

Austin Packer

Wrestling Handbook

2023-2024



**Gold medals aren't really made of gold. They're made of sweat,
determination, and a hard-to-find alloy, called guts.**

~ Dan Gable ~

Introduction of Coaching Staff

- a. Head Coach: Jacob Nelson 612-418-3680 jacob.nelson@austin.k12.mn.us
- b. Assistant V/JV Coaches:
 - a. Blake Wolters bwolters28@gmail.com
 - b. Lyle Allen lyle.allen@austin.k12.mn.us
- c. Co-Head Middle School Coaches:
 - a. Dan Rysavy dan.rysavy@gmail.com
 - b. Mitchell Schotanus mitchellschotanus2019@gmail.com
- d. Strength Coach/Assistant Coach: Mark Winkels mark.winkels@austin.k12.mn.us
- e. Volunteer Coaches: Marcus Otomo

Remind app: Class Name: AHS Wrestling; Class Code: @austinwr

- a. If a student, athlete, or parent has a question or concern regarding the wrestling program, please email, message on remind app, call, or set up a meeting with the head coach.
- b. ALL communication needs to take place before or after all competitions. Coaches will not respond to concerns during competitions, this includes email, messages, and phone calls. Concerns will be addressed 12 to 24 hours before or after a competition.
- c. Communication is essential for any team to be successful. We are not only coaches, but also mentors. It is our goal to provide the athletes with quality skills to become a successful individual.

Coaching Philosophy

That each wrestler would realize a continuing maturity and perfection in their personal virtues and character traits – attitudes and habits. Each wrestler should work hard, stay positive, and encourage other team members. If this happens, we are all winners. We want everyone to mature, develop self-confidence, and become a better person through learning self-discipline, cooperation, integrity, and teamwork.

Austin High School Wrestling Expectations

1) Expectations: The following is a list of expectations for participants in the Austin High School Wrestling Program.

- a) Practice time
 - i) Arrive to practice on time and ready (including dressed and appropriate shoes for the start of practice).
 - ii) Practice will start 3:40-45 pm on normal school days. Practice times may change to accommodate no school, breaks, early releases, etc.
 - iii) Practices in weight room/strength training are part of wrestling practice and athletes are required to be present. These practices will take place before school at 7:00am or included in after school practice.
 - iv) The wrestling room is our designated work room. There will be no horse play or misbehavior in the wrestling room. We are positive, serious, focused and determined to get the most out of the time we have in there. Once we enter the room you are expected to give 100% the entire practice.
 - v) Practice will conclude around 6:00pm on normal school days. Unless the head coach determines that an adjustment needs to be made.

vi) Please make sure to check the schedule sent out by Coach Nelson and the Big 9 schedule. This will help you stay up to date with changes and adjustments that may happen over the season.

b) Attendance

- i) You are allowed absolutely ZERO unexcused absences.
- ii) COMMUNICATE WITH COACHES IF YOU WILL BE GONE FROM PRACTICE
- iii) The coaches will decide if an absence is to be excused or not.
 - (1) Examples of excused absences would include: (Documentation required)
 - (a) Doctor appointments, Family emergencies, Illness, School related issues/activities
 - (2) Example of unexcused absences would include:
 - (a) Missing practice for school related issues without getting authorization from the coaches, arriving 15 minutes late to practice without the coaches being aware of your circumstances, not showing up, etc.
 - (3) 1- absence in a week
 - (a) Excused absence- no make is necessary but encouraged.
 - (b) Unexcused absence- a make-up is necessary.
 - (4) 2- absences in a week will be evaluated by coaching staff.
 - (a) If unexcused, no competitions that week.
 - (b) If excused coaches will discuss circumstances of absence.
 - (c) If 1 of each: 1 make up is required.
 - (5) Absences/make-up requirements will not carry over weeks.
 - (6) If you miss practice the day before a competition. Athletes will not be allowed to participate. Unless uncontrollable circumstances. Coaches will make the final decision about who is wrestling.

c) Austin Packer Practice Make-Up Policy

- i) We as coaches understand that young athletes are busy with multiple activities, family functions, and other different events that arise during the season. We also believe in making up any missed work that the other members of team have put in is crucial to building a strong team and quality wrestlers. Any athlete that has an unexcused absence will need to make up the practice by completing all of the make-up listed below. If an athlete misses practice the make-up needs to be completed the night before the next competition. A make-up needs to be completed all at once, it will take about 30-45 mins.
 - (1) Plate workout x2: complete each movement for 1 minute each (use 25/35/45 lb. plate or something close in weight) Overhead press, Around the world, Swings, Pelos, Biceps, Triceps, Plate punch, Rows, Overhead walk.
 - (2) 100 sit-ups, 100 push-ups, 100 stand-ups, 100 shots, 100 sprawls, 100 burpees, 1-mile run (use map my run)
 - (3) ALL makeups will be done outside of normal practice time.
 - (4) ALL makeups need to be recorded and shown to Coach Nelson or done with a coach on Tuesdays after practice.
 - (5) Tuesdays after practice from 6:00-8:00pm will be a make-up window for wrestlers to utilize. This window could be used for extra film time or work with a coach.

- d) Varsity Wrestlers will be expected to make weight: If the pressure of making weight is too great, then Junior Varsity may be more suitable.
 - i) If any Varsity Wrestler does not make weight on a competition day, they will not be allowed to wrestle in that competition (this is a weight that the wrestler committed themselves to make- coaches will never force an athlete to cut weight)
 - ii) If a Varsity Wrestler misses weight a second time they will be withheld from the competition on that day AND they will be withheld from another competition OR if the athlete agrees to make weight by the conclusion of the competition, they will not be withheld from any further competitions. This shows dedication to the team.
 - iii) If a Varsity wrestler misses weight a third time, they will be moved to the Junior Varsity team until weight discipline can be learned.
- e) Abide by the MSHSL substance policies.
 - i) There will be penalties from the school and team.
 - ii) Chemical violation 1: 2 weeks or 2 competitions; whichever is greater.
 - iii) Chemical violation 2: 6 competitions or 3 weeks; whichever is greater.
 - iv) Chemical violation 3: 12 competitions or 4 weeks; whichever is greater.
 - v) Chemical violation 4: Student will not be allowed to participate in sports/activities.
- f) Locker room expectations
 - i) Nobody is allowed in the locker room during the school days.
 - (1) There will be consequences if caught in there during the school day.
 - ii) Nobody allowed in locker room without supervision.
 - iii) This is not a hangout place after practice—weigh-in, shower and go home.
 - iv) High school male wrestlers will be in the lower locker room in Ove Berven gym.
 - v) Middle school male wrestlers will be in the upper locker room in Ove Berven gym.
 - vi) All female wrestlers will be in Female locker room in Ove Berven gym.
- g) Be a good wrestling partner: You are only as good as you practice.
 - i) When drilling, give the resistance that you would give in a match. It does your partner no good if you don't give him match-like resistance.
 - ii) You should have the same exertion of energy being the offensive partner as the defensive partner.
- h) Don't walk on the mats with your street shoes: If you forget shoes, you can borrow a pair.
 - i) Street shoes carry small particles of dirt that can put small cuts in the mat. Those cuts open more over time.
- i) ASK questions: if you're having trouble with a skill ask for assistance from the coaches, that's why we are here.
 - i) We don't know that you're having trouble unless you let us know.
 - ii) If coaches are working with another group and you need assistance, I encourage you to continue to drill until we can get to you. Do not stand around waiting for a coach to come to you.
- j) ALWAYS display good sportsmanship
 - i) Above all things we will show class. We will win and lose respectfully. We will be an aggressive squad that will wrestle hard for 6 minutes. After a loss you should only be disappointed in yourself if you didn't leave everything on the mat. The important thing is that you learn from loses and don't make the same mistake twice.
 - ii) Any athlete who shows poor sportsmanship is at risk of being dismissed from the team or missing a competition.

- k) Stay caught up in school so that you stay eligible to wrestle:
 - i) Athletes cannot have more than 1 Failing grade, or they will be put on academic probation. This means an athlete can practice but not compete. They will stay on academic probation until they improve their grades to only 1 failing grade.
 - l) Don't get upset if you don't have instant success: Many great wrestlers struggled at first with the sport. They became great with hard work and refusing to give up.
 - m) Appearance: You are expected to show a school appropriate physical appearance.
 - i) Contest days: Captains will decide what the team will wear.
 - n) MOST IMPORTANTLY HAVE FUN!
- 2) **Code of Conducts for Parents and Athletes:** You will be expected to sign and return these for the season.

Parents Code of Conduct

I understand and endorse the purpose of our program; *to lead by example, teach character and integrity, and instill pride so my athletes will give 100% of their ability to everything they do on and off the mat.*

- Support the coaches by applauding behavior in your child and their teammates that demonstrates characteristics of integrity, empathy, sacrifice, and responsibility.
- Acknowledge and appreciate athletes' growth towards maturity and their effort toward establishing stronger relationships with their teammates, coaches, and themselves.
- Affirm your athlete and teammates when good character, healthy sportsmanship, and other centered behaviors are displayed. Do not only affirm their athletic performance or a victory.
- Serve as positive role models for our players, talking politely, and acting courteously towards coaches, officials, other parents, visiting team parents, and spectators at practices, meetings, meets, and tournaments.
- Don't blame the team's failure solely on the coaches; we are all part of the team.
- Model good sportsmanship. Acknowledge and applaud the efforts of team members and opponents. Accept defeat graciously by congratulating the members of the opposing team on their performance.
- Support the team regardless of the outcome or level athletes wrestle at. Support athletes regardless of what their win-loss record is.
- Encourage your child and their teammates with positive statements, even when they make mistakes. At every practice they are growing physically and emotionally. At every practice they are learning moral and ethical lessons. At every practice they are developing character.
- Refrain from boasting about your child's accomplishments.
- When problems or questions arise, please have your athlete present the problem to their coaches. We want athletes to develop self-advocacy. After meeting with their coaches, if the issue requires more clarity, contact one of their coaches.

Because I am a parent with the power and platform to make a positive difference in the life of every athlete, I commit to this code of conduct. When failing to live up to our standards I will allow for accountability and take responsibility for my actions.

Student-Athlete Code of Conduct

- I accept responsibility for my behavior on and off the mat. I understand that what I do and say affects my teammates, my school, and other people either positively or negatively.
- I lead courageously and live with integrity by speaking up against injustice and on behalf of others even when it is hard or unpopular.
- I act with respect toward myself and the people and things around me, including my parents, my coaches, my teammates, my teachers, my opponents, and the spectators.
- I do not put people in boxes according to their race, sex, religion, sexual orientation, or abilities. I judge people by the content of their character.
- I act with empathy. I try to understand what is going on in the hearts and minds of other and what is causing those feelings so that I can be supportive and encouraging.
- I always serve as a role model by talking politely and acting courteously toward coaches, teammates, opponents, officials, and spectators. I understand that it is a privilege to represent my family, school, and community as a student athlete.
- I give 100% of my ability to meeting, practices, meets, tournaments, and other events. I understand that effort demonstrates my commitment to the team and my respect for my coaches and teammates.
- I display good sportsmanship. I acknowledge and applaud the efforts of others. I encourage my teammates with positive statements. I refrain from boasting to teammates and “trash-talking” to members of other teams. I accept defeat graciously by congratulating my opponents on a match well wrestled.
- I listen to help and advice from my coaches and teammates with full attention and courtesy.
- I will be dedicated to the team by attending all team functions (lifts, meeting, practices, Dual/Tri, tournaments). If I am unable to attend, I will contact a coach prior to my absence.

Because I represent my family, school, and team, I abide by the policies, rules, and guidelines of the school, team, and coaches. I understand the breaking any of these policies will not only hurt myself but also the team. Consequences for breaking these policies may include the inability to wrestle or dismissal from the team.

3) Lettering Policy

- a) Any wrestler that competes in 5 or more Varsity matches
- b) Wrestler must also donate time to at a least 4 youth wrestling practices/camps (Mat Club).

4) Practice Objectives/Expectations

- a) Practice: Practice is not play time! Once we set foot on that mat, our goal is to show and instruct wrestling techniques that will make Austin Wrestling championship caliber.
- b) This instruction starts with the fundamentals in November and will culminate in February/March at the Minnesota State High School tournament.
- c) Practice is where we make mistakes and learn from those mistakes.
- d) Training to be a State Champion is accomplished by doing more drills, more wrestling, and very demanding conditioning, even in the off season.

5) **Strength Training:**

- a) Wrestling is a demanding sport both physically and mentally. Strength training gives you an edge in your competitions, makes you mentally tough and puts you at a lower risk of injury. We will focus on the entire body with an emphasis in compound exercises. The Austin coaching staff expects all wrestlers to not only participate in the program during the season but out of season as well.
- b) **In-Season Lift Schedule and Requirements:**
 - i) Strength training will be a requirement for all Austin wrestlers. We will lift Mondays and Wednesdays throughout the season. Lifting in the morning and afternoon is part of practice; **missing a lift, counts as a missed practice** (see section 1 heading b).

6) **Nutrition:**

- a) Good nutrition is a year-round, daily consideration and is as important a factor for success as is strength training. We expect you to eat a nutritional, balanced diet every day with the focus on more fruits and vegetables. Fast food is void of any real nutritional value and most nutritionists recommend eating it no more than once per month. Wrestler should avoid drinking beverages like soda and energy drinks as they will lead to dehydration.

7) **Hygiene:**

- a) The nature of the sport is one of bodily contact. It is imperative that you practice good hygiene. Poor hygiene can result in skin ailments such as ringworm and impetigo. This can affect the whole team and can cause closure of the wrestling room. You help ensure that we do not have those problems by doing the following:
- b) Clean the mats daily prior to practice start.
- c) Shower daily. Before school, after practice and any time after you have had a workout. All wrestlers will be expected to shower.
- d) Use a clean towel.
- e) Notify a coach if you find anything unusual on your skin.
- f) Wear clean practice gear DAILY & Regularly wash your headgear and kneepads.
- g) Never walk on the mat bare footed or in anything other than wrestling shoes.

8) **Wrestle-offs:**

- a) The Austin coaching staff believes in a fair system of tryouts for each athlete. We require that each athlete be within 3 lbs. (if dropping to a lower weight class) of the desired weight class on the day of the wrestle-off.
- b) At the beginning of the season, the coaching staff will set the varsity lineup based on previous years' experience and effort in the practice room.
- c) Each week the coaching staff will ask for challenges for athletes wishing to wrestle-off.
- d) The exact day of the wrestle-offs will be announced by the coaching staff depending on events taking place that week. The wrestle-offs will be effective for the following week of (or week with an event) wrestling events.
- e) Varsity wrestlers with an above 0.500 record starting January 15th cannot be challenged as they have a seed-able record for the end of the season. An exception to this rule is if a challenge is made by another 0.500 or better wrestler.
- f) Wrestlers who miss practice and have not made up the practice, will not be allowed a wrestle off.

- g) Wrestlers should start thinking about final weight for section tournament and communicate that with a coach around January 15th. At this time of the season, 50% of the weigh ins need to be at the desired weight for section tournament.

9) Injuries:

- a) An injured athlete needs to attend practice.
 - i) We will modify workouts, lifts, and other aspects of practice to accommodate the injured athlete according to the doctor or trainer recommendation.
 - ii) If injured their needs to be a doctor note or the athlete needs to see our athletic trainer
- b) Injured vs. Hurt
 - i) Athletes will get sore, bumps, bruises, mat burns, scraps, bloody noses, black eyes, etc.
 - ii) These things are not injuries and do not require athletes to miss or sit out practice/competitions.

10) Weight Maintenance:

- a) Wrestling is unique because it enables athletes to compete against another athlete of the same weight. When an athlete loses weight in an unsafe manner it is not beneficial to himself or his team and will not be condoned. Coaches will monitor a daily weigh in sheet to ensure athletes are not losing excessive amounts of weight. Most wrestlers will naturally shed excess weight through practice and proper diet. Prior to competition each fall/winter, all wrestlers will be required to be body fat tested by a physician, which will determine the lowest weight class at which they will be allowed to compete during the season (provided by the school). This is only a recommendation based on your body fat. This does not mean this is the weight we are recommending you wrestle.
- b) Here are recommendations for watching your weight wisely:
 - i) Don't eat junk food or drink sugar pop; Eat sensible meals and have healthy snacks. During the season, don't let your weight fluctuate wildly. Try to keep it within 3-5 lbs. of your weight class. Train on your own before, during, and after the season.

Pain is nothing compared to what it feels like to quit. Give everything
you got today for tomorrow may never come.

~Dan Gable

