

South Anchorage Wrestling

2020-2021



Wrestler/Parent Handbook

*"If everyone is moving forward together, then success takes care of itself."
– Henry Ford*

Attendance

In order to be prepared for weekend tournaments, demonstrate commitment to the team, and help your teammates succeed, athletes are expected to attend every practice.

Please notify a coach as soon as possible about excused absences for illness, academic activities (test make-up, tutoring, etc.), or family emergencies. School work is not an excuse for missing practice. Please manage your free time efficiently so that you can attend practice while keeping up with your academic commitments. Additionally, please avoid scheduling doctor appointments, tutoring, etc. during practice times.

Injured athletes are still expected to attend practices for a modified practice, to work on homework, or check in with a coach daily. Even with an injury or skin infection, there are many things an athlete can do to help their team, improve their wrestling, and reinforce their commitment to the team.

Missed practices affect competition. Unexcused absences the day before competition may result in not wrestling at the tournament/dual.

Practice

The following are the major expectations our coaching staff has for practice procedures, as well as before/after practice.

- Everyone helps set up for practice (unrolling mats, washing mats)
- Athletes are ready to start *before* 2:30 pm
- Cell phones are not allowed in the practice room
- Locker room conduct is respectful and appropriate
- Everyone helps cleaning up after practice

If coaches are not present, athletes report to designated team captains.

Grades

In order to maintain eligibility in the ASD, athletes are required to maintain a 2.0 GPA at the quarter, and pass at least 5 classes. However, our coaching staff expects our teams to strive to uphold a higher standard.

Drag sheets/grade checks will be required every 2 weeks, or at the coaches' request, throughout the season. This will help the coaching staff stay up to date on academic progress of each athlete.

If problems arise with grades/classes, please inform a coach as soon as possible so that they can help figure out a solution.

Varsity/Junior Varsity Placement

Placement of each athlete is at the discretion of the coaching staff. If an athlete begins the season at the junior varsity level, they have the opportunity to earn a spot in the varsity tournaments through work ethic in practice, or success at weekend tournaments. The final region team (top 2 at each weight) will be a decision based on a number of factors, including; commitment to team, practice attendance, success throughout the season, and work ethic. This is also the criteria for varsity lettering.

Determining each athlete's weight class will be a discussion between the athlete and coach, and parent if needed. This decision will be based on a number of factors including; health of the athlete, individual needs, and team needs.

Competition Expectations

Athletes are expected to attend weekday home duals to support their teammates who are wrestling. This will help to reinforce their commitment to the team, and improve the atmosphere for our duals.

Additionally, while competing at weekend tournaments, athletes are expected to stay and support their teammates until the last South wrestler is finished competing for that day.

Phones are not allowed for athletes sitting on the team bench during duals. Athletes are expected to be engaged in the competition, cheering for their teammates.

Athletes are expected to wear team warm-ups that are issued to each individual, or other South Wrestling apparel that is approved by a coach. This ensures that we represent our school, and look like a team while at competitions.

Fundraising

In order to continue to maintain our quality equipment/uniforms, and fund travel around the state, it is necessary that every individual participates in fundraising. If there is a fundraising activity, it is expected that each student athlete is there to do their part. If you are unable to attend, please let a coach know.

With my signature below, I acknowledge that my parents and I have read, understand, and agree to abide by the South Anchorage Wrestling team policies and procedures outlined in this handbook.

Athlete

Name: _____

(Print)

Signature: _____

Date: _____