**Farmington High Wrestling Procedures and Policies**

2015

Welcome to Farmington Wrestling for the 2015 season. You have the privilege and responsibility of maintaining a tradition of excellence. You will be expected to meet high standards in athletic and academic pursuits as well as in general conduct. Our first team goal for the 2015 season is to believe in the team and work hard to maintain the successes of the Farmington Wrestling program. This can be accomplished by a team-oriented attitude supported with hard work in practice and in the classroom. Last year our overall dual meet record was 22-13. Our dual meet record was 3-4 in the O.A.A. Red Division *(the top division of the three O.A.A.divisions)* with a 5th place finish. Our finish in the O.A.A. Red League tournament was 6th place. We won our team district and the city meet last yearand we were MHSA Academic All-State last year for the 3rd straight year.

**We graduated nine seniors last year. Our 1st goal this year is to finish as one of the top schools in the O.A.A. Red Division. Our 2nd goal is to defend the City Championship. Our 3rd goal would be to win the Team Districts and to compete at the state level. Our 4th goal is to repeat as an Academic All-State Team. Each team and each wrestler's ultimate goal are to participate in the District, Regional and the State Meet as an individual and as a member of our team.**

**General Conduct**

The Farmington wrestler must remember that he and his actions are representative not only of himself, but also the entire program and every other individual involved. Any deviation from high standards of general conduct will necessitate disciplinary action. In general the standards apply to the community and school as well as the athletic program.

**Training Rules**

The use of alcohol, tobacco, or non-prescription drugs will not be tolerated and will be treated in accordance with the Farmington Public Schools *"Athletic Student – Athletic Code of Conduct ".* Sleep and proper diet are critical to performance in a sport where conditioning is so important. This requires that the hours of sleep are regular as well as adequate. In general the athlete should retire by 10:00p.m.on school nights and at least 11:00 pm. on non-school nights. All injuries no matter how minor must be reported to your coach and trainer. Players holding jobs outside their regular school day will not be allowed to have their work schedule conflict with obligations to the team.

**Guidelines**

*Philosophy* - The goal of an interscholastic athletic program is the same as for any other educational program providing individuals with the opportunity to develop to their maximum potential. Interscholastic programs are designed to provide a special opportunity for the physically gifted students. *The talented athlete is expected to give and produce more because of that talent.*

**Practice Philosophy**

Go as hard as you can as long as you can. Don’t pace yourself. Practice is where you earn a position on the team.

**Purpose of Practice**

1. *To prepare the wrestler for every situation that you will face in competition.*
2. *To mold a group of individuals into a team.*
3. *To provide experiences for the athlete to develop their skill.*

**Practice Regulations**

1. *Attendance* is your responsibility. You must know the practices schedule, attend practice and **be on time**. If you cannot attend or must be late, **you must notify the coach in advance**. If you become ill at school and find that you need to go home **you can stop by to see a coach** on your way out or you can send a **text message to coach Courtland (248-225-7655).** Another acceptable method would be for **you** **to write a note** and explain why your missing practice and have a team mate give it to a coach. Unexcused **absents will result in disciplinary action and/or missed competitions. While at practice you are required to participate in all activities for that practice.**

2. *Extra curriculum activities* or jobs will not take priority over wrestling practice or wrestling

competitions. Exceptions to this rule must have coach’s approval before taking on any other

activities during wrestling season.

3. *All wrestlers will weigh in* and weigh out each practice day and record their weight. Showers

are required after practice and meets. Coats and hats are required during cold weather.

4. *Wrestlers should not sit* on the mat or rest against the wall while in practice – instead you must

be in a position to protect teammates who are wrestling or drilling. Concentrate on the activity;

this is not a rest period.

5. You must have permission from a coach before leaving the wrestling room. When you

return to the room wipe your feet on the towel at the door.

6. *Practice clothes* must be **clean each day** and *clean your headgear daily*. Do not leave dirty

clothes in your locker.

7. *Dress code for practice* – Shirt, shorts, wrestling shoes, headgear, and proper undergarment. *(Shirts must be tucked in during practice)*

*8. Practice may be required* on some weekends and school mornings as well as **during school**

**vacations.** Part of the practice time may require outside running on school district property.

*9. Equipment -* headgear will be worn at all times during practice. Sweats are allowed **only on**

**pre-match days**. No plastics allowed in school nor should they be used outside of school.

**Team Functions**

Each season there are a number of activities in which team members must participate. They include such things as nutritional meeting, clinics, tournaments, fund raising (poinsettia sale), etc. These activities are a necessary and important part of the program.

# Meets and Tournaments

1. Must ride the team bus to the dual meets. Exceptions to this rule must have the coach's approval at least one day prior to the event. **No buses for in district competitions and Saturday tournaments. This will require your parents to transport you to and from these meets.**
2. **Parents to help build a team concept and unity** all wrestlers at duals, quads and tournaments are expected to stay the entire time of the competition. If awards are part of the event you must stay until the last award is presented.
3. All wrestlers accepting awards **must be dressed in team designated uniform or warm-** **up.** NO HATS for accepting awards.

**Equipment and Facilities**

*Equipment* – **All designated uniforms that are to be used for completion will only be used for those activities.** All equipment must be clean before turning in at the end on the season. Missing equipment (singlet, headgear and warm-ups) will be charged at the current replacement cost. There is a $7.00 charge for lost locks.

*Facilities -* It is every athlete's responsibility to keep all athletic facilities (home & away) as neat as possible. Do not spit or throw trash on the floor or lockers. Return all equipment to its proper place after use (especially jump ropes and weights). Do your part in maintaining the wrestling room, locker room and the weight room. Use traffic patterns in the gym, which will not disrupt other programs. Always take a lock with you for away meets and never leave your wrestling locker at F.H.S. unlocked during that time unless it is empty.

# Eligibility - to be able to Practice and Participate in Meets

1. Have Parental Consent

2. Physical Examination completed, paid the athletic fee and received a card from the AD.

3. Read the Farmington Public Schools “Athletic Code of Conduct” plus the "Farmington Wrestling Procedures and Policies." and the “The Student Code of Conduct”

4. Turned in a *Medical Emergency Form and Parent Acknowledgement of Responsibility for Transportation form* and the *Parent and Athlete concussion information sheet* with the front and back filled out and signed in ink in the appropriate section**.**

5. Be academic eligible, *you cannot have more than one failing grade in the current or previous semester*.

You must learn to manage your time to complete all your school work, tests at the required time. **Remember, you are a Student Athlete and student is before athlete**. *Grades will be checked throughout the season. Your goal is to do your best in the classroom and on the mat.*

6. Displayeffort, self-control, attentiveness, willingness and enthusiasm to accept coaching.

7. Athlete must be in school the day of competition to be able to compete or practice. Exceptions to this rule must be approved by the Front Office.

8. Attend the required nutrition meeting or watch the video after practice and complete the alpha weigh in procedure from our trainer.

9. Understand that wrestling, like any other sport or activity could result in serious injury or even death and I understand that any improper use of equipment, wrestling techniques, and training routine could be harmful to yourself or others.

**Team Selection**

The process is based upon competitive and participation objectives.

1. *Attending* and actually participating in all practices, meetings and team activities
2. *Knowing* and following all team rules.
3. *Using your physical skills* and having proficiency with your technical skills.
4. *The ability* to wrestle within the team concept.
5. *Knowledge* of your role on this team along with your leadership skills and coach ability.
6. *Developing* a work ethic necessary to be successful in wrestling.
7. *Pre-season rankings* - wrestlers will be seeded and drawn into a bracket by the coaches. Each match will be wrestled in order to determine ranking.
8. *Ranking weight* - both wrestlers must be within 1.5 percent of the weight class in order to challenge at that weight class.
9. Challenges for varsity may be one match or more and will occur as needed. J.V. matches will be wrestled based on time available.
10. *Seniors* may wrestle J. V., but in general will not take the place of an underclassman.
11. *Coaches rights*: The coaching staff reserves the right to change or amend the team

selection process based on what will be best for the team outcome. The staff reserves the

right to pull an individual from the line-up in spite of the ranking results for violation of

team rules.

*12. Conduct* - any wrestler who is disqualified for unsportsman like conduct may be

Penalized by the coach in addition to the M. H. S. A. A. standard penalty of missing the

remainder of that day of competition and the next scheduled contest day.

**Fundamentals of sportsmanship**

1. Show respect for your opponents.
2. Show respect for the officials. They are educators who do their job to the best of their ability.
3. Know, understand, and appreciate the rules of the contest. Conform to the spirit of the contest and to the rules.
4. Maintain self control at all times. The desire to win must not overcome rational behavior.
5. Recognize and appreciate an opponent's good performance.
6. Encourage others to be good sports. If you see someone displaying un-sportsman like behavior, spend a few moments to remind that person of the role of educational athletics and how sportsmanship is a part of the process.
7. May our school be humble in victory and gracious in defeat.
8. Let our school be known for the highest level of competition and good sportsmanship.

**Varsity Letter Policy**

1. The number of points necessary to qualify for a letter will be 50 points.

2. A Wrestler gets two points for wrestling in every varsity match in addition...

-Decision, three points

-Major or Technical decision, four and five points respectively

-Fall, default, forfeit or DQ six points.

1. Wrestlers who have not accumulated enough points to letter in a given season will

carry over points to the next season. Once a wrestler quits the team he will lose all

points earned.

5. **Wrestlers must finish the current season as a team member in good standing to be**

**awarded a varsity letter or J.V. letter. This includes participation in the**

**M.H.S.A.A. sponsored meets. These meets are usually held in February and March**

6. The coaching staff retains the right to award extra points to wrestlers for outstanding

contributions to the program or take away points for negative contributions. Examples

of negative; missing practice, starting the season late without coach's approval, late to

practice or being academic ineligible.

7. Seniors will receive special consideration.

8. If at any time a qualified letter winner behaves in such a manner so as not to be a credit

to himself or to his team, he will not have the privilege of becoming a varsity letter

winner. In the same respect if a wrestler is short on points but has at some time during

the season brought fame to his team and school by performing in outstanding matches

during the season, he may receive additional points.

9. With the exception of seniors, all wrestlers who are in contention for a varsity letter at

the end of the season should add up all their points and hand them in to their

respective coaches for comparison.

**Weight Classifications**

103 112 119 125 130

135 140 145 152 160

171 189 215 285

# “THE BEST TEAM DOESN’T WIN NEARLY AS OFTEN AS THE TEAM THAT WORKS THE HARDEST AND GETS ALONG THE BEST”

**BE COMMITED TO THE TEAM AND WORK HARD TO ACHIEVE TEAM GOALS**