

South St. Paul High School

Wrestling Handbook



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SSP High School Wrestling Program Philosophy

This program focuses on the positive development of the student/wrestler physically, mentally and socially. The student wrestler will be encouraged and motivated to improve discipline and dedication to develop a variety of physical skills. A team commitment to academic success will be instilled via regular team study sessions as well as recognition for academic accomplishments. The student/wrestler will improve skills socially in the areas of sportsmanship, leadership, friendship and respect among others. It is the hope of the coaching staff that participation in wrestling will increase traits that will help the student/wrestler be successful in life.

Coaches will coach according to this philosophy while following and enforcing the rules and expectations for the student/wrestler.

Rules and Expectations

Attendance:

Be at all scheduled practices and competitions on time and prepared as they are listed on the schedule.

If you are injured or not able to practice fully, you are still required at practice and will be given an alternative plan for improvement (ie. biking, lifting, watching tape, etc.). The same goes for team competitions. If you are unable to participate, you are still required to be at the competition to support the team.

○ Excused Tardy for:

- Unavoidable family emergency with a note from your parent/guardian. Let coach know in advance if at all possible.
- Health care related appointment with a note from the doctor. If it is not an emergency visit, the coach should be informed in advance and still receive a note from the doctor.
- School related circumstance that has been OK'd by the coach in advance or has a note from school staff (ie. teacher, principal, AD, etc.).
- Given coach's permission in advance.

○ Consequences for Unexcused Tardy:

1. 1st time & 2nd time- 15 minutes of additional conditioning each time
2. 3rd time- 15 minutes of additional conditioning
+ Possible parent meeting and removal from the team at coach's discretion based on results of parent meeting.

○ Excused Absence for:

- Excused from school with notification from attendance office.
- Unavoidable family emergency with a note from your parent/guardian. Let coach know in advance if at all possible.
- Health care related appointment with a note from the doctor. If it is not an emergency visit, the coach must be informed in advance and still receive a note from the doctor.
- School related circumstance that has been OK'd by the coach in advance or has a note from school staff (ie. teacher, principal, AD, etc.).
- Given coach's permission in advance.

○ Consequences for Unexcused Absence:

1. 1st time & 2nd time- 2 sessions of 15 minutes of additional conditioning
2. 3rd time- 2 sessions of 15 minutes of additional conditioning time
+ Possible parent meeting and removal from the team at coach's discretion based on results of parent meeting.

Dress:

- Practice:
 - Issued practice gear at every practice!(T-shirt, shorts & headgear) + knee pads, wrestling shoes, running shoes and sweats on occasion are appropriate.
 - Clothing with zippers, snaps, pockets or hoods, any types of jewelry, as well as plastic suites are not appropriate.
- Competition:
 - Assigned warm-up top/bottom, singlet, and headgear are required for all competitions and will be provided. Wrestling shoes should also be worn, while kneepads are optional.
 - Warm-up top/bottom will be worn at the beginning of all competitions and for pictures or awards.

Issued Equipment:

- Issued Equipment List: (some or all of the following items may be assigned to the student/wrestler)
 - Black Champion Practice Shorts
 - Gray SSP Wrestling Practice Shirt
 - Maroon Laundry Loop
 - Maroon Warm Up Top & Bottom
 - Maroon, White, Gray, or Black Competition Singlet
 - Fight Shorts & Compression Shirt Competition Gear
 - Black Champion Team Warmup Sweat Shirt
 - Maroon Head Gear
 - Maroon Mesh Bag
 - Combination Lock
- Policies:
 - All equipment checked out to a student/wrestler will be recorded by the coach.
 - Student/wrestler is expected to keep equipment clean and in good condition.
 - Loss of, or damage to school equipment will be billed to the student/wrestler and/or the participant's parent or legal guardian.
 - **Student/Wrestlers with braces or a special orthodontic device must wear a tooth and mouth protector to cover the device(s)**

Hygiene:

- Coach's obligations:
 - Coach will make sure that practice gear and competition gear is cleaned on a daily basis.
 - Coach will make sure that wrestling mats are kept clean on a daily basis.
 - Coach will make sure that showers are in working order and soap is available.
 - Coach will keep a scissors, razor and nail clippers available to maintain hair and nails at an appropriate length.
 - Protective Skin Foam will also be made available to student/wrestlers to use daily
- Student/Wrestlers' obligations:
 - **MUST** wear clean clothes to practice **EVERY DAY!!!**
 - **MUST** shower after **EVERY PRACTICE & EVERY COMPETITION!!!**
 - Student/Wrestlers must be clean shaven for all competitions and maintain appropriate hair and nail length at all times.

Travel:

- School Policies:
 - All participants must travel to and from out-of-town contests in transportation provided by the school unless prior arrangements are made by the parents or legal guardians for exceptional situations.
 - Participants will remain with their squad under the supervision of the coach when attending away contests.
 - Participants who do not ride on the team bus will not be allowed to participate in the contest unless permission had been granted by the activities director.
 - **Participants who are unable to ride the team bus must turn in a signed parent / guardian note (phone call or email may also suffice) to the Activities Office** at least one day prior to the completion in order to travel with a parent to a competition or event.

Captains:

- 3-6 Captains will be determined by a team vote prior to the start of each season. Underclassmen who are elected Captains may be chosen to continue their duty as Captains at the head coach's discretion for the following season
 - All those interested in becoming a captain must:
 - 1) Fill out an application at the beginning of the season and turn it in to the head coach.
 - 2) Speak to the team, informing them as to why they would make a quality captain.
 - 3) Be elected by team vote and have the approval of the head coach.
- Responsibilities:
 - Do the very best to help the team reach it's full potential by:
 - **Representing the SSP Wrestling Program in a positive way in public, at competitions and at other formal events.**
 - Assisting the SSP K-12 wrestling program in all ways possible.
 - Encouraging teammates to act responsible, respectful, polite & honest.
 - Leading team warm-up and team stretches.
 - Assisting in communication between coaches and teammates.
 - Organizing or assisting in team get-togethers.
 - Leading by example.
 - **Following all MSHSL policies in regards to Chemical Health and Code of Conduct**

Team Selection:

- For all individual competitions, the team will be determined 100% by "Wrestle Offs".
 - "Wrestle Offs" will be held once at the beginning of the season, and several times during the rest of the year.
 - For the first wrestle-offs of the season, all positions may be determined by the winner of 2 out of 3 matches. The loser of the 1st match may choose not to go 2 out of 3. Based on number of wrestle-offs to complete, the coach may declare the first wrestle off to be 1 of 1.
 - All wrestle offs after the 1st of the year will be only one match until the end of the season for Individual Sections which will again be 2 of 3.
 - Wrestle offs are marked on the season schedule which will be closely followed in all cases other than special circumstances which will determined at the coach's discretion.
 - Student/wrestler should be no more than 5 pounds heavier than the weight class they are wrestling off for at the time of the wrestle off unless the head coach deems otherwise.
- For all team / dual meet competitions, the team will be determined 100% by the coach.
 - The coach may choose to start a different line up based on the opposing team's strengths and weaknesses or for any other reason deemed appropriate by the head coach.

Academic Eligibility

- It is a goal of the South St. Paul Wrestling Program to have a high level of success in the classroom. In order to participate on the South St. Paul Wrestling team, each participant must make at least satisfactory academic progress.
 - Student/wrestlers must attend all scheduled team study groups and work at a satisfactory level on academic material daily.
 - A student/wrestler must meet a 1.70 minimal GPA in the previous marking period.
 - Not meeting the 1.70 criterion will result in a 3 week academic probation period.
 - The student/wrestler/manager is required to practice and attend study groups and may still compete during the period of academic probation.
 - The student/wrestler/manager is ineligible for whichever is greater: two consecutive competition dates or two weeks of the new marking period.
 - Following the period of probation, if a review of student/wrestler/manager's academic performance indicates that the student/wrestler/manager is performing at a satisfactory level, they will no longer be on academic probation. If the review indicates the student/wrestler is failing to meet the 1.70 GPA criterion,
 - The student/wrestler/manager is ineligible for whichever is greater: two consecutive competition dates or two weeks of the new marking period.
 - After the two week ineligibility period there will be another academic review. If the review indicates the student/wrestler is failing to meet the 1.70 GPA criterion, he/she cannot regain eligibility until the end of the grading period.
 - A student/wrestler who is academically ineligible **MUST ATTEND PRACTICE and STUDY GROUP** if he wishes to return to competition or to letter. "Going home to work on homework" is not an excuse to miss practice.
 - Student Mangers who are academically ineligible may not be asked to perform their normal duties until eligibility is regained.

MSHSL Rules and Expectations:

- All student/wrestlers and student/managers are required to sign a pledge to honor and meet all MSHSL rules, expectations and requirements in order to participate in Wrestling.
 - Not honoring and meeting these rules, expectations and requirements can lead to a MSHSL Violation from the Activities Department.
 - A violation of these MSHSL policies may also lead to additional consequences from the coaching staff such as, but not limited to:
 - Time spent out of competition
 - Additional "Reminder" Conditioning Activities
 - Meeting with parents/guardians.
 - Dismissal from the team.

Lettering:

○ Student/Wrestler Criteria:

- Must earn a minimum of 18 varsity team points and successfully complete the season.
 - Team point break down: 6-fall, 5-tech fall, 4-major decision, 3-decision, 6-forfeit and 1-loss. No points are awarded for tournament byes.
- A senior student/wrestler may letter regardless of team points earned if they possess a good attitude and leadership as well as successfully complete the season.
- The coach may choose to letter a student/wrestler at his discretion due to any unusual circumstances.

○ Student/Manager Criteria:

Student/managers will be selected by the head coach at the beginning of the year. The head coach and student/managers will work together to create a schedule to cover all competitions and events.

- Will assist the team on a regular basis in the areas of: stat keeping, recording competitions, equipment issuing & inventory, and event preparation.
- Must be on time for all scheduled events and activities and dressed to appropriately represent the SSP Wrestling Program and their school.
- Must complete the season successfully without any unexcused absences.
- Must be respectful to school staff, coaching staff, team members and fellow managers. Problems in this area may lead to dismissal from the role of Student/Manager.
- Must meet the required academic eligibility policy as outline be prior.