

Lyons Township Wrestling



Parent and Wrestler Guide

Go Lions!

General Team Rules

Any worthwhile program needs some direction and discipline. If you do not feel that you will be able to adhere to these rules, it might be best to terminate your relationship with the team.

- Observe training rules laid down in the athletic code. (Athlete handbooks can be found on the LTHS website).
- Stay out of the Deans office; being suspended means that you are not accomplishing your **primary goal – succeeding in the classroom.**
- Stay eligible and keep up with your schoolwork.
- No bandanas, jewelry, or unapproved clothing. Practice gear should be changed daily and be LTHS, or athletic oriented. **For meets we will wear school issued uniform only.**
- Attendance will be checked very carefully at practice.

If you miss practice and are not excused, you will not wrestle in the next meet.

- If you were not in school and appear on the excused list, you are considered excused (assuming you are sick).
 - If you leave because of illness, it is your responsibility to contact your level coach by email or phone.
 - Please leave a message in the Athletic Director's office if you are sick the day of a meet, and contact your level coach.
- **Practice will begin at 3:30 sharp and end around 5:45.** If you come late, bring a pass indicating that you were getting help in a class. If you come late unexcused, a special make-up session will be used at the end of practice.

Challenge matches take up valuable practice time. In an attempt to organize this portion of practice I have set down a few rules:

- A. All matches must be set up at least one day in advance and both wrestlers must be aware of the challenge. At times it may be necessary to hold two challenges the same day.
- B. Once position on the challenge ladder has been established (after the first three meets) the #1 man has the right to re-challenge if beaten. (2 out of 3 if the top man loses the challenge)
- C. You may only challenge the man above you on the ladder unless coach approves of a different challenge.
- D. All wrestlers challenging for a specific weight class must be within 5 pounds of that weight on challenge night. If the challenge falls on a Monday, extra weight may be approved by coach's discretion only. This rule has been put in for your own health and fairness in the match itself.

Coach Powell has the final say on who wrestles varsity, and at what weight.

General Notes:

- Personal hygiene is of the utmost importance, shower after each practice, and take your workout clothes home each night to be washed. This will cut down on the transference of fungus and bacteria. Check yourself each night, no red mark is “too small” to worry about. There is only one **OFFICIAL IHSA** doctor’s note that must be signed by a doctor for you to wrestle with any skin condition, and **it must be marked non-contagious.** See a coach for details.

- If at any time during the season you feel that you are not being given a fair shake, please make the effort to talk to me. I feel that it is better to talk things out rather than have you get down on our wrestling program. Remember, it is my job to see everything is as fair as possible.

- If you decide to hang it up during the season (quit), it is your responsibility to talk to me and make sure all your obligations are fulfilled. **Do not send someone else to do your dirty work.**

- All coaches and all team members must travel by approved school transportation to and from contests. Any exceptions must be cleared through the Athletic Director, John Grundke.

- **Making weight:** Please use your head. If you are trying to go to a lower weight, it should be a gradual process. Dehydration is extremely dangerous to your health, and no win is worth risking the health of a wrestler.

Weight Classifications

Weight classes

- High School varsity wrestlers compete in the following weight classes:
106 lbs., 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285

Weighing In

- Wrestlers weigh in 60 minutes before a dual meet is scheduled to begin and 1-2 hours before a tournament. When there are consecutive days of team competition, all wrestlers are granted an additional one pound allowance each day. Contestants cannot wrestle more than one weight class above their weigh-in weight.

Weight Control

- A good weight control program discourages severe weight reduction and wide variations in weight. A good weight control program also involves the wrestler, parents, coach, and physician. Our certified athletic trainer will check the wrestler's body fat and hydration level, and then helps the wrestler establish his minimum weight. The recommended minimum body fat should not be lower than 7 percent for males.