



“Excellence is not a singular act but a habit. We are what we repeatedly do.”  
- Aristotle

## 2011-2012 TEAM HANDBOOK

## Coaching Philosophy

Gonzaga Prep Wrestling exists to support the mission of the school as well as provide additional opportunities for student growth. We strive to create a fun, rewarding and challenging experience that allows for total participation for all team members. We are committed to fostering not only athletic and physical growth, but intellectual, spiritual and cultural growth as well. Our goal is to develop future leaders of strong character, integrity and discipline.

Gonzaga Prep Wrestling Is . . .

. . . Fun

. . . Hard Work

. . . Both a Team and an Individual Sport

. . . The Ultimate Preparation for Future Success

### Washington Weight Management Assessment Program

Each wrestler must complete a minimum weight class assessment, which consists of a hydration test, body fat analysis and weigh-in. Wrestlers are NOT required to compete at their minimum weights. There is an appeal process for any wrestler who desires to compete at a weight class lower than his original certification allows.

Weight Classes:

106	113	120	126	132	138	145
152	160	170	182	195	220	285

### Hygiene/Skin Infections

There are four simple principles to preventing infectious skin disease:

- 1) Clean wrestlers
- 2) Clean gear
- 3) Clean mats
- 4) Check your skin

If these four simple principles are adhered to, we should have minimal issues concerning skin problems.

### Clean Wrestlers

All wrestlers are required to shower daily after practice, at school. Waiting until you get home to shower allows time for sweat on your body to dry, and bacteria/fungi/viruses time to leach into the skin. Wash with antibacterial soap – there are soap dispensers mounted in the school showers.

As important as showering after practices is showering after competition. During duals and especially tournaments, hundreds or even thousands of wrestlers and non-wrestlers are on the mats over the course of an event.

At home duals: shower as soon as the event is over.

At away duals: shower either immediately after the event at the host school or immediately upon our return to Prep.

At tournaments: shower immediately after every match. Nearly all of our skin problems show up right after tournaments. Bring a clean towel and soap to every tournament.

### Clean Gear

Wear clean workout gear to practice every day. Do not wear P.E. uniforms or borrowed gear. Knee pads or any other type of brace/padding are culture dishes for bacteria/fungus. Wash pads daily – have two or three knee pads so you can rotate a clean one in every day. Wash your towel at least once a week. Do not pile dirty gear up in your locker.

### Clean Mats

We wash our mats every day after practice with top-of-the-line antifungal/antibacterial/antiviral solution. We use a clean mop pad every day. When you are washing mats, make sure you are thorough and clean around the edges.

Do not wear your wrestling shoes anywhere but on the wrestling mat. Do not put your shoes on until you are in the wrestling room. If you must leave the room during practice, take your wrestling shoes off first.

Police the mats – keep friends and other students off the mats in street shoes, bare feet and stocking feet. Socks are no better than street shoes.

### Check Your Skin

Do a skin check every day in the shower. Some of the most frequently affected parts of the body are the neck, face, around the ears, upper arms and upper legs. Have teammates check your neck and back, and call anything you see on a teammate to his and a coaches' attention.

If you notice anything on your skin that is not usually there, report it to a coach immediately. We can treat any skin infection, but we need to start treating immediately and prevent it from spreading. Look especially for anything red, itchy, dry, oozy or in any other way unusual.

## **Facilities**

We rely heavily on three facilities in the school: the wrestling room, the weight room and the locker room. It is imperative that we respect these facilities and keep them in the best possible condition for ourselves and the other athletes that rely on them.

## **Practice Policies**

On school days practice starts at 3:30. Saturday practices typically start at 9:00 am. Christmas break practices start at 4:00. All athletes are expected to attend every practice. Schedule doctor's visits, family events, driver's ed, other extra-curriculars etc. around your practice schedule.

On school days, the interval from 2:45-3:30 is to be used for some worthwhile purpose. This includes homework, meeting with teachers, watching film, lifting weights, conditioning. Wrestlers need to be in the wrestling room by 3:15 to begin warming up so practice can begin at 3:30.

If you are healthy enough to attend school, you are healthy enough to attend practice. Missing practice due to illness on a day you attended school is unacceptable.

If you are on academic probation you must check in with a coach before practice, then attend after school study hall.

## **Depth Charts and Challenging**

The Blue/White dual will establish the depth chart for the start of the season. Beginning on December 13, wrestlers may challenge on any/every Monday to move up one position on the depth chart. Each wrestler may only challenge one time per week. In order to challenge, you must meet the following criteria:

- You must sign up for a challenge no later than Saturday preceding the challenge. You may sign up as early as the previous Tuesday.
- Both wrestlers must be within 5 pounds of the contended weight class.

In the event that the #1 wrestler is unable to compete in an event due to illness, academics or injury, the #2 will move into his spot for that event. The #1 wrestler will regain his spot upon return – he does not need to challenge (the #2 may challenge to take over the spot).

## **Equipment Issue**

You are responsible for all of the equipment issued to you for the season. You will be assessed the cost of any equipment that is not returned or that is returned damaged. Failure to return equipment/pay for lost equipment will result in a hold on your letter and academic transcripts until payment is received.

Every wrestler will be issued a singlet, a pair of warm-up sweats and a backpack. You may opt to use school-issued headgear or buy your own.

Costs: warm-up jacket \$50; warm-up pants: \$50; backpack: \$35

## **Lettering Policy**

In order to receive a wrestling letter, an athlete must accumulate seventy-five or more points over the course of the season. There are six ways to earn points throughout the season.

- 1) Practice attendance – 1 point per practice.
- 2) Challenge match – ½ point per challenge.
- 3) Extra/Makeup practice – ½ point per after-practice workout
- 4) AM workout – ½ point per workout.
- 5) Competition – 1 point per event participated in.
- 6) Extra event attendance – ½ point per event.
- 7) Competitive Win – 1 point per varsity win / ½ point per JV or Frosh win

Practice (1 point):

On school days, practice begins at 3:00 and typically ends at 5:00. On Saturdays and non-school days, practices will begin at either 10:00 or 4:00 pm. If you arrive at practice late or leave early, you will only receive ½ letter point for that practice. There will be 50 regular practices over the course of the 2011-2012 season.

Competition (1 point):

Over the course of the season there are 18 varsity competitions, 15 JV competitions, and 15 Freshman competitions. You must compete in the event in order to earn the point. For dual meets, JV and Freshmen wrestlers must stay for the varsity meet (and help move mats at home duals) in order to receive the full point.

Victories (1 point for varsity / ½ point for JV/Freshman):

Wrestlers who are healthy and eligible throughout the season will wrestle as many as 33 matches, and likely no fewer than 20.

Challenge Matches (1/2 point):

The depth chart is determined by challenge matches. Wrestlers may challenge once-a-week, and all challenge matches must occur on Mondays. A wrestler may only challenge the wrestler immediately above him on the depth chart. If a higher-seeded wrestler is not present or is otherwise unable to wrestle a challenge, he forfeits his spot for that week.

Makeup workout (1/2 point):

Makeup workouts are a way for wrestlers to earn back points missed due to complete or partial absences from practice. A makeup workout consist of a 15-minute, coach-supervised workout immediately following a regular practice. These are typically intense live wrestling workouts.

AM workout (1/2 point):

Morning workouts will be available on Monday, Wednesday and Thursday mornings, from 6:30-7:45 am and Tuesday mornings from 7:45-8:30. Workouts may include weight-lifting, wrestling, games, and other forms of conditioning. You must be on time to receive credit.

Extra Event (1/2 point):

Attending an event in which you are not competing (if you are a Freshman and you attend a varsity event) other than a dual, check in with a coach to receive ½ point.

## Dual Meets

We will compete in nine dual meets this season. All athletes are expected to attend every dual, whether or not they are competing. For away duals, all athletes will ride to the host school on the bus.

Weigh-ins: JV and Freshmen weigh in at 4:15. Varsity weighs in at 6:00.

For home duals: all athletes meet in the wrestling room immediately after school for weight check, then to roll and move mats. Once mats are moved (around 3:00) wrestlers are dismissed to study hall in either room 48 or the computer lab. At 4:15, JV and Freshmen wrestlers report to the locker room for weigh-ins. All wrestlers report to the gym at 4:30 to set up the gym. JV/Freshmen matches are from 5:00-6:30. All varsity wrestlers attend these matches (until 6:00). Once JV/Freshmen matches conclude, those wrestlers break down the extra mat, move it downstairs and move chairs to set up for the varsity dual. JV and Freshmen wrestlers shower before returning to watch the Varsity matches.

**Once the Varsity dual is over, all wrestlers help to break down the gym – roll and move mats, put away tables and chairs. Varsity wrestlers shower before going home.**

For away duals:

All athletes meet in the wrestling room right after school for roll and weight check. From there, wrestlers are dismissed to study hall in room 48 or the computer lab. Meet on the bus in front of the main entrance at 4:00. JV/Freshmen wrestlers help the host team set up for the varsity dual, shower, and stay for the varsity matches. Varsity wrestlers check weight on the host scale, then watch JV/Freshmen matches until weigh-in. Any wrestler not returning to Prep on the bus must check in with a coach prior to leaving.

## Tournaments

Local Tournaments:

All athletes will ride on the bus or van to tournaments unless otherwise arranged with a coach. Athletes will meet at Prep at the assigned time, check weight and depart for the tournament. Athletes need to bring a towel and soap, all wrestling gear, and food/drinks for the day. All wrestlers are expected to remain at the tournament, with the team for the duration of the tournament, regardless of individual status. All athletes not returning to Prep on the bus or van need to sign out with a coach prior to leaving. Wrestlers should shower every each individual match of the tournament.

Out of town tournaments:

All athletes will ride on the bus or van to out of town events. The team will provide breakfasts and dinners for out of town trips, but wrestlers should bring food to eat between matches during the tournament. Athletes must strictly comply with coaches' instructions on road trips in regards to room checks, acceptable behaviors, bed times, wake up times, etc. There is a zero tolerance policy for failure to comply with team policies or coaches' instructions on road trips.

## **Academics**

Gonzaga Prep is a college prep school with high academic standards. In order to be eligible for competition with the wrestling team, athletes must be passing all of their classes. If, at any time, an athlete's grade drops below passing in one or more classes, he will be placed on academic probation and required to attend after school study lab until the grade is raised.

As student-athletes, wrestlers are expected to balance their schedules and manage time in such a way as to fulfill obligations to school and to the team. Needing extra time to study or do homework is not an acceptable reason to miss practice or team events. This does not imply that the coaching staff values athletics over academics, as the opposite is true. Athletics are, above all, preparation for life beyond school, and one of the most important skills you will need in life is the ability to balance all of the many demands of an active life in order to satisfy the demands of their many commitments.

Special recognition will be awarded to athletes who maintain a 3.5 or better GPA throughout the season, and an individual award is reserved for the athlete with the highest overall GPA for the season.

## **Substance Abuse Policy**

The wrestling program adheres to the school's substance abuse policy which strictly forbids the use of any tobacco products, alcohol, and steroids. Students in violation of this policy will be punished in accordance with school policy as follows:

First Offense: placed on probation for the remainder of the season and ineligible for the next two events. Attend an educational course related to the particular offense.

Second Offense: Suspended for the remainder of the season.

Third Offense: Suspended from all school athletics for the remainder of the school year.

## **Awards**

Wrestling is an incredibly demanding sport and athletes are well-deserving of all manners of praise. We have numerous awards to recognize excellence in a variety of areas:

Wrestler of the week – nominated and voted on by team

Special Maneuvers – moves/results within individual matches worthy of special notice:

- “chocolate malt” – score an escape immediately followed by a takedown
- “take 5” – take an opponent down directly to his back for takedown + near fall
- “short time” – score points within the last 10 seconds of a period
- “jail break” – score an escape or reversal within 5 seconds of a whistle start
- “shutout” – hold an opponent scoreless for an entire match

Individual Match Records:

- Most takedowns in a single match
- Fastest pin in a match

Season Records:

- takedowns
- wins
- pins
- escapes

Prestige Points (varsity matches only):

Win by decision – 1 point

Win by major decision – 3 points

Win by technical fall – 4 points

Win by fall – 5 points

8<sup>th</sup> place at tournament – 1 point

7<sup>th</sup> place at tournament – 2 points

6<sup>th</sup> place at tournament – 3 points

5<sup>th</sup> place at tournament – 4 points

4<sup>th</sup> place at tournament – 5 points

3<sup>rd</sup> place at tournament – 6 points

2<sup>nd</sup> place at tournament – 7 points

1<sup>st</sup> place at tournament – 10 points

End of Season Awards:

- Outstanding Wrestler – based on most prestige points
- Most Valuable Wrestler
- Freshman of the Year
- Ironman – based on lettering points
- Most Inspirational
- Most Improved
- Most Consistent – based on practice attendance
- 3.5 GPA or higher
- Highest GPA for the year