

BELLBROOK HIGH SCHOOL WRESTLING

Team Philosophy, Expectations, Rules, Policies, & Disciplinary Procedures

Team Philosophy: We, as coaches, develop a program in which student athletes will develop character, and learn skills that will benefit them for the rest of their life. Although we will focus the majority of our time on the sport of wrestling itself, parents and student athletes must understand that it is our philosophy as coaches that there are more important things that we want our athletes to learn. We want to see our athletes be victorious on the mats and will certainly give them the required knowledge to be winners. However, it is even more important that our athletes leave our program as well rounded individuals and acquire positive habits that will help them be successful in the game of life.

A team has the same image as a person. It may be cowardly, aggressive, whining, conceited, sporting, rowdy, or well disciplined. We want to create a favorable image. We are thought of as aggressive, hard-nosed wrestlers, quick on our feet and strong on the mat. We should always be complimented on our wrestler's actions and how disciplined they are both on and off the mats. Our athletes will develop a do or die attitude, we do not have any room on our team for an athlete that is a quitter or has a defeatist attitude. Our past teams over the years have built a strong wrestling tradition at Bellbrook High School and it should be a goal to uphold that image and continually improve it.

Expectations: Bellbrook wrestlers and parents will demonstrate an attitude of class and civility at all times. Importance will be placed on the development of individuals and team above personal wins and losses. Individual decisions will be based on the benefit of the entire program. Each member of the team will be treated with respect and dignity and realize that each wrestler, coach, and parent supporter plays a vital role in the success and development of the program. Academics will be placed above athletics at all times.

Your behavior in school, in town, and on trips will reflect your character and the effect wrestling is having upon it. People now look upon you as a wrestler, not just some high school kid. If you get into trouble, it will discredit both the team and the sport itself.

You are in school to learn. Time wasted in school is the most costly waste of which you will forever be guilty. You must keep your grades up to par if you wish to wrestle. Whenever you become ineligible, you're cheating both your teammates and yourself. Teachers are sensitive, if you express an interest in improving yourself, they'll be more than happy to help you. If nothing seems to be working, let the coaches know, we can help.

General Rules: Understand that all rules in Bellbrook High School's Athletic Handbook will be followed and enforced strictly. Being a representative of Bellbrook High School is a great responsibility and privilege, if you cannot handle it, turn in your uniform. Do not embarrass yourself, your school, or your coaching staff.

Practice Rules: Never miss a practice; this includes Saturday practices and holiday practices. Practice this season is normally everyday beginning at 5:00 PM. Because of the late start this season, I understand there is a large time window before practice begins. If a student can not get a ride to practice they need to let a coach know so we can car pool or help him get a ride to practice. At 4:45PM, the locker room and wrestling room will be opened so athletes can get ready for practice. Practice is time to improve upon all wrestling skills. Our student athletes need to be mentally and physically prepared to begin each practice. Do not come into practice with a negative attitude, if we as coaches feel that the athletes have a negative attitude toward practice, proper disciplinary action will be taken. If injuries need to be attended to by our trainer, make sure this is done in a timely fashion, reported to the coaches, and make it to practice on time. If for some reason you will not be at practice or may be late to practice, you must contact a coach during the school day. Any changes in practice schedule will be announced.

Personal hygiene is very important in wrestling. To prevent cuts make sure that fingernails are clipped regularly and never extend past the finger. To prevent skin conditions make sure that

you shower immediately after practice. Our locker rooms have showers and the best time to shower is immediately following practice. Make sure practice clothes are clean and that any cuts are covered. To ensure cleanliness consider purchasing 'Hibiclens', a surgical scrub soap that remains on your skin and kills MRSA, Herpes, etc for up to 6 hours. It can significantly reduce the chances of skin infection outbreaks in athletes. It is FDA approved and very effective.

Hibiclens can be purchased in the first aid section of your local Walmart, Walgreen's, CVS, Rite Aid, etc. Otherwise use an antibacterial soap such as Dial.

Athletes and parents must understand that wrestling is a unique sport. Wrestlers must rely on the fact that the coaching staff is very knowledgeable and want what is best for each individual as well as the team. Complete trust needs to be put in the coaching staff to ensure that each wrestler reaches his fullest potential.

Competition Rules: On trips you are representing Bellbrook High School, so dress neatly, no obscene or sarcastic remarks on your clothing. Do not roam the halls of the school we are visiting, stay together as a team, and keep your important items locked or in a safe place at all times. Bench discipline is reflected by a neat appearance and a mature level of conduct. It begins when you put on your uniform. Never look timid and never stray away from your team. While your teammates are wrestling you should be watching and supporting them. Encourage your teammates by offering sportsmanlike advice never shouting insults to the opponents. Always give your teammates the same enthusiastic support you'd like to receive. Never lay around on the warm-up mat or the floor after your match as to never look tired. **Act like a man if you lose, never throw temper tantrums. We do not cry at defeat or throw tantrums; we shake our opponent's hand and vow to work harder so that we are prepared and ready for the next match. A loss is NO one's fault but your own; you can sometimes learn more from a loss than a win.** Above all we have a reputation for never giving up whether ahead or behind in a match. Help make our team live up to this image. Finally, conditioning and proper dieting is each wrestler's own responsibility to his team. As coaches, we will never tell you what weight class you have to go, however, if you tell us what weight you are going to wrestle you are expected to be there for every competition. We will not tolerate anyone who does not make his weight, especially on the day of the meet.

Team Policies: Earning a varsity spot in wrestling is much simpler than in other sports. We will have each member of our team wrestle in order to earn the varsity spot. There will be multiple wrestle-offs during the season and they will be announced by the coaching staff well in advance. The best wrestler will be in the varsity lineup without any politics involved. With that said, understand that the coaches reserve the right to set the lineup that will benefit the team as a whole. Coaches understand match ups and strategy and will chose the line up accordingly. Wrestlers who win a wrestle off but have discipline issues may not be included in the varsity lineup until the issues are dealt with. If there are questions as to why a particular wrestler is (or is not) in the varsity lineup, schedule a meeting with the coaching staff outside of practice/competition to discuss the situation. Team equipment is the responsibility of each student athlete. Lost equipment will result in fines and other disciplinary actions.

Point System For Team Discipline: The accumulation of 15 points calls for dismissal.

5 points – unexcused absence from practice or competition

1 point – excused absence

1-3 points – late to practice

2 points – bad attitude on or off the mat

You can erase points from your total by working it off under supervision of the coaches at some time other than regular practice. The workout will consist of 10 minutes per point. When penalized for violations of any team rules, take it like a man. Whoever penalizes you is doing his job. Ability to accept punishment is a sign of maturity. While working off a point, you'll have enough time to think over why you're doing it.

Captains will be voted on by the team members and coaches after the first full week of practice. Captains are expected to help run practices, show good attitude, correct mistakes without abusing his position, shows respect for his coaches and teammates, sets realistic goals and tries to achieve them, encourages teammates, and if any problems arise the captains are the team spokesman. If failing these duties, a captain may be removed and a new one voted in by the team members.

Attitude: The Key To Success

You are the only one who can keep yourself from being a champion. You must always push yourself as hard as you can. A real winner doesn't have to be pushed by his coach. The push always comes from within.

As a team, Bellbrook High School aspires to establish a reputation for being aggressive, hard nosed and well disciplined. We can't do this by showing a negative attitude at practice or during competition. By stalling, hanging our heads, committing unsportsmanlike acts, or letting ourselves be dominated, we will never win matches or earn a bit of respect.

We must use every fiber in us to take it to our opponent and impose our will; dominating in every position is our goal. Hours of work, sweat, blood, and sacrifice lie behind each second of glory.

The will to win is not nearly as important as the will to prepare to win!

Bellbrook Wrestling – Team Rules and Guidelines

1. Schoolwork comes first.
2. Be on time for school as well as all meetings, practices, and matches.
Notify coaching staff ASAP if you know that you cannot be at a practice, match, or meeting.
3. Behavior in the practice room, locker rooms, and at matches will be professional at all times.
4. Weight loss must be done with proper dieting and exercise. The use of laxatives, purging, or other unsanctioned methods will not be allowed. Rubber or plastic suits are also prohibited.
5. Headgear must be worn when wrestling.
6. When a coach is speaking, everyone is quiet.
7. Personal hygiene – see prevention of communicable and infectious diseases
8. Wrestle Offs: *The head coach may select the varsity starting lineup. A varsity position is earned by winning the first wrestle off between the two wrestlers. A wrestler may challenge for the starting position for any weight class for which he is eligible. To win the starting position, the wrestler must win 2 out of 3 matches. * Both wrestlers must be close to the weight class that they are wrestling off for**
9. All injured wrestlers need to be cleared by his physician on a written form before he can participate in practice or competition.
10. Transportation
 - a. Transportation is provided to and from all athletic events for student-athletes.
 - b. Permission may be granted by the building principal, athletic director, or coach in rare instances for participants not to ride on school transportation. In each instance, a written note AND a verbal contact must be made in advance.