

Bermudian Springs Varsity Wrestling Team Rules

2023 – 2024
Season

Head Coach
Dave McCollum

Assistant Coach
Dan Dull

“Soar With the Eagles”

Philosophy

The philosophy of the Bermudian Springs Varsity Wrestling Staff is to foster a strong team concept. It is our intention to make our wrestlers better athletes and better students so they can make a positive contribution to the school environment. Success will not be measured by wins and losses, but rather in the areas of fitness, skills, and decision making. Our goal is to develop highly skilled and highly competitive athletes with high self-esteem which will include good sportsmanship, good health, and good academics. In addition, our athletes are ambassadors of the Bermudian Springs School District and will be expected to conduct themselves as respectful citizens at all times.

Academic Eligibility

Student academic eligibility is reported weekly throughout the entire wrestling season every Wednesday. The head coach receives a list of ineligible athletes by sport the same day. A wrestler's eligibility will be cumulative from the beginning of each grade period. Any wrestler not meeting the school's academic requirements will become ineligible to compete on a week by week basis. (Monday through Saturday) If a wrestler does not meet the school's academic requirements at the end of a marking period, he may not compete for the next 15 school days from the time the report card is issued.

Any wrestler that becomes ineligible because of failing grades will contact the teacher of the class he is failing and seek tutoring after school or during school. He will use practice time to complete assignments or study to bring grades up to passing.

General Conduct

During and in School:

All wrestlers will be expected to attend school and their classes regularly. In all cases, wrestlers should act responsibly and with respect for others in school. There will be no tolerance for laziness in the classroom. At Bermudian Springs wrestlers are regarded as leaders and others will look at you as role models. Academics always come first and our athletes must be successful in the classroom if they are going to participate on our team.

Any misconduct during school by a wrestler will be dealt with by the administration according to the school's policies. The varsity wrestling staff will support any and all consequences for school misconduct.

During Practices:

All wrestlers will be expected to attend every practice and also be on time. In order to be excused from a practice, prior arrangements must be made by the parent of the wrestler with the head coach either by telephone or e-mail. All wrestlers should come to practice with an attitude suitable for learning and hard work. Wrestlers will be expected to act respectful and courteous to other teammates as well as their coaches. **NO PROFANITY!**

During Matches:

All wrestlers are expected to be in attendance for all matches and competitions unless prior arrangements have been made with the head coach by a parent. Matches are why wrestlers practice and work hard, so it makes sense to be there? During the match, wrestlers are expected to be act respectfully and responsibly. No taunting of the other team or the officials will be tolerated. The official's decision is final. If there are instances where communication with the official is needed, the head coach will do it. All wrestlers will be expected to display good sportsmanship and good judgment at all times. No wrestler may be in the stands with his classmate, friend, girlfriend, or family member while the meet is in progress. No wrestler will communicate by phone or text with anyone while the meet is in progress. All wrestlers will remain on the bench or directly behind it. Following each home meet, there will be a mandatory team meeting in the practice gym with the head coach. Following each away meet, there will be mandatory team meeting in the away locker room with the head coach. After all home meets, underclassmen will be responsible for rolling up mats and putting away all equipment with the assistant coaches. **NO PROFANITY!**

During Travel by School Bus or School Van:

All wrestlers will be expected to behave properly while being transported to and from a competition in a school vehicle. All wrestlers will remain seated when the vehicle is moving. No throwing objects in or out of the vehicle will be permitted. All hands and feet will be kept inside the vehicle. No opening any doors while the vehicle is moving or standing still. Any inappropriate behavior in the vehicle will not be tolerated. All trash will be disposed of properly before anyone gets out of the vehicle. Everyone will leave the vehicle through the front door unless instructed otherwise. **Absolutely NO PROFANITY** in the vehicle.

School district bus policies will be in affect when traveling in a school vehicle to and from a competition. Therefore, school district consequences for any violations of transportation policies will be in effect. Any damage to buses or district vehicles will be assessed to the individual(s) that caused the damage.

Use and Care of Equipment and Facilities

All athletes at the Bermudian Springs School District have the benefit of having wonderful and adequate facilities and equipment to use. All wrestlers will be issued a competition singlet, competition warm-up pants and jacket, competition undergarment, competition headgear, competition white hooded sweatshirt, practice shorts, practice t-shirt, and competition duffel bag. It is a PIAA rule, as well as our policy, that all members of a team representing our high school in competition be attired in only school issued equipment. Only our logos and our colors are to be part of the competition dress. **THERE WILL BE NO EXCEPTIONS TO THIS RULE!** All of these items are wrestler's responsibility. All issued items must be returned at the end of the season in good condition. If they are not returned or are excessively damaged, the wrestler responsible for the damage will be expected to pay for them. All wrestlers will be expected to purchase their own wrestling shoes.

It is also expected that all wrestlers will take care of the dressing area, bathroom, coach's office, practice room, and competition gymnasium. These facilities are in good condition because the school takes pride in keeping them clean and damage free.

All wrestlers will conduct themselves appropriately in the locker room. No horseplay that may result in injury. No snapping towels. No throwing objects. No destruction of school property. Lockers must be kept clean. All trash must be thrown away in a trash can. Absolutely NO PROFANITY! Absolutely NO HAZING.

Expectations of Health and Hygiene

It is expected that all wrestlers display good personal hygiene habits. It is strongly suggested that wrestlers shower immediately after practice at school. To eliminate the spread of different skin diseases and fungi, it is necessary that wrestlers maintain good hygiene. It is expected that clean practice clothes be worn for each practice.

Wrestling is a very tough sport that can be draining and stressful on the body. Wrestlers should get proper sleep each night, eat well balanced meals and drink plenty of fluids. If a wrestler is cutting weight, please be aware that the coaches will be monitoring each wrestler's weight loss plan. If a wrestler needs help in the area of weight loss and nutrition, please ask the coaches or the athletic trainer for assistance. Good health is important to a wrestler's ability to perform on a daily basis.

Injury Prevention

In order to prevent injuries, wrestlers must take some precautions. The first part of practice is designed in such a way that wrestlers do the adequate warm-up to get their muscles flexible and warm. Following the warm-up, a wrestler should utilize the stretching time to the fullest. Do not goof around during this time. It is the wrestler's responsibility to get stretched and ready for practice in the time provided. While practicing, do not attempt moves that you are not familiar with. Do not intentionally hurt someone with a move. When drilling or wrestling, if someone yells, stop immediately and assess the situation. Think safety and common sense when practicing and warming up.

Injury Treatment and Rehabilitation

If an injury does occur, the school has a full time athletic trainer who will be in control of the wrestler's treatment and rehabilitation. Wrestlers will be expected to follow the athletic trainer's guidelines as far as when you can rehab, practice and compete. The athletic trainer will oversee a wrestler's recovery and determine if further medical assistance is needed. The trainer will report to the head coach the severity of any injury, the necessary treatment of the injury, the projected recovery time of the injury, and the date when the wrestler may practice and compete again. All wrestlers are expected to cooperate with the athletic trainer. Do not take advantage of the athletic trainer or the training room to get out of practice or competition.

Explanation of Inherent Risks of Wrestling

Because of the physical nature of the sport of wrestling, there are inherent risks involved. Even with the strictest and most defined precautions, there may be injuries. The best will be done to prevent these; however, no amount of instruction, safety and precaution can prevent every injury. Please be advised that there will be the risk of sprains and strains of the wrists, ankles, knees, elbows, neck and back. There will also be the possibility of broken bones such as fingers, arms, collar bones, legs and noses. In addition to broken bones and sprains, there will be the possibility of dislocated shoulders, elbows, knees, ankles, and wrists. Concussions will also be a possibility. The coaches will strive to keep the practices and matches as safe as possible; however, in match situations the coach cannot control what the opponent does. If concerns arise, please do not hesitate to talk to the head coach or athletic trainer about any risks associated with the sport of wrestling.

Summary of Team Rules

1. All varsity wrestlers will be expected to maintain passing grades in order to be eligible to participate.
2. All varsity wrestlers will be expected to attend school daily.
3. All varsity wrestlers will be expected to attend practices regularly.
4. Disrespect towards a teammate or a coach will not be tolerated.
5. All varsity wrestlers will be expected to be on time for practice.
6. Absolutely NO PROFANITY will be tolerated.
7. Absolutely NO HAZING will be tolerated.
8. All varsity wrestlers will be expected to attend all competitions.
9. Unsportsmanlike conduct will not be tolerated.
10. Flagrantly throwing headgear during competition will not be tolerated.
11. Leaving the gym after losing a match without reporting to the coach will not be tolerated.
12. All varsity wrestlers will be expected sit on the bench with the team during all competitions.
13. All underclassman wrestlers on the varsity team will be expected to assist in clean-up and putting equipment away after home competitions.
14. Any misbehavior in a school vehicle while being transported will not be tolerated.
15. All varsity wrestlers will be expected to wear school issued attire during all competitions.
16. Destruction or abuse of school property will not be tolerated.
17. Any misbehavior in the locker room will not be tolerated.
18. NO use of cell phones/texting with anyone during the meet will be tolerated.

Team Procedures

Dress Code:

All varsity wrestlers will be expected to dress neatly for away competitions. No jeans that are worn and with holes will be permitted. No inappropriate t-shirts will be allowed. Nice pants and shirts will be highly recommended, along with either dress shoes or clean sneakers. The wrestler's appearance should be appropriate and not taken for granted.

Cell Phones:

Cell phones will be left in a locker or pants during practice. Cell phones will not be allowed on the bench during a competition. They also will not be in use during individual tournaments and team tournaments while competing. They also will not be used to and from competitions unless a wrestler is using them to contact a parent about arrival times and directions.

Team Weigh-in Procedures:

All members of the varsity wrestling team will weigh-in together as a team shoulder to shoulder starting at the lowest weight class, followed by each subsequent weight class. Each wrestler will be clean shaven and hair will meet PIAA regulations. Each wrestler will also wear school issued shorts and shirts for weigh-ins. At away competitions, wrestlers will go to weigh-ins as one group ready to weigh-in (clean shaven and appropriate hair length) with the head coach.

Team Elimination Procedures:

Eliminations for a starting position on the varsity wrestling team will normally be held on Tuesdays at practice. Challenges for a position will be made prior to Tuesday by the challenging wrestler. All challenges will be directed to the head coach and the wrestler being challenged.

Once challenges have been established, the wrestle-offs will be held. In order to attain a starting position, wrestle-offs will always be the best out of three matches. Since it will always be the best out of three matches, it may take several days for eliminations to be completed.

When completed and a starter has been established, that starter may be challenged the following week or even subsequent weeks. In other words, a wrestle-off could actually take place all season long. If this happens, wins and losses will be recorded so the head coach knows who has the advantage in the best out of three matches. In order for the starter to lose his spot, he will again be defeated twice. (Best out of three matches) If there are not enough practices between competitions to determine a best out of three matches, then the head coach will make a decision as to who wrestles according to past performances and possibly strength of the opponent. The head coach will decide what is best for the success of the team.

In order to eliminate for a position in the varsity line-up, a wrestler must be within 3 pounds of the elimination weight class on the day of the elimination. Elimination weigh-ins will take place

prior to the start of practice with the head coach. Wrestlers will be expected to be within 3 pounds of the weight class or they will not be given the chance to eliminate.

Eliminations will be opened at the end of the regular season in order to get our best 14 wrestlers to the sectional tournament. In other words, it will be like starting over in a new season.

Practices:

Varsity practices will normally be held in the high school wrestling room upstairs from 3:15 PM until 5:00 PM. All practices will have a warm up and stretching period, drilling and teaching session, live wrestling period, and a conditioning session. Conditioning may include strength, cardiovascular or both.

Practices will be planned in advance and will always be run by the head coach and assistant coaches. The coaches will expect practices to be effective and efficient. All practices will be closed to parents.

Parents:

Parents with any questions about the wrestling program should contact the head wrestling coach first. If the head coach cannot give a satisfactory response, then the head coach will contact the athletic director for assistance. Please use good judgment before calling the head coach.

Varsity Wrestling Staff:

Head Coach – Dave McCollum

27 Holly Estate Drive

Gardners, PA 17324

717-486-5557

717-512-3659

Assistant Coach – Dan Dull

3175 East Berlin Road

East Berlin, PA 17316

717-259-5486

717-476-4307

WRESTLING SUMMARY of TEAM RULES and DISCIPLINE

LEVEL I	DISCIPLINE OPTIONS
Profanity	Verbal reprimand by head coach
Unexcused Missed Practices	Pit Drill (12 minute Run)
Disrespectful Behavior	You will sit out next scheduled dual meet
Late for Practice / Competition	
Competition Conduct	
Travel Conduct	
Travel Dress Code	
Wrestling Competition Dress Code	
Locker Room Conduct	
Inappropriate Hygiene	
Cell Phone Use	

LEVEL II	DISCIPLINE OPTIONS
*Profanity	*Reported to High School Administration
Unexcused Missed Practices	You will sit out next scheduled dual meet
*Disrespectful Behavior	5 Calendar Day Suspension from the Team
*Late for Practice / Competition	
*Competition Conduct	
*Travel Conduct	
Travel Dress Code	
*Wrestling Competition Dress Code	
*Destruction of School or Personal Property (Home or Away)	
*Locker Room Conduct	
Inappropriate Hygiene	
*Harassment	
*Cell Phone Use	

LEVEL III	DISCIPLINE OPTIONS
*Profanity	*Reported to High School Administration
*Unexcused Missed Practices	You will sit out next scheduled event
*Disrespectful Behavior	10 School Day Suspension from the Team
*Late for Practice / Competition	Immediate dismissal from the Team
*Competition Attendance	
*Competition Conduct	
*Travel Conduct	
*Travel Dress Code	
*Wrestling Competition Dress Code	
*Destruction of School or Personal Property (Home or Away)	
*Locker Room Conduct	
*Inappropriate Hygiene	
*Harassment	
*Hazing	
*Cell Phone Use	
*Theft	

The head coach, his staff, and or the high school administration shall determine the disciplinary action to be taken should an incident occur throughout the wrestling season. Repeated or severe infractions may result in disciplinary options being exercised in either level II or level III. The head coach reserves the right to add additional disciplinary action for offenses not covered in the above charts.

Bermudian Springs Varsity Wrestling Team Rules

This form is to verify that you and your parents have read over the team rules and plan to abide by the rules of the Bermudian Springs Varsity Wrestling Team. In case any of the rules are violated by you, you and your parents will be in total support of the consequences placed on you by the head coach, athletic director, PIAA or Bermudian Springs School District. Please note that these team rules are in addition to the Bermudian Springs School District's Student Code of Conduct.

Varsity Wrestler's Signature _____ date _____

Parent's Signature _____ date _____