

2017-18 Wrestling Handbook

VHS WRESTLING PHILOSOPHY, MOTTO, AND VALUES

Philosophy: Attack quickly, induce pain and panic, win

Motto: Wrestling Aggressively, Relentlessly

Values: Respect, Integrity, Self-discipline, Hard Work

VHS WRESTLING DOCUMENT REQUIREMENTS, ELIGIBILITY, ATTENDANCE

DOCUMENTS DUE NOVEMBER 13, 2016

Required Documents:

- Participation packet, including insurance information
- Current physical, typically freshman and juniors.
- An ASB card.

Academic Eligibility:

Any student-athlete with an “F” on his or her weekly grade check will be ineligible from that day forward. It will be the student’s responsibility to check with teachers and do what is required to improve the failing grade and restore eligibility. Students must provide the coaching staff with a new grade printout signed by the teacher or an administrator before being reinstated.

Please initial to indicate that you understand the Academic Eligibility Policy.

Parent/Guardian: _____

Wrestler: _____

Attendance:

Attendance at all scheduled practices and competitions is required.

If you are going to miss a practice, notify the head coach via email (armando.roggio@vallivue.org) or text (208-761-1118) at least two hours in advance. If you send a text, please tell coach who you are.

Missing a practice or competition will result in team punishment, including the possible loss of eligibility, extra work, or a requirement to attend a make up practice.

Bottom line, miss too many practices or competitions and you might be done for the season.

The wrestling team has competition scheduled during the Christmas break. Practices and competition are required during this break. Wrestlers who miss Christmas break activities will not be in good standing with the team.

Please initial to indicate that you understand the Attendance Policy.

Parent/Guardian: _____ Wrestler: _____

VHS WRESTLING, PRACTICE GEAR, AND COMPETITION GEAR

Practice Gear:

Student-athletes must wear wrestling shoes, **clean** shorts or workout pants (no pockets please), and shirts.

The coaching staff may specify that a particular shirt or shirts be worn. Wrestlers must have headgear at practice and will be required to wear headgear during some drills or live wrestling.

On “Live” days, student-athletes should wear singlets and headgear.

Practice clothing must be washed daily.

Please initial to indicate that you understand the Practice Gear Policy.

Parent/Guardian:_____ Wrestler:_____

Competition Gear:

Wrestlers will be required to EARN competition gear this year, selling at least 20 raffle tickets in our Autumn fundraiser.

Wrestlers will receive a personalized singlet, sublimated shorts, and a t-shirt for selling the required raffle tickets.

Wrestlers must own wrestling shoes and headgear.

Please initial to indicate that you understand the Competition Gear Policy.

Parent/Guardian:_____ Wrestler:_____

VHS WRESTLING COMPETITION REQUIREMENTS

We have a full schedule of competition in the 2017-18 season. It is important that we represent VHS well.

There will be no bad language, no damage to property, and no behavior that could reflect badly on VHS, wrestling or the coaching staff. Wrestlers who impugn our reputation may be ineligible.

Wrestlers may be required to arrive as much as two hours before a home dual and as much as four hours before a home tournament. At home duals and tournaments, all VHS wrestlers are expected to stay until everything is complete, all mats are put away, and the coaches have dismissed the team.

Wrestlers who arrive late or leave early will not be eligible for the next scheduled competition.

Please initial to indicate that you understand the Competition Policy.

Parent/Guardian:_____ Wrestler:_____

VHS WRESTLING HYGIENE

Wrestling is a skin-to-skin contact sport, so we must do everything possible to maintain excellent hygiene. **As such, all wrestlers are required to shower immediately after practice** and never more than 30 minutes after practice.

It is strongly encouraged that wrestlers make use of the school's showers. Wrestlers who choose not to shower at VHS may be asked to produce a note from their parents stating that they will shower immediately when they arrive at home.

Wrestlers should also consider using a strong anti-bacterial soap.

Wrestlers not maintaining an acceptable level of hygiene may lose eligibility.

Please initial to indicate that you understand the Hygiene Policy.

Parent/Guardian: _____ Wrestler: _____

VHS WRESTLING FRESHMAN DUTIES

At VHS we value freshman. They are the future of the team. They are also responsible for mat room and gear maintenance. This means that freshman wrestlers may be required to stay 15 minutes after the end of practice to help clean up and wash the mats. Freshman may also be required to report for Saturday cleaning.

Please initial to indicate that you understand the Freshman Policy.

Parent/Guardian: _____ Wrestler: _____

VHS WRESTLING TRANSPORTATION

Transportation will be provided to in-state away duals and tournaments. **For duals, wrestlers are expected to return to Vallivue with the team on the bus.** For tournaments, we would again encourage wrestlers to return to Vallivue with the team on the bus.

We will need written, prior permission for parents to sign out students not their own. **Please do not sign out students during competition.**

Please initial to indicate that you understand the Transportation Policy.

Parent/Guardian: _____ Wrestler: _____

VHS WRESTLING LETTERING

There are a few ways for a student-athlete to letter.

- Qualify for the State Tournament
- Wrestle in half of varsity matches as an underclassmen
- Complete three, full wrestling seasons
- Complete a full season the year after lettering for Wrestling
- Coaches recommendation

Please initial to indicate that you understand the Lettering Policy.

Parent/Guardian: _____ Wrestler: _____

VHS WRESTLING FUNDRAISING

Wrestlers are expected to participate in various fundraising activities, including helping to work in concession stands before, during, and after the season. Not participating in any fundraising activity may result in ineligibility.

Please initial to indicate that you understand the Fundraising Policy.

Parent/Guardian: _____ Wrestler: _____

YOU AGREE

This handbook is our guide. When you sign below, you are indicating that you understand everything described here, and that you will support the VHS wrestling team coaching staff.

Date: _____

Parent/Guardian: _____

Wrestler: _____