfer or use of tobacco products or tobacco facsimiles such as an electronic cigarette (e-cig or e-cigarette), personal vaporizer (PV), or electronic nicotine delivery system (ENDS), or smokeless cigarettes on school grounds, at school-sponsored events, and on transportation to and from school or other school-sponsored transportation is not permitted. The use of these substances by any Knight wrestler at any time, in season or out of season, is STRICTLY PROHIBITED.

Wrestling Class

Anyone wishing to participate as a member of the varsity wrestling team, with very few exceptions, needs to be enrolled in the wrestling class. More fail through lack of purpose than lack of talent. Wrestling is taught in progressions to ensure the safety of all participants. The harder you work, the harder it is for you to surrender.

Champions are made, not born, and it is a grueling, year-round process. In the pre-season strength training, aerobic conditioning, and technique are developed. During the season, intensity is increased through drill, high volume of repetition, and live wrestling. Post season is focused on increasing strength and cross training in other disciplines of such as Freestyle and Greco-roman wrestling

There are two exceptions:

- 1) An athlete that is a member of another Clear Falls athletic team and is enrolled in that team's athletic period may be excused from enrolling in wrestling class (subject to coach's approval).
- 2) An athlete who lacks credits needed to graduate, or graduate with honors may be excused from enrolling in wrestling class (subject to coach's approval).

Work and Wrestling

Working does not exclude you from being eligible to participate in athletics. However, please keep in mind that it does not excuse you from being present at practice or competition either. Attempting to work and wrestle is huge commitment of time, effort, and energy to your employer and your teammates. The support of your family and coaches working together will be needed to achieve your athletic, academic, and financial goals. You must consider carefully if you are willing to make sacrifices in other areas (computer time, talking on the phone, dating, participation in other clubs, etc) to balance the responsibilities you are accepting.

You were given a copy of the practice and competition schedules. If you must work, it is your responsibility to arrange your schedule so that you do not miss any team activities. The opportunity to compete can be impacted due to missed practices. Your ability to compete safely is always our first concern

Academic Eligibility

Academics are a priority in our program. You are a member of the wrestling team and you are expected to be present, prompt, prepared, and polite in all your classes. If you do those things you will be successful.

The ability to discover what is possible when all seems impossible lies in a person's determination. Time management is an essential tool that must be utilized to ensure success. It is your responsibility to make note of due dates for major assignments and test dates. These are provided in advance by your teachers. Poor planning on your behalf does not warrant an excused absence from team activities because you have waited until the last minute. The responsibility for success does not rest solely on each individual member of the team. Captains and team leaders will not only conduct, but participate in, integrity tutorials when academic standards are not met by team members.

Academic Eligibility

- Earn passing grades for all classes; receive eligibility for nine weeks.
- If any grade is not passing; consequence is a loss of eligibility for three weeks.
 - Progress reports assist you in regaining eligibility but cannot make you ineligible.
- Once grades are submitted; grades cannot be changed.
- Teachers may assign a grade of "I" if work is missing or incomplete.
 - There is a deadline for making up incomplete work.

Keys to academic success:

- Utilize the ability to look online at your current grades and assignments.
- Ask questions; be an advocate for yourself.
- Find a team member or coach that has strength in your area of weakness.
- Be in class, on time, every time, and sit towards the front of the room.
- Pay attention in class; be an active participant. You will find you learn more.
- Team members not passing at the progress report will be required to attend practice but they will remain in the bleachers completing missing assignments.

Tutorials Policy

It is the policy in Clear Creek Independent School District that athletes attend tutorials on Tuesdays and Thursdays from 2:40 -3:15. The tutorial system can and has been abused in the past by athletes who want to spend excessive time away from practice. Tutorials are not intended to be a substitute for paying attention in class when instruction is provided the first time.

Here are some other guidelines for accessing tutorials:

- Make effective use of time in tutorials on Tuesdays and Thursdays.
- If additional tutorials are needed, every effort should be made to attend morning tutorials.
- Communicate with the coaching staff.
- Get the assistance you need and return to practice!
- Tutorials are not a "Get Out of Practice Free" card.
 - Conditioning may be assigned to you to compensate for the loss of practice time.
 - Your spot on the depth chart can be adjusted if tutorials are being abused

Practice Guidelines

I consider the mat to be sacred space. We will wipe our feet every day on towels laid upon the floor. Leave your cares and worries there. Enter practice with a clear mind and a willingness to respect one another's need to feel safe. If you violate this, you will no longer be part of the program. There is to be no horseplay or ad-libbing of moves. Don't try teaching someone a move you saw on YouTube or learned at your martial arts gym.

The person that is afraid to risk failure seldom must face success. On our mat, in our gym; you have permission to look awkward. You are expected to attempt even that which seems impossible. You will be surprised at how many shortcomings you can overcome through hustle and hard work. The harder you work, the harder it is to fail. When you fail at something, get back on your feet and try again. Do not let yesterday take up too much of today. "Don't quit. You are already in pain. You're already hurt. Get a reward from it."

I believe success in wrestling, as in life, comes through thoughtful preparation and sincere commitment to improving through learning. You will find that my practices are very structured and a script is followed each day. Once we step onto the mat there are not males or females, there are only athletes. We will start and end practice the same way every day. There is purpose in everything we do.

General Information:

- Clean wrestling shoes are the only footwear allowed on the mat.
- The only clothing permitted is team tees, shorts, or sweats in school colors.
- Clothing with zippers or buttons is prohibited as they may damage the mat.
- When a coach is speaking; you are on a knee listening or you will hold in a push-up position.

Practice Attendance

- A practice schedule is provided at start of school year.
- Practice occurs during holiday breaks.
 - o There will be a 7-10-day window time-period when we are off during Christmas holidays
- Attendance will be taken at the start and end of every practice.
 - o If you are not there during roll call; communication should have already taken place.
 - o Text or call Coach Kerr. (832-296-3319)
- If for some reason it is necessary to make a change to the practice schedule once it is posted online, those changes will become "open mat" practices and attendance will not be taken.
 - o Absences from changes in scheduled practice are not penalized.
- Every practice will be categorized as "present" or "absent." Two types of absences:
 - o An excused absence is defined as:
 - Unavoidable and reported to a member of the coaching staff in advance.
 - An emergency reported to a member of the coaching staff before you return.
 - o An unexcused absence is defined as:
 - Any absence when one of the above conditions is not met.
 - Any absence when student has not made contact with coach.
- The 85% attendance mandate is in effect regardless of the nature of the absence.

Making the Team

Sports such as baseball, basketball, and soccer have a tryout process because they are not able to keep all athletes that are interested in participating. Fortunately wrestling, like football or track, is permitted to have an unlimited roster size. As such there is no tryout required and “cuts” are not made based upon athletic prowess but instead grades and attendance are deciding factors. However, there is a procedure that will be utilized to assist coaches in determining the starting varsity line-up for our teams.

Starting positions are earned they are not an entitlement. Wrestlers demonstrate preparedness for a varsity position through regular attendance, hard work, selflessness, discipline, and academic responsibility. **The head coach, with the assistance of the coaching staff, will decide who wrestles.**

A very common procedure is the use of indicator matches commonly referred to as challenge matches or wrestle-offs. When the head coach feels a wrestler is ready to challenge the athlete is placed on a depth chart for each weight class. The two athletes at the bottom wrestle a six-minute match. Wrestlers will not be assessed on score alone but by tenacity, courage, cardiovascular conditioning, and aggressiveness. Coaches are seeking wrestlers that can give an effort representative to the philosophy of the wrestling program. The winner earns the right to challenge the next man on the depth chart. The process continues until the depth chart is complete. This procedure is just one tool that the coaching staff will utilize to make the final decision for competitions. The head wrestling coach always makes the final determination of the weight class in which the wrestler will compete.

- Weight classes are based upon NFHS and NWCA guidelines.
- Criteria for establishing a depth chart each year for weight classes are as follows:
 - Returning State Medalist
 - Returning State Qualifier
 - Returning Regional Medalist
 - Returning Regional Qualifier
 - Returning Letterman at same weight
 - Returning Letterman
 - Returning wrestler with varsity experience
 - Returning wrestler with junior varsity experience
 - Random draw
- Conditioning for missed practices must be completed prior to challenge.
- Academically ineligible wrestlers may not challenge until academic eligibility is regained.
- Wrestlers may challenge one weight class above their established weight.
- Wrestlers may only challenge the wrestler directly ahead of them in the depth chart.
- Wrestlers may not skip positions to challenge for varsity spot; you must work up from bottom.
- Wrestlers may only challenge for one position movement per week.
- Once a week, wrestlers will declare their intention to challenge a specific weight.
- All challenge matches will take place during scheduled practice times.
- Failure to be present for the challenge match can result in a forfeit.
- Wrestlers will weigh-in prior to match; weight allowance will be permitted.
- Failure to make weight results in forfeiture of challenge match.
- Matches will be 2-2-2. Officiating will be conducted by coaching staff or an official if available.
- All wrestle-off results are final.
- Wrestle-off participants will not gain an advantage through coaching of any kind.

Care and Treatment of Injuries

Wrestling is a tough sport both physically and mentally. During an entire season, a wrestler will experience some aches and pains. Athletes are encouraged to work through minor discomforts, however, in the event of an injury, the goal is to rest and rehabilitate the injury as quickly as possible to return the athlete to competition as soon as it is deemed safe. Trainers are on site for evaluation.

Although, I am trained in basic first aid and CPR, I am not a health-care provider and I cannot assume the responsibility of determining if an athlete has a minor ache or pain that they need to “tough out” or if you have an injury that requires medical attention. Fortunately, CCISD employs professional athletic trainers to offer us guidance. Our trainers have received intensive specialized training in the care and prevention of athletic injuries. I encourage you to access our training staff prior to visiting your doctor. Often general practitioners simply prescribe a period of rest. Once that doctor’s orders is written we must adhere to those instructions. I have found that often an athlete is ready to return to competition but cannot because they must be cleared by the doctor that wrote the orders.

If you are injured or unable to practice, that does not necessarily excuse you from attending practice. The athletic training staff will make a determination regarding an athlete’s ability to practice and prescribe a treatment plan. If you have a fever, go home, but if you are experiencing a headache or allergies there are still things you can do to support your team. Fill water bottles, run the clock, mop the mats, help roll-up mats, etc. And you still need to watch the instruction that occurs.

If an injury occurs during practice or competition please follow these guidelines:

- Report all injuries immediately to a coach or student trainer.
- If the injury appears suspect, you will be referred to our athletic trainer
- Follow the recommendations of the athletic trainer always.
- If our athletic trainer suspects that the injury requires medical attention, they will contact your parents and advise them of the situation.
- Report to the trainer at the time assigned to you and again after practice every day until the trainer confirms that your injury is healed.
- If you fail to report to the trainer, it is assumed your injury is healed and you will be expected to return to practice.

If your injury occurred outside your participation of athletic practice or competition, the athletic training staff cannot treat you until you have seen your personal physician. If your physician makes a recommendation, or prescribes treatment, bring the paperwork to our athletic training staff so that they can carry out the orders.

UIL Weight Certification (Hydration Testing)

The National Federation of State High School Associations has created a wrestling rule that establishes a minimum weight class for every athlete each season. **The UIL does not advocate that a wrestler's established minimum weight is the athlete's best weight at which to compete but simply the minimum weight at which the athlete will be allowed to compete.** UIL Minimum Weight Certification will be performed in the following manner.

First, the specific density of your urine will be measured. This will tell how much water is present in the urine. If not enough water is detected, then you are deemed dehydrated and will not be allowed to continue with the process until 24 hours have passed at which time you will be asked to produce a new sample. The magical number that has been chosen is 1.025 which is the medically agreed upon measurement that divides hydrated and dehydrated. Anything above 1.025 will fail.

Once you have passed the urinalysis, your bodyweight will be measured immediately. You cannot spit, vomit, exercise, or do anything to try to lose weight after the hydration test. You must weigh in wearing only a singlet. No weight allowance will be given for the singlet. This weight will be referred to as your "alpha" weight.

Immediately following your weigh-in, you will have your body fat percentage determined. Skin fold calipers will be used to measure the body fat at three sites, on the triceps, just under the shoulder blade, and just beside the belly button. Each site will be measured three times and an average will be determined from the measurements. All measurements will be taken on the right side of the body. Once the body fat percentage has been determined, it is time to calculate your lowest allowable weight class. The lowest body fat percentage that any wrestler is allowed to cut to is 7%. First, your fat-free body weight is determined. This is how much you would weigh without any fat on your body. We will use for example, a wrestler who weighs 124 lbs. with 12% body fat. His fat free weight is calculated by multiplying his alpha weight by the body's nonfat percentage. This wrestler's nonfat percentage is 88% (100% - 12% body fat).

$124 \times .88 = 109.12$ lbs.

Without fat, this wrestler weighs 109.12 lbs. Next, your weight will be determined as if you had the lowest allowable body fat percentage (7%). The fat free weight will be divided by 0.93 (100% - 7%). This will be the minimum weight that this wrestler could weigh and still have 7% body fat. **$109.12/.93 = 117.33$ lbs.**

This wrestler is not allowed to weigh less than 117.33 lbs, so his minimum wrestling weight class would be 120 lbs. (the next heavier weight class).

At this point, a final calculation will be done to determine the maximum amount of weight he could lose per week while descending to his minimum weight class of 120 lbs. The new rules state that you cannot exceed a weight loss of 1.5% per week from your "alpha" weight. So the wrestler would multiply 124 lbs (his "alpha" weight) by .015 (1.5%) to determine how much weight he can lose each week.

$124 \times 0.015 = 1.86$ lbs.

So, this wrestler by rule would not be eligible to compete at his minimum wrestling weight (120) for at least three weeks after his weight certification. **124 lbs – 1.86 lbs. (week 1) – 1.86 lbs. (week 2) – 1.86 (week 3) = 118.42 lbs.**

Even though he cannot compete at 120 for three weeks, he can compete at 126 lbs. during his descent to 120 lbs.

Additionally, if an athlete is already at or below 7% body fat at the time of certification, his minimum weight class shall be that for which his alpha weight qualifies him. For example, an athlete has an alpha weight of 120.1 lbs. and his body fat is calculated to be 7%. He does not qualify for the 120 lb weight class and he cannot descend any further. Therefore, his minimum weight class would be 126 lbs.

Preparing for the Hydration Test

Listed below are tips that will help athletes report for testing properly hydrated.

Beginning two days prior to test day:

- Drink plenty of water throughout the day, at least eight to ten glasses.
- Increase intake of foods high in fiber. Fiber helps remove excess waste from the body. Some examples include whole-grain cereal, vegetables, and fruits.
- Eat smaller, more frequent meals.
- Avoid foods high in fat (fried foods, meat, French fries, pizza, nuts, salad dressing, etc.)
- Avoid salty foods (potato chips, pretzels, pizza, tuna, crackers, soft drinks, sport drinks)
- Avoid any vitamin or mineral supplements from now until after the test. These can cause the urine to turn dark as if you are not hydrated.

One day prior to the test:

- Continue with the preceding recommendations.
- Avoid any caffeinated beverages from now until after the test.
- Avoid any vigorous activities after lunch and until testing is completed.

The day of the test:

- No vigorous activity today until after the test.
- Continue drinking water. You should be urinating frequently and it should be clear if you are hydrated.
- Eat small, frequent meals, and continue to add fiber to your diet to eliminate excessive waste.
- Fatty foods and snacks will stay in your body...stay away from these until after the test!
- Meals should come from lighter foods such as fruits, grains, etc.
- No salt today! No sodas, Gatorade, PowerAde, etc. as these will make you retain water.
- Urinate as frequently as possible throughout the day until one-two hours prior to test time.
- Do not eat for the two-hour period immediately preceding the hydration test.
- Be awake for at least three hours prior to testing
- Arrive early to the testing site. Remember they will charge \$5 to administer the test

UIL Weight Management Plan

The University Interscholastic League provides the following article. It is to be distributed to all athletes and their parents. No other sport creates as much weight awareness as wrestling. Unfortunately, too much awareness may result in reckless dietary and nutritional behavior. The responsibility for a successful and safe approach to weight control lies equally with the wrestler, the coach, and the parents. Any organized plan to accomplish weight control must be based on facts, not fad. Sound nutritional information must be the basis for any plan. A wrestler should manage his weight with this single guideline in mind.

BODY COMPOSITION IS MORE IMPORTANT THAN BODY WEIGHT IN DETERMINING ATHLETIC PERFORMANCE.

To put it another way, the wrestler with the largest percentage of usable weight is in the best condition to compete. Usable weight in wrestling means muscle weight. Eating large quantities of fast foods and other high fat items contributes to unusable weight (body fat). Excessive fat will limit your mobility and flexibility, forces your heart to work harder and puts strain on your hip and leg joints. Similarly, starvation diets and dehydration tend to either diminish muscle mass or interfere with efficient digestion and muscle function. Either way, these poor dietary practices diminish usable weight and reduce performance. To set up a weight control plan, the following factors must be determined:

1. The wrestler's body composition.
2. The wrestler's ideal competitive weight.
3. A long-term plan for reaching and maintaining the ideal weight.
4. Sensible eating habits that promote caloric regulation and still provide all essential nutrients.

It is up to us as wrestlers, coaches, and parents to address this area with as much concern as our preparation of technique or conditioning, or any other aspect of a wrestling program. Before a wrestler can determine how much (if any) weight they need to lose to reach their ideal weight, they must know their body composition. The human body is composed of lean tissue (muscle, bone, blood, organs) and fat tissue. Fat tissue can be divided into essential fat, which protects vital organs (about 5% in men) and nonessential fat. Athletes who are well conditioned have a low percentage of body fat. Research studies suggest that wrestlers should strive to maintain a level of 5% to 12% body fat; the optimum performance for wrestlers being from 7% to 10%.

If the percentage of body fat is already between 7-10% the wrestler is probably at or near their ideal wrestling weight. It would be foolish to try to lose 5-10 lbs, to qualify for the next lower weight class. Losing more weight would likely weaken the wrestler and have an adverse effect on performance. This is particularly important for high school wrestlers who are in a very active growth spurt and need to have a higher weight. If the wrestler's body fat level is higher than it should be, the wrestler should begin a sensible reduction program to bring it down. Losing weight properly takes discipline and patience. The most healthful way to accomplish weight loss is to maintain or increase exercise while reducing food intake. Starvation and crash diets are not effective because muscle tissue begins to break down. As a result, some of the weight loss will come from muscle mass (usable weight), leaving the wrestler with reduced strength. Using any type of dietary weight loss pill is forbidden. These pills tend to achieve weight loss primarily from water weight rather than losing weight by reducing fat cells. Water is an essential source of fluids in any program.

To lose fat weight, wrestlers need to reduce the number of calories they consume while maintaining or increasing their conditioning program. For each pound of fat a wrestler wants to lose, they need to eliminate 3500 calories from their diet. To lose 2 pounds in one week, for example, requires an energy deficit of 7,000 calories or 1,000 calories per day. That is a lot of calories to remove from a wrestler's diet at a time when they need increased energy. A better way to lose two pounds is to eat 500 fewer calories each day and burn an additional 500 calories each day for a week. However, under no circumstances should athletes consume fewer than 1800-2000 calories per day. Good nutrition is essential to a growing athlete during high school years. Bone growth, in particular, may be especially sensitive to the effects of bad nutrition caused by starvation and crash diets.

Weight management should start early. Weight loss or weight gain is most effective and safely accomplished gradually rather than quickly. This means knowing the weight class in which the wrestler intends to compete and starting a program of nutrition and workouts designed to help the wrestler achieve their ideal body composition. Crash diets are not the answer. Depriving the body of food and/or water will decrease the energy capacity for workouts and competition and could lead to dehydration. In addition, wrestlers are almost certain to gain back any weight they lose as soon as they resume their normal diet. Give the body the nutrition and consistence if/it requires in order for it work efficiently. Yo-yo dieting (starving in order to make weight and then eating in sight) will make a good wrestler become an average wrestler when it comes to match time. It makes much more sense to restructure the wrestler's eating and exercise habits on a permanent basis. Good dietary information is available from a variety of books and articles. The coach should have this information or will be able to help wrestlers find it. Just as a car runs best with a full tank of proper fuel, a wrestler's body will perform at its maximum when it is filled with the right "nutritional fuel". For athletes, that fuel is complex carbohydrates, baked potatoes.

Carbohydrates, protein and fat supply calories. Together they add up to the total caloric intake. Unfortunately, wrestlers often spend too much time worrying about total calories and not enough time counting carbohydrate calories. Many foods contain carbohydrates, but some are better than others. That is important, because 60-65% of the total calories a wrestler consumes should come from carbohydrates. Of the remaining calories, approximately 15% should come from protein and the remaining 20% from fat. For example, a daily diet of 3200 calories should contain approximately 2000 carbohydrate calories (500g of carbohydrates). Clearly, wrestlers need to eat food high in carbohydrates and low in fat in order to support strength development and generate energy for workouts and competition. Concentrate on complex carbohydrates such as those found in whole grain cereals and breads, vegetables and fruits. They give an even distribution of fuel for energy production. Avoid the simple carbohydrates found in soft drinks, candy bars, and other sweets. Foods such as hamburgers, chips, mayonnaise, and candy bars contain high levels of fat making them poor sources of nutrition for athletes.

Take responsibility for the diet and begin to read labels. Most labels list the numbers of grams of carbohydrates, fats, and proteins. One thing to remember is that 1 gram of fat (9 calories) has more than twice the calories as 1 gram of carbohydrates or 1 gram of proteins (4 calories). A high carbohydrate/low fat diet will improve endurance. Improved endurance will improve wrestling performance throughout the season. Remember, a balance between calories consumed and calories burned through exercise is also a key in weight control. To lose weight, you should decrease your caloric intake and increase your caloric output-a fairly simple equation. Become familiar with the caloric value of foods and activities. For instance, a candy bar may contain 300- 400 calories and a 6 ounce can of V8 juice contains only 35 calories. A mile run will burn 85-150 calories while wrestling burns 10-14 calories per minute.

Wrestlers must burn more calories than they consume in order to lose unwanted fat. They can adjust their diet and exercise to provide for gradual weight loss. To lose one pound of fat a week, the wrestler must reduce his caloric intake by 500 calories each day. Seldom should anyone have to drop below 1800-2000 calories per day. Doing so will jeopardize the proper provision of vitamins, minerals, and fuels for proper body functions.

Summary

Use common sense and good judgment throughout the season to achieve the optimum percentage of body fat of 7-10%. The following tips should help the wrestler achieve safe and rewarding season:

- Eat 3 balanced meals a day in moderate portions. Try to include food from all the major food groups; grains, vegetables, fruits, meat/fish, milk/cheese.
- Avoid high fat, high sugar foods and snacks such as chips, soft drinks, mayonnaise, candy bars, and deserts.
- Emphasize foods that are high in complex carbohydrates such as cereals, rice, pasta, breads, baked potatoes, and vegetables.
- Use skim milk instead of whole milk. Substitute diet drinks for regular, high sugar soft drinks. Drink water or fruit juices. Drink 8 glasses of water daily.
- Don't snack between meals. If you must snack, eat fresh vegetables or fruit.
- Stick to your diet and work-out program and you will get the results you want. It takes time to accomplish your goals. Be patient.
- Remember: Good nutrition is something a wrestler must apply each day throughout the season and not just the day before a match. If a wrestler takes short cuts, expect to pay the price in reduced performance.

Knights Wrestling Weight Management Addendum

What makes wrestling unique to other sports is that an athlete gets to compete with people that weigh the same. There is an opportunity for a young athlete that was always considered “too small” to compete equally. Because weigh-ins are conducted before each competition we must address the topic of making weight. The University Interscholastic League (UIL) collaborated with the National Wrestling Coaches Association (NWCA) to create a program to ensure the safety of the athletes participating in wrestling. The Optimal Performance Calculator is a patented technology developed by nationally renowned researchers and meets American Dietetic Standards.

One of the concerns from parents is the idea that their child being told to lose weight. More often than not, this is not the case. When the depth chart is established wrestlers will often try to move weight classes in an attempt to earn a varsity spot. There are very few times that I ask a wrestler to compete at a certain weight class, however, often wrestlers ask for recommendations. Once an athlete declares for and earn a varsity spot, I expect them to make weight at weigh-ins. Ideally this should be done through proper weight management. However, there will be times when it may be necessary to sweat off a pound or two on the day of competition.

I have competed in wrestling since I was eight years old. There was a time when safety measures were not in place and I witnessed, first hand, the perils of cutting weight improperly. “Cutting weight” is a behavior that is associated with trying to gain an advantage over your opponent by having more muscle and less fat than they do. Common examples of weight cutting practices are: using heat suits, excessive layering of clothing, and sitting in Epsom salt baths, use of water pills or laxatives, dehydration, and starvation. Fortunately for me, my mother was a nurse and I was never permitted to engage in such risky behavior nor do I condone such behavior now. To guard against such practices athletes will weigh-in before and after practice. This assists me in being vigilant to see that they are never too far away from their weight class and that they are replacing the water from the previous day’s workout. Practice for learning technique and conditioning. The use of heat trapping clothing or plastic suits will not be permitted.

Wrestlers that make weight on Friday or Saturday should not be 6, 7, 8 pounds heavy on Monday. The only way they would be able to make weight in a week is thru dehydration, starvation, or some other unhealthy practice. All are unacceptable and against UIL rules. If an athlete is losing weight improperly, they are losing either water or muscle, both of which can have disastrous effects on performance and health. If I observe that an athlete is having difficulty maintaining weight, I will often communicate with the parents to make the decision which is best for the athlete. Often that is moving up in weight class.

Expectations for Dual Meets

- This year, all athletes are expected to wear a Clear Falls Wrestling Polo shirt.
- Report to locker room for weight check at 7:00 a.m. or you will be replaced in the line-up.
- Invite teachers and classmates to the competitions.
- Every wrestler is expected to attend every home competition until completion...no exceptions.
- If you have an illness or emergency during the school day and realize that you will not be able to compete, notify coach immediately. Forfeits hurt the whole team!

Weigh-In Procedures

Each week an official weight must be entered into the National Wrestling Coaches Association Weight Assessment and Management System. It is important that the weigh-in process before dual meets be conducted efficiently. The way we conduct ourselves during the process speaks volumes about our program at Clear Falls High School.

Before the Weigh-In:

- Hair should be above a dress shirt collar and out of your eyes, sideburns no longer than the bottoms of your earlobes.
- Fingernails should be short and neatly trimmed no jagged edges. Keep clippers in your bag.
- Your face should be clean-shaven. No stubble or peach fuzz. Keep a razor in your bag.
- Any skin problem that appears to be contagious will require a doctor's note written on a UIL form to present to the official at the weigh-in.
- This is not the time to be trying to lose weight. Any act of trying to lose weight is considered a violation of UIL rules and the official can declare you ineligible to compete in that event.

During the weigh-in:

- Disrobe; forming a single-file line in order by weight class.
- Keep your mouth closed. Don't talk to your teammates or your opponent.
- The official will conduct a skin check before allowing you to step on the scale.
- Make sure that your feet are completely on the scale, be still, and listen for instructions.

After the weigh-in:

- There should not be a pre-match feast. Bring a small meal & water. No energy drinks!
- Teams stay together in their varsity and junior units.
- You will have approximately an hour to rest.
- Respect the captains. They are the leaders of our team.
- The team shall line-up by weight in full warm-ups to leave the room.
- When directed by a coach, the team will leave together, in order, and proceed to the gym.

Warm-Up

- Every team member will be wearing a hooded sweatshirt and school issued warm-ups.
- The team will enter the gym jogging, take three laps around the gym and go to the mat.
- Captains will lead the team through a script prepared by coach.
- Listen for coach or captains to announce when it is time to return to the bench.
- When directed, the team will come to the edge of the mat in weight order to be introduced.
- As you are introduced, go the center of the mat to shake hands with your opponent. Offer a firm handshake, and keep your mouth shut.
- After the handshake, return to the beginning of the line, and slap hands with all of your teammates on the way to your place at the end of the line.
- As each wrestler is introduced, the team will move down one position so that the next wrestler to be introduced will be the closest to the spectators.
- If your weight class will wrestle first or second, go immediately behind the team bench after slapping hands with your teammates to finish your warm-up.

Competition Conduct

- To begin the dual, the captains will go to the center of mat for a coin toss. The coin toss determines which team must present its wrestler first at each weight class throughout the dual.
- After the coin toss, the dual will begin with the predetermined weight class and continue to move up in weight until all 14 bouts have been contested.
- Varsity will sit together in the stands as a team to encourage the Junior Varsity. Junior Varsity will be seated together to cheer on Varsity.
- Wrestlers are to have no contact with spectators including: parents, friends, club coaches, or opponents during matches. This is a time to support your teammate not socialize.
- iPods, headphones, cell phones and the like are permitted in the bench area when warming up.
- Wrestlers not in uniform will not be permitted on the bench.
- Shout encouragement to your teammate as they wrestle, but leave the coaching to the coach!
- Do not referee! If the official blows a call, it is up to the coach to challenge him, not you!
- As each match concludes, during the final fifteen seconds, the team will get off the bench and go the edge of mat to receive their teammate in victory or in defeat.
- When you are “in the hold” it is time to warm-up for your match. iPods, headphones are permitted
 - Stretch again like you did when the team warmed up.
 - Take practice shots or jump rope to break a good sweat and get your heart rate up.
- When you are “on deck” you should remove your warm-up bottoms, pull up your straps and kneepads, snap on your headgear, and be prepared to take the mat. Keep sweat top on.
- When you are up, pull of your warm-up top and check with coach for last minute instructions.
- Report to the head table to check in.
- Each time there is a break, sprint back to the center, check the time and score.
- Do not seek instructions from the stands or you will find yourself sitting there.
- Win or lose, participate in the end of match procedure like a champion...shake hands!
- When you return to our bench, the first person you talk to is me. Shake my hand; do not go stomping away, no matter what the outcome of the match and never throw your headgear!
- When the dual is complete, both teams come to the center of the mat and shake hands.
- Return to the bench area and wait for instructions.
- All wrestlers are expected to assist in putting away tables, chairs, mats, score clock, etc

Tournament Instructions

Wrestling tournaments are scheduled nearly every weekend during the season and will often last the entire day. The following are special instructions pertaining to tournament competition:

- Weigh-ins are typically conducted by weight class
- After entering weigh-ins you are not permitted to leave until your weight class is closed.
- Once you leave the weigh-in area you are not permitted to re-enter.
- There is typically two hours between weigh-ins and the start of wrestling action.
- You are encouraged to bring some healthy snacks to eat throughout the day.
- Never leave the gym without a coach's permission.
- Many tournaments use TrackWrestling® to monitor and run the tournament. If they do not, then bout sheets are used and you need to monitor the brackets to know your bout number.
- Never bring anything with you to a tournament that you cannot afford to lose.
- The team sits together in our "camp". When you are not wrestling, you should be cheering for your teammates or resting for your next match.
- Any misconduct could result in suspension from future events or removal from the team.
- Do not be on the gym floor unless you are wrestling or warming up.
- Captains are permitted in the corner if a coach is unavailable or on another mat.
- When you are "in the hold" it is time to warm-up for your match. iPods, headphones are permitted
 - Stretch again like you did when the team warmed up.
 - Take practice shots or jump rope to break a good sweat and get your heart rate up.
- When you are "on deck" you should remove your warm-up bottoms, pull up your straps and kneepads, snap on your headgear, and be prepared to take the mat. Keep sweat top on.
- When you are up, pull of your warm-up top and check with coach for last minute instructions.
- Report to the head table to check in.
- After victory, if applicable sign the bout sheet and return it to the head table, otherwise gather your belongings and leave the area.

Road Trips

The following are guidelines for all road trips:

- Always arrive at least thirty (30) minutes prior to departure time. You will wait for the bus but the bus will never wait for you. I will not risk the welfare and safety because of tardiness.
- Check your weight. Check for all your equipment and use the restroom prior to departure time.
- Wrestlers will wear their "Sunday best" (shirts, ties, khakis, and dress shoes) to all matches.
 - Wrestlers not meeting the dress code expectations will not be permitted on the bus.
 - All uniforms must be on hangers, and not crumpled up in the wrestlers' gym bag.
- Girls will sit in the front of the bus. Boys will be seated in the back.
- Sit quietly; listen to music, or sleep. But do not horseplay on the bus
- Clean your seat and area before you unload.
- Do not leave items on the bus you cannot afford to lose. A bus is NEVER secure.
- CCISD requires athletes to be transported to and from school on the bus.

Lettering Policy

A wrestler at Clear Falls High School will receive a Varsity Award Letter by accomplishing any one of the following:

- Accumulating 60 team points during the season.
 - Points are earned only in varsity dual meets.
 - Team points are earned as follows:
 - 1 team points – win by decision
 - 1.5 team points – win by a major decision
 - 2 team points – win by a technical fall
 - 3 team points – win by a fall
- Recommendation by a coach because of outstanding accomplishments, loyalty, or dedication.

Team Awards

- | | |
|------------------------------------|----------------------------------|
| • Female Most Outstanding Wrestler | Determined by team points scored |
| • Male Most Outstanding Wrestler | Determined by team points scored |
| • Female Most Exciting Newcomer | Team vote; Coaches decision |
| • Male Most Exciting Newcomer | Team vote; Coaches decision |
| • Female Most Exciting Moment | Team vote; Coaches decision |
| • Male Most Exciting Moment | Team vote; Coaches decision |
| • Knight's Excellence Award | G.P.A. |

Team Captains

1. Only current sophomores and juniors are eligible.
2. Interested team members complete application and write essay outlining their goals.
3. Team votes on the submissions to create a smaller pool of candidates.
4. Panel consisting of alumni, school faculty/administration, and head coach conducts interviews of candidates.
5. Team captains announced at end of the year banquet.

Traditions

- Wiping of feet
At the start of every practice, towels are laid on the floor; wrestlers step onto the towel and wipe their feet as they enter the mat. While there are cleanliness benefits to this practice it is also symbolical. The wrestling mat is a place to feel safe and free from ridicule or feelings of inadequacy. We ask that wrestlers leave their concerns and worries from the day on the towel and focus on being a member of our wrestling family. Unconditional love is practiced here!
- Get it, Got it, Do it!
Anytime we break or return from instruction we will do so in the following manner...
Coach yells, “Get it?” Team replies, “Got it!” Coach responds, “Do it!” Clap in unison
- Knight’s Line of Honor!
Team will form two lines and encourage their teammate for their willingness to compete. Team member will then walk through the line to receive their encouragement before stepping on mat.
- First Saturday!
At Clear Falls High School we recognize the commitment of time by wrestlers and their families. The first Saturday practice is an open practice. Parents are encouraged to attend and watch a full practice. This is also a time for meeting other parents and getting to know the wrestlers on our team. Traditionally, we also have a team meal for everyone to enjoy.
- Senior Night!
We will recognize our seniors and their parent’s contributions to the wrestling program at our last home meet.
- Last Practice
Held on the Monday of the last week of practice this is a private recognition of the completion of a long season. Family, teachers, and administrators will be invited to join with teammates to form our Knight’s Soar lines. A Knight wrestler’s first step in competition is through the line of honor and we feel it is a fitting honor to recognize those seniors that contributed so much by having them leave just as they started. A small reception will follow.

Team Building

- Custodians Appreciation
October 12th is National Custodian Appreciation Day. To serve those that serve our needs we will provide a meal for the custodians. It will be served to custodians by team members.
- Scavenger Hunt
Parent volunteers, coaches, and athletes will be given a list of photos or videos to capture. Each is awarded a point value based on difficulty or silliness.
- Main Event
Team members test their skills in bowling and laser tag.
- Frisbee Golf
Team members compete in Frisbee golf.

Parent Involvement

Parent participation is an important component of any extracurricular program's success, but in wrestling parent support is essential. Parents need to be aware of the many pressures put upon their child. To be able to meet one's opponent alone in front of a crowd of people requires a tremendous amount of courage, class, commitment and character, but sometimes even this may not be enough. Most, if not all, of our children require and want a great amount of parental approval in their lives whether they acknowledge it or not.

Parent participation should not be confused with parents being disruptive or intrusive into the workings of the team or in the individual wrestlers, coaches, parents, or fans at practices, duals, or tournaments. We encourage parents to be enthusiastic and passionate about the sport. We also encourage parents to be supportive and energetic in their actions to not only their child's accomplishments, but the other wrestlers, as well. Parent participation should always be constructive and helpful. The following parent actions are not acceptable:

- Approaching the head table at any event (tournament or dual meet) for any reason
- Approaching the team manager or coaching staff during competition.
- Attempting to discuss concerns with a member of the coaching staff while at competition.

Parents are an intricate part of the wrestling team. Some of it is personal, such as getting your athlete to practice and early morning drop-offs for tournaments. Some of it is team wide, for example, working at tournaments and concession stands. Parents are encouraged to attend practice sessions to get a firsthand look at what these young athletes are being put through to be a member of the wrestling team. All of our practices are "open" practices. However, filming of the entire team is not permitted.

High school wrestling is a whole new world. It will require some adjustments for parents, as well as the wrestlers. All in all, the wrestling team is **FAMILY**; parents, coaches, alumni parents, managers and, above all, those special young men and women of the wrestling team, with each member having his or her own place in that family. This is a very important time in their lives – **DON'T MISS IT!!!**

The following are suggestions for ways that parents can be involved in the wrestling program at Clear Falls High School:

- Be an active member of the booster club
- Host a team building event.
- Volunteer to be assist in team building events
- Attend matches and tournaments
- Provide refreshments for the hospitality room for one home event.
- Organize spirit wear sales for parents, family, and team members supporting wrestling.
- Car pooling

Parent Communication

Communication is essential in any organization but with over 40 members, and just two coaches, it is especially important for wrestling. Departure times, practices times, conflicts for gym usage are all factors that must be considered and effective communication when these changes occur is crucial to minimizing frustrations.

Typically, communication from the coaching staff occurs in the following ways:

1. Remind101: text communication
 - a. Students are asked to provide parent contact information
 - b. Parents are also provided an opportunity to sign up
 - i. Girls: @gfalls18
 - ii. Boys: @bfalls18
 - iii. Parents: @pfalls18
 - iv. Spanish (ESP): @espfalls18
 - c. There is a limit to the length of the message.
2. Email:
 - a. An email list will be created with information provided or found in Skyward.
 - b. Email is used when long messages need to be sent.
3. Website
 - a. General information is provided here:
 - i. Schedules
 - ii. Forms
 - iii. Coaches contact information
 - iv. Important links
4. Information sent via the student
 - a. There are times when we must send information with the students.
 - b. We recognize this is not the most effective means of communication so typically we also have the information available through one of the other means of communication.

Parent Volunteer Needs

Parents should always be willing to give ideas and time to the coaches and booster club. Your help, enthusiasm, and participation towards the team activities are reflected in how much can and will be accomplished for the wrestling teams from the junior varsity through the varsity squad.

1. Concessions
2. Ticket taking/admissions
3. Hospitality room
4. Table workers
5. Tear down/clean up
6. Video/Photography
7. Website/Social media
8. Hosting team socials
9. Booster club membership
10. Booster club board member
11. Fundraising chair
12. Volunteer coordinator

Fundraising Expectations

Our booster was able to provide two sets of practice shirts and shorts last season. In addition, the boosters were able to fund entry fees for two additional tournaments last year. This cannot happen without the contributions of all our parents and athletes. As such, there will be events during the year that we ask for participation.

- Online Fundraiser

In the past, we have utilized SnapRaise to assist us with online donors.

- Booster Club Membership

Parents are asked to join and be active in our booster club.

Important Links

▣ National Federation of High Schools

● www.nfhs.org

▣ National Wrestling Coaches Association

● www.nwcaonline.com

▣ University Interscholastic League

● www.uil.utexas.edu

▣ Clear Creek Independent School District

● www.ccisd.net

▣ Clear Falls Athletics

● www.clearfallsathletics.net

▣ Clear Falls Wrestling Page

● www.clearfallswrestling.com

▣ TrackWrestling

● www.trackwrestling.com

The College Timetable

I sincerely believe that college athletics is an achievable goal for any high school athlete provided they take academics seriously. Below you will find a general guideline to follow. The one area that most athletes overlook is the importance of freshman year on academics. But even if you slipped, it is never too late to get on the right path.

- **Freshman/Sophomore**
 - a. Take college prep courses (AP, pre AP)
 - b. Work hard, try to maximize your grade point average, shoot for at least a
 - c. Participate in extracurricular activities that interest you
 - d. Have fun, avoid trouble and troublemakers
 - e. During this summer, get as much mat time as you can afford (camps, freestyle)

- **Junior Year**
 - a. Continue the Fr./So. Recommendations; begin discussing college with family, friends, teachers, coaches, counselors, etc.
 - b. Plan on attending college fairs that are held in our area during the fall months.
 - c. Visit colleges that interest you during Spring Break or during the summer.
 - d. Get college application forms from the counselor and write sample essays.
 - e. Take your first ACT/SAT during the May-June testing period; check to see if the SAT2 is needed.
 - f. During the summer, get as much mat time as you can afford; attend as many National tournaments as possible to maximize your exposure to college coaches.
 - g. Investigate sources of scholarships and other financial aid during the summer.

- **Senior Year**
 - a. September-October
 - i. Apply for and take the ACT/SAT2 in October
 - ii. Draft your personal essay for your college application; make it clear, honest and personal. Be sure to have it proofread by your English teacher or other professional.
 - iii. Get recommendation letters from your teachers.
 - iv. Meet with colleges that visit your high school, and don't be afraid to ask them questions.
 - v. Send one college application; get a transcript of your grades from the guidance office.
 - vi. Submit the CSS Financial Aid Profile between September 15th and Dec. 1st.
 - vii. Create your own personal wrestling website that promotes all of your stats, your SAT's, some video of your best matches, etc. Send the link to all coaches of college programs in which you are interested.
 - b. November-December
 - i. Take the ACT/SAT 2 to raise your scores if necessary.
 - ii. Update your website regularly as college coaches may now be watching.
 - iii. Apply to at least three colleges by Christmas; be sure to check for earlier application deadlines.