

Rules For St. Paul High School Wrestling

All wrestlers are expected to follow this set of Coaches' rules which are in addition to the Student Code of Conduct and the Athletic Code of Conduct in the Handbook for Parents and Students.

Missed practices and/or meet: A written note signed by the parent or guardian stating a reason for the absence, is to be given to the coach in advance when possible or the following day.

Schedules, Practices and Attendance

1. Knowledge of practice and meetings will be the responsibility of each participant, Be prompt. Failure to make a scheduled meeting could result in your being denied an opportunity to participate in the scheduled match.
2. Attendance will be taken at every practice. Two Unexcused absences may result in a denial of the privilege to participate.
3. An excused absence will be permitted ONLY if the coaching staff is informed before practice. Coach Harrington: 267-664-5915.
4. Any injury does not excuse you from practice. You must call me... not your parents. If we feel it is OK for you to be present, you are expected to be in the wrestling room with your team. Dress and run if possible or get an assignment from your coach.
5. Report all injuries to a coach
6. No foul language is to be used on or off the mats!
7. Failure to abide by the coaches' instructions at any time will be considered insubordination.
8. No improper conduct during a match, during practice, or on a road trip.
9. No improper use and/or care of equipment and facilities.
10. No skipping of school.
11. No causing discipline problems in school.
12. No harassing of another team member.
13. No participating in any other school and/or recreationally organized sport during your current season.

Treat your teammates like you want them to treat you. No one is better than anyone else. Failure to comply with this could result in your being dismissed from the squad.

Training Rules: Act, Look, and Dress like you want to be respected by us and you will be. No use of alcohol or mood modifiers. No Smoking. Failure to comply with these training rules may result in being dismissed from the squad. (Common sense rules!)

Any action deemed not representing of St. Paul High School may result in your loss of privileges to participate on the wrestling team.

If in doubt regarding any item in the Coaches Rules, Student Code of Conduct, Athletic Code of Conduct or the Ohio High School Athletic Association Rules, please contact the head coach, athletic director, or principal. We attempt to always be understanding of your concerns.

Objectives

A. Coach's Objectives

1. To develop a sense of team unity and loyalty
2. To develop a sense of good sportsmanship and fair play at all times.
3. To help each individual participate to develop their wrestling skills and knowledge of the sport.
4. To encourage individual accomplishment and development within a team setting.
5. To help participants work toward gaining their potential in wrestling.
6. To provide each participant with a positive atmosphere that encourages success.

B. Athlete's Objectives

1. To develop pride in myself and team.
2. To be competitively aggressive and yet sportsmanlike.
3. To set personal goals and strive to successfully accomplish them.
4. To develop his individual skill in wrestling.
5. To strive for personal sacrifice instead of personal glory.
6. To maintain a good mental attitude in the classroom and on the mat.

Insurance

Each wrestler is required to have hospitalization through the family and if this is not the case, to take out a wrestling policy through a company that will cover such cases.

Physical Exams

No Student will be allowed to practice or participate in matches without having had a physical examination and a parent participation card on file in the office of the person responsible for eligibility.

General Comments

1. Get plenty of rest, conditioning is very important. You must do more training on your own.
2. Conduct yourself properly in the classroom as well as on the mat.
3. There will be a curfew on school days- 10:30 P.M. Day Before a Match- 10:00 P.M.
4. The Freshman and J.V. season is over the day of the District Tournament.
5. **General Comments On Wrestling-** My goal as a wrestling coach is simple one. I want you to be the best you can be, as a wrestler and person. As simple as it sounds, there are many variables that can come about. Practice, weight control, and weight lifting are a few of the main variables.

You must be at practice- if you can't be, then I must be notified before you miss. I will help to the best of my ability in your weight control, but it is basically up to your will power and the goals you have set.

We will lift 2-3 times per week. You must maintain strength as part of your overall success. You will be required to lift. Our team will follow the same schedule and routine that Coach Livengood uses for the Football off-season. I will expect you to follow his lead and direction in the weight room as we have come to an agreement that I want you to follow that specific plan for weight lifting.

Lettering Criteria

You must meet and fulfill all handbook requirements and earn 15 Varsity Team Points.

Pin=6pts

Tech. Fall(15 pt. spread)=5pts

Major Decision(8-14pt. spread)=4pts.

Decision=3pts.

Forfeit=2pts.

Special Awards-

MVW

Kevin Smith Memorial Pride Award

Most Pins

Most Takedowns

Most Improved

The "Hammer"

110% Player Award

Challenge Rules

1. To challenge, a wrestler cannot have missed practice unless excused by a coach
2. To Challenge, the wrestler must notify the coach of the challenge on the Monday of the week of the event.
3. Once the varsity line-up has been established, the challenger must defeat the varsity wrestler(or established wrestler at that weight), two out of three times, starting with the first match.
4. If the varsity wrestler is out of the line-up due to sickness or injury, he is still considered the varsity or established wrestler.
5. For the conference and sectional meets, the coach will decide the wrestler at each weight class based on his record and performance up to that point.
6. The coaches can change this line-up at any time if they feel it is necessary for the betterment of the team.

Absences and Participation in Extracurricular Activities

Students must attend school at least a half-day in order to participate in an extracurricular activity after school or that night. Students coming in late to school must report to the office prior to 5th period (11:30 a.m.) in order to be eligible to participate.

To All Coaches and Parents of Student-Athletes

If you wish to use any part of the school facility (social hall, gathering space, Parish center, cafeteria, convocation center) to feed your teams, etc. you must check with John Livengood at least one week in advance.

Athletes are financially responsible for all school issued equipment and/or uniforms that are lost, stolen, or damaged!!!

Special Equipment

Any special equipment (i.e. knee braces, ankle braces, etc.) are the student-athlete's responsibility to purchase and not that of the Athletic Department.

Awards Banquet

The student-athlete must be in attendance at the end of the season banquet or forfeit any awards they are to receive. Any excuses for not attending are to be discussed with the Head Coach or Athletic Director prior to the banquet. Students must dress in a respectable attire; tie and collared shirt required!

Student Responsibilities

1. To uphold the traditions of sportsmanship and fair play.
2. To perform to the best of their ability in the classroom as well as on the mats.
3. To recognize values of self-discipline and to do all within their power to promote the values of athletic competition
4. To conduct themselves in such a manner so as to create a positive reflection upon themselves, their teammates, school and student body.
5. All students shall pay respect to the flag when it is raised and the National Anthem is played prior to the start of the athletic contest.
6. Team equipment is to be worn at authorized practice sessions or athletic contests only, unless authorized by the Head Coach. Wearing of athletic equipment at time other than above is not approved. Players are financially responsible for the equipment issued to them.
7. A student must be present in school on the day of a contest except in cases of legal absence not including illness or suspension (i.e. funeral, college visit, etc.).
 - a. If a student is home do to illness for a part of the school day , the student must be in school by 5th period to be eligible to participate.
 - b. In the case of a student being absent from school on Friday, and the contest is on Saturday, the student is not eligible to compete on Saturday.

Keep in mind-the Coach will have the final say in all matters pertaining to their teams.

I, _____, have
received the rules of St. Paul Wrestling.

My student-athlete's name is

_____.

Date _____