

Clear Falls Wrestling Handbook Meeting

Questions



Clear Falls Wrestling Handbook Meeting

Where to find information!!

- Website: www.clearfallswrestling.net
- eMail Distribution List - "Coaches Corner"
- FaceBook - "Clear Falls High School Wrestling"
- eMail Distribution List - see Coach Kerr
- Remind101:
 - Boys (athletes only): @bfallswr21
 - Boys (parents only): @bpfalls21
 - Girls (athletes only): @gfallswr21
 - Girls (parents only): @gpfalls21



Something to Consider....



“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*



Coaching Philosophy



- 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
- Both coaches have personal experiences with the sport that have impacted them personally and professionally.



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.
- The wrestling program is built upon three basic principles: Character, Conviction, and Community.
 - **Character** is defined as an engraved mark, an imprint on the soul, and having dominion over individual impulses and desires. Earn the right to be proud and confident. Recognize that big things are accomplished through perfection of minor details.
 - 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. 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.
 - 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.



Code of Conduct

- Simple Guidelines to Consider
 - Maintain Clear Fall's expectation of C.I.R.C.L.E. of honor.
 - Discipline yourself so others will not need to.
 - If you do not have time to do it right, how will you make time to do it again?
 - The reputation and integrity of the team will not be compromised by an individual's selfishness.
 - **THE GOLDEN RULE:**
"Don't do anything that is detrimental to yourself, the school, or the wrestling program. If you do Coach Kerr will handle the situation as he deems appropriate."



Clear Falls Wrestling Handbook Meeting



Equipment

Through the generosity of our booster club, we can provide our athletes with most of what is required to compete in wrestling. Athletes are responsible for:

- * * * Wrestling shoes
- Athletic support, sports bra, spanx, etc.
- Hygiene items including nail clippers, disposable razors, soap, towel, etc
- Knee pads.

Responsibility for Equipment

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You are responsible for equipment issued to you. Anyone failing to return equipment or turning in equipment that is damaged due to neglect will be charged full replacement cost of each item. Placed on fees and fines until fee is paid in full.

- Equipment issued to you should not be loaned to anyone.
- Never leave equipment unattended.
- When laundering follow labels exactly
- Report all damaged or missing items immediately.

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Locker Room

Locker rooms space will be provided. There is no way to truly secure our locker rooms as they are shared spaces with Physical Education classes and other sports.

- Practice items should be taken home daily.
- If it is valuable, leave it home, or bring it to the practice gym in your backpack/bag.
- Bring extra running shoes or sweatshirt leave in locker.
- Dark, warm, humid locker rooms are a breeding ground for mold and fungus.

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Vaping Policy

- To foster healthy behaviors and to deter the epidemic of vaping in our youth, Clear Creek ISD has developed a NO TOLERANCE vaping policy. This policy includes possession or use of a vape, E-cigarette or Juul on school premises and while participating in any school related activities off campus as well. It is important for students participating in extra-curricular activities to understand the need to exercise healthy decision making and know that poor decisions can negatively impact opportunities to compete and/or participate in our programs. We want it to be clear that we have high standards and expectations for the behavior of all program participants. If a student makes a choice to possess or participate in vaping, they will receive the following consequences in addition to the campus discipline assigned to students detailed in the CCISD Student Code of Conduct
 - 1st Offense: 1 week suspension and behavior contract
 - 2nd Offense: 2-week suspension and behavior contract
 - 3rd Offense: Removal from the program

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Substance abuse and/or possession of :

- 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. The use of these substances by any Knight wrestler at any time, in season or out of season, is **STRICTLY PROHIBITED**.
- A student being assigned to AEP (Alternative Education Placement) will be subject to a 30-day suspension, after their assignment at AEP ends. While attending AEP you are not permitted on campus, therefore, not able to practice or compete. This effectively ends your season. Therefore, you will be removed from the team.



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Wrestling Class:

- Anyone wishing to participate in wrestling should be enrolled in our wrestling period.
 - **Exceptions:**
 - An athlete that is a member of another Clear Falls Athletic Team and enrolled in that team's athletic period.
 - An athlete that lacks credit to graduate or needs a specific class, in a quest to graduate with honors.
 - A student that has been removed due to behavior or lack of commitment.
 - A student that joined after the start of the semester and doing so would create complications with the counseling staff.
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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.
- You have been given a copy of the practice and competition schedule. If you must work, it is your responsibility to arrange your schedule so that you do not miss any team activities.....(practice or competitions)

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Academic Policy and Tutorials:

- 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.
- Progress reports: progress reports can assist a student, that is currently ineligible, to re-gain eligibility.
- A student that is eligible on the nine-weeks grade report is eligible for nine weeks. Progress reports do not cause them to become ineligible.
- Students are expected to attend tutorials during Knight Quest Lunch.



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Academic Policy and Tutorials:

- The UIL sets the policy regarding academic eligibility.
- Clear Creek ISD sets the policy regarding tutorials, grading, and classes that are able to be exempt.
- Lack of planning on the student's behalf does not constitute a reason for missing practice.
- Encouraging or requiring athletes to miss practice is discouraged as it creates a scenario for athletes not demonstrating proper time management.





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Practice Expectations:

- Participating in any sport, especially wrestling is physically and emotionally demanding. Being a member of a team requires you to be present and engaged in all team activities before, during, and after school.
- 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.
- 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.



Clear Falls Wrestling Handbook Meeting

Practice Expectations:

- I coach athletes. It is not unusual to have athletes training regardless of gender. Groups will often be blended.
- 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. An example practice script can be found on our website: www.clearfallswrestling.net
- Wrestling is taught in progressions to ensure the safety of all participants. Champions are made, not born, and it is a grueling, year-round process.
- Attendance will be taken during our athletic period, at the start, and end of practice.
- Practice and competition schedules have already been made available. Every practice will be categorized as “present” or “absent.” 90% attendance mandate is in effect to be eligible to compete.



Clear Falls Wrestling Handbook Meeting

Practice Expectations:

- While it is understandable that athletes will want to be active in many activities both school and non-school sponsored, my obligation is to the “standard” that we have in place for our team.
- Outside activities should not interfere with our practice times. If that occurs it is reasonable to expect your opportunities to compete to be impacted
- Athletes are expected to shower after each practice without exception.
- Maintaining weight is a requirement of our sport, as such, athletes are expected to report their weight to a coach or a designated member of our student leadership council.

Clear Falls Wrestling Handbook Meeting



Missed Practices:

- We do have practice and competitions scheduled over Thanksgiving break
- We have practices scheduled over Christmas break.
- It is imperative that athletes make every effort to attend every practice.
- It may seem unimportant that a student miss due to an appointment, but please remember, that decision impacts the entire group. An athlete that is not at practice may result in another athlete not having a practice partner.
- Varsity athletes should limit their practices with other clubs and organizations and should never miss our practice to attend those practices.

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Missed Practices:

- Ineligible students are still required to attend practices and be present on the mat for instruction and announcements. They may work on assignments if coach is not talking.
- If a student feels they need time to work on something for eligibility, they need to bring their concern to a coach.
- Student's that are injured must still report to practice, they will be expected to be dressed out. Coaches will follow the orders of the trainer or physician, but it is important the student see instruction.
- Missing practice time for outside practices or activities is never acceptable or permissible.
- If another UIL sponsored club or activity causes a schedule conflict, every attempt must be made to be fair to both programs.





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Making the team and expectations


- Because of our generous booster club, we are not a “cut” sport.
- Membership of the team is based upon the merit of being an active participant and demonstrating a willingness to try to attain “the standard”.
- Lineups are based upon attendance, academic responsibility, participation, discipline, hard work, and ultimately the coach’s decision.
- Unfortunately, there is no way to determine if athletes will get a match or not when we compete in Duals, Tri-Meets, and Quads.
- Some tournaments are designated as individual tournaments while others are dual tournaments.



Clear Falls Wrestling Handbook Meeting

Treatment of Injuries and Hygiene

- There will be aches and pains. Difference between hurt and sore. Athletes are encouraged to work through discomfort.
- If an athlete feels they are injured, they should report it immediately to a member of our coaching staff. At no time should any team member or coach attempt to deem an athlete fit to practice
- Trainer will evaluate and determine athlete's ability to practice.
- Trainers are available for these initial evaluations at 6:30 am each morning. Students can enter near the pool or the backdoor to the training room.
- Coach reserves the right to determine an athlete's preparedness for competition.

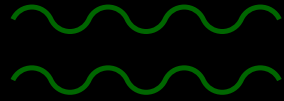


Clear Falls Wrestling Handbook Meeting

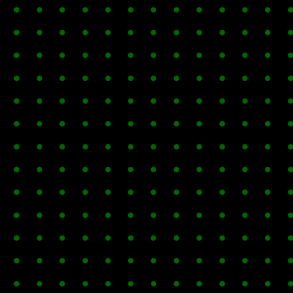


UIL Weight Certification

- NFHS created a wrestling rule that establishes a minimum weight class for every athlete each season. It is not advocated that this is the best weight at which they should compete, but simply establishing a minimum weight at which they will be allowed to compete.
- Step One: specific density of urine will be tested. Tests how much water is present. If not enough water is detected the you are deemed dehydrated.
- Upon successful completion of the urinalysis, your body weight will be measured immediately. This weight is referred to as your “alpha weight”
- After completing the weigh-in, you will have your body fat percentage determined. Skin fold calipers will be measured at 2 sites for girls and 3 sites for boys. Each site will be measured three times.
- Data is entered into an online database. Your lowest allowable weight class is then calculated.
- Final step is the rate of descension calculation. This is the maximum amount of weight that can be safely lost each week.

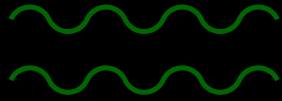


Clear Falls Wrestling Handbook Meeting

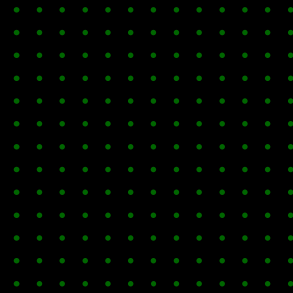


Weight Management Addendum

- Athletes are permitted to wrestle one weight class above their permitted weight - this is called “bumping up”
- A wrestler that misses weight in an individual tournament (district) is scratched from the tournament. In team competitions, with coach's permission, the wrestlers may “bump up.”
- We weigh our athletes daily; this is not done to cause them sensitivity or embarrassment but rather to educate them how a typical weight loss day looks and feels.
- Athletes should not make weight and gain 6-10 pounds in a 24 - 48 period. Daily weight checks help me to monitor athletes that are exhibiting difficult maintaining their weight. This is not healthy or desirable, as such, that athlete will be expected to compete at the next higher weight class.



Clear Falls Wrestling Handbook Meeting



Weight Management – Final Thoughts

- As coach, I reserve the right to set the lineup.
- At districts, it has been my practice to allow seniors to choose the weight at which they compete. This is done in recognition of their commitment and contributions to our program. However, I reserve the right to enter the lineup that gives us the best chance at winning the District Title and advancing the most wrestlers to the Regional Tournament.
- Making weight, is the one thing in wrestling, that we can control. Consistently missing weight may result in being moved to the next highest weight class.
- Missing weight is selfish and hurts the team's ability to compete. You can, and should expect, that there will be consequences as a result of your decision making.

Clear Falls Wrestling Handbook Meeting

Expectations for Dual/Tri/Quad Meets

- Check weight (home scale)
- Everyone is expected to attend home events
- Must attend half-day of school to participate.
- If illness or emergency occurs and you cannot attend or must leave school - notify coach.
- Only school issued gear is acceptable unless approved by coach.
- You must ride the bus to competitions. And return on the bus after competition is completed.
- Remain, engaged with your team, for the duration of the competition. Phones and schoolwork should not be visible when your teammates are competing.
- Wrestlers must be seated with their teammates during competitions. Families are welcome to be seated with the athletes, but athletes should never be separate from their team.



Clear Falls Wrestling Handbook Meeting

Weigh-In Procedures:

- Must be present when weigh-ins begin.
- Can challenge each scale one time.
- Cannot attempt to lose weight at weigh-in site.
- Hair should be above dress shirt collar, out of eyes.
- Sideburns cannot extend past earlobes.
- Face must be clean shaven.
- Any skin issues must have doctor's note on the UIL Skin lesion form, otherwise, official can disqualify you if they deem it is active and contagious.
- Once you depart the weigh-in area you may not re-enter.....do not leave to get something and do not leave anything behind.





Clear Falls Wrestling Handbook Meeting

- Lettering, Awards, Traditions, and Team Building
 - Earning a varsity letter is determined through accumulation of team points.
 - Post-season awards are determined through a combination of athlete vote and coach approval.
 - Team captains are not selected but a leadership council is in place. They meet with the head coach weekly to bring forward questions and concerns.
 - Traditions: Wiping of feet, “First Saturday”, “Battle at the Castle”, Homecoming Carnival, Last Practice.
 - Trunk or Treat, Haunted House, Squads



Clear Falls Wrestling Handbook Meeting

- Competition Conduct
 - Wrestling is a “We” sport not a “Me” sport. As a team, we sweat, bleed, and sacrifice for one another.
 - I discourage anything, that I believe takes away from the accomplishments we accomplish as a team.
 - Changing hair color or style
 - Wearing socks or other attire that is not school issued
 - Tattoo’s
 - Any behavior that attempts to show up our opponent or is conduct unbecoming of a true champion
 - *****NEW POLICY*****
 - Because our post-season is individual competition, I will allow individuals that qualify for the state tournament to stray from this policy. You must have my approval.

Clear Falls Wrestling Handbook Meeting

Parent Involvement:

- Parent participation is an important component of any extracurricular program's success, but in wrestling parent support is essential. 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. 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.
- **Be present!** All in all, the wrestling team is **FAMILY**; parents, coaches, alumni, trainers, 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!!!**
- 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.



Ways to be Involved:

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

- Be an active member of the booster club.
- Serve in a leadership position within the booster club.
- Plan/Host a team building event.
- Volunteer to assist in team building events.
- Attend matches and competitions.
- Provide refreshments for hospitality room for home events.
- Organize spirit wear sales for parents, family, and friends.
- Car pooling
- Support the fundraiser
- Assist those less fortunate.



UIL Parent Meeting Acknowledgement:

- Must answer the questions to receive credit.
- Must be completed by Sunday 11/09
- Must be completed for your child to participate in events/competitions
- Can be accessed via this QR code:

