
HIGH SCHOOL NOTES

THINGS TO KNOW:

1. No athlete is ever cut from the program. Do not cut yourself.
2. Athletes considering retiring should speak with the coaching staff before making any decision about leaving the team. *Maybe the problem - can be worked out.*
3. Yes, it is hard for some athletes to hang in there, especially freshman or seniors. The wrestling room is a competitive arena. All athletes' work together and that means freshman sometimes partner with seniors. This can be difficult from a maturity standpoint, but both athletes can learn from one another.

ABOUT PRACTICE

1. Practice is required, begins at 3:30pm each school day, and ends around 5:30pm. Length of practice may vary. You **MUST** be in school all periods of the day in order to be eligible to practice or compete. If you are out for an appointment, please make sure you have a written excuse from the doctor/dentist.
2. Prior to beginning practice, athletes must have on file in the high school office - a signed co-curricular code, WIAA alternate or physical card, and have paid their athletic fee.
3. Missed Practice:
 - A. Coaches Notification (if in doubt, call you're your coach directly on cell phone)
 - If you are at school, leave a message in the high school office for us.
 - If you miss school for illness on a regular school day, you do not need to notify the coach.
 - If you miss a practice held on a "no school" day, you must notify the coach at least one hour before scheduled start of practice. Call the coaches cell phone.
 - B. Unexcused Missed Practice For each missed practice you will need to make up time with the coach. This will require staying after practice for at least 30 minutes. The coaching staff could consider discontinuation on the team.
 - C. Missed Tournament Coach Not Notified: Will be determined by coaching staff on an individual basis.
4. Practices during non-school days (Thanksgiving/ Winter Break) are required as the coach instructs.

EQUIPMENT:

All equipment that is checked out to the wrestler will be the responsibility of the wrestler and turned in at the end of the season with only reasonable wear. Headgear **MUST** be worn at all times! Meet uniforms need to be treated with respect.

VIDEO TAPING

All varsity matches are videotaped and notes and viewing are available the following day. The River Falls Wrestling room has a TV & DVD so athletes may view after practice. Also, available are most previous year's matches to learn and scout upcoming opponents. This is a valuable resource for improvement!

HOME MEET SET UP AND TEAR DOWN

All members of the River Falls Wrestling Team will help in meet set up and tear down. After the meet finishes, every team member must help put the mat(s) away.

TRANSPORTATION

All wrestlers **MUST** ride school provided transportation to and from events. Only in very special circumstances will the wrestler be allowed to ride home with parents with signed permission card and advance notice.

PRACTICE/ COMPETITION

1. Wear all protective equipment including HEADGEAR to every practice or competition when wrestling.
2. Wear appropriate clothing articles to practice, which includes no jewelry, watches, earrings, etc.
3. All injuries should be reported immediately to the coaching staff for appropriate measures.
4. All athletes with special health concerns should notify coaching staff of appropriate measures (diabetics, asthma, etc.).
5. Uniforms must be treated with care and respect, as they are used for several years with succeeding teams.

MIDDLE SCHOOL WRESTLING PROGRAM

High school wrestlers are encouraged to attend middle school matches whenever possible. Middle school wrestlers work hard and perform better when they see high school role models sitting in the stands!

MAKING THE VARSITY TEAM

Wrestle-offs will be conducted whenever possible, outside the normal practice time. The coaching staff will determine when wrestle-offs will be offered. No cheering for either wrestler is allowed and every effort is made to be fair in officiating. At times, these can be very tense and competitive situations. Wrestlers wishing for a wrestle-off are encouraged to sign up when they are available.

For those athletes that do not make varsity, every effort is made to provide competition through the junior varsity schedule. Your role as a teammate and a practice partner is critical to the overall success of the program. Your personal development is very important to the entire coaching staff. As many schools we wrestle do not have very many junior varsity wrestlers, the coaches, to the best of their ability, use the following criteria when deciding who will wrestle available opponents:

- 1 Attendance at practice.
- 2 Match wrestlers by ability.
- 3 Position on team.
- 4 Number of matches that year.

Junior Varsity tournaments are very important to test skill development, which provides coaching staff a direction for future learning. Many times, this is where they have an opportunity to get competition!

SAFETY OF ATHLETES

As in all athletic participation, some risk is involved. Wrestling is a very demanding contact sport. Every effort is made to provide a safe, controlled environment. All injuries should be reported immediately to the coaching staff. It is always been our policy to keep wrestlers safe and follow first aid and school policies with regards to injuries. Because of the nature of the activity, team members and their families must accept and share certain responsibilities with the coaching staff to enhance the safety and enjoyment of the sport. THE SCHOOL PROVIDES NO INSURANCE. A trainer is available and should be used to assess and further treat certain injuries. Blood Pathogen procedures have been established by the School District. Every effort is made to protect the athlete. In some cases, a change of clothing will be necessary and wrestlers should remember to have extra workout gear on hand.

SPECIAL SAFETY NOTES

In order to prevent the spread of skin disease and the promotion of colds, flu, etc. during the season, please follow these guidelines:

1. Remember to shower RIGHT AFTER practice and to use an anti-bacterial soap.
2. Wash workout clothes as often as possible, preferably each day.
3. Wash uniform after each use, especially as another athlete may need to use it also. Uniforms should be washed in cold water and line dried.
4. Do not share anything that is used from mouth to mouth, such as pop cans, etc.
5. Seek treatment IMMEDIATELY for all suspected cases of skin infection.

IN THE LOCKER ROOM

1. Be alert to slippery floors and locker room layout to prevent unnecessary injury.
2. All athletes must lock their lockers and keep locker room free of litter.
3. Vandalism and theft will result in an immediate suspension from the team and the forfeit of any pending matches.

PRACTICE OR COMPETITION SITE

1. Be alert to building layout and exits to prevent injury and in case of emergency exit.
2. Report any suspected unusual occurrence to coaching staff.
4. Vandalism and theft will result in an immediate suspension from the team and the forfeit of any pending matches.

THE EDGE

The difference between winning and losing is frequently very small. A little extra on your part could mean the difference between a championship trophy and a runner-up medal. Below are a number of things that you can do to ensure that you are on the right side of that very thin line!

1. **WEIGHTLIFT** every other day. Use light weights, 8-14 reps and be sure of full range of motion. Do curls, reverse curls and bench presses. Do sit-ups and push-ups as well. Work to muscle failure and be sure to use negative force as well.
2. **WRESTLE** people who are tougher or heavier than you are. If you do wrestle someone below your ability, use new and different moves, not your best. This is the time to experiment and truly improve your overall ability by refining and trying new moves.
3. **BE A PERFECTIONIST AND A STUDENT** of all moves, not just a few. The move you do not learn can mean the difference between victory and defeat. Take time and study your film; study higher level wrestling, collegiate, etc. Do not just watch film, *study* to see specific leverage, momentum, and angles.
4. **DRIVE YOURSELF** - practice will last about 2 hours, so give you and the team a full 2 hours – while at practice, think and concentrate only on becoming a better wrestler. Help your partner - do not be a dumb dummy. Continually push your partner. React properly and with the right amount of resistance. If you are going through the motions, you not only hurt yourself; but this is very detrimental to your partner.
5. **RUN** every day especially weekends. You can run before school, lunch periods, released time or perhaps even in gym class. Run at night if you have to, but RUN! Running will not only get you in excellent condition, but will keep your weight down. Below are SOME instances where running made the difference between winning and losing;
6. **TALK WITH YOUR COACHES** to seek their feedback on not only what is going well for you but their insight to what you can be doing better. If you bring an area of concern or focus to their attention, they can pay particular attention to situations where they can provide the needed coaching to help you improve.