

H.H.S. WRESTLING RULES

The Following are rules to be followed by all Wrestlers during the 2011 - 2012 Season.

1. Varsity Wrestlers are not allowed unexcused absences once practice has started.
 - a. Any Wrestler committing three unexcused absences may become a junior varsity or freshman team Wrestler.
 - b. Any Wrestler committing 5 unexcused absences can be removed from the program.
 - c. Absences due to participation in other sports are excused, with permission of the head coach.
 - d. The process to return to the varsity will be decided on a case by case basis. The Wrestler, parent and coaching staff must meet prior to a Wrestler being reinstated to the varsity.
2. Repeated violations of the discipline code will lead to dismissal from the program.
3. Appearance
 - a. All Wrestlers will be required to follow all rules set by St. Charles school district.
4. All Wrestlers will request to sit in the first row of a class.
5. Any Wrestler with a "D" or "F" in a class @ the four weeks period can be required to participate in study hall during or before practice until he provides evidence that it is a "C".
6. Tutoring sessions are excused absences if the Wrestler provides a note from the teacher.
7. Wrestlers missing practice the day before a match or matches may not be able to wrestle in the next match.
8. Any Wrestler missing a match without notifying the coach in advance may not wrestle in the next match or could be dismissed from the program.
 - a. Any Wrestler missing two matches may be dismissed from the program.
 - a. Single day absences will be addressed by the coaching staff on a case by case basis.
10. Any practice missed due to disciplinary reasons will be an unexcused absence.
12. Any Wrestlers receiving a detention will lead to team discipline.
13. Any wrestler being disrespectful to a coach, teacher, staff member, teammate, another coach, etc. will be disciplined on a case by case basis. If it persists, the wrestler may be dismissed from the program. If it is flagrant disrespect, the wrestler may be dismissed from the program.

Introduction Packet:

Hahnville Wrestling
Hahnville High School

Parents, The Difference Is You

To All Parents:

The Hahnville High School Wrestling Program offers many challenging and rewarding experiences for not only your son, but for you, as well. A successful *team* has talented and well coached athletes. A successful *program* has talented and well coached athletes with an involved and supportive Booster Club.

The Hahnville High School Wrestling coaching staff firmly believes that you are an integral part of your son's development and success. Your attitude, encouragement and dedication to the program will greatly affect how your son reacts to the pressures and demands of the Wrestling team. It is up to all of us to ensure that each and every one of our Wrestlers are given the best possible environment in which to grow, not only as a Wrestler, but more importantly, as a young man entering adulthood. **If he stays with the program, it is inevitable that what your son takes from this experience will, literally, last a lifetime.** It is our goal, with your help, those experiences will be as positive and rewarding as possible.

The responsibilities we, as parents, face during our son's teenage years are enormous. We must face these responsibilities head on with determination and commitment, while at the same time, giving our son's the room to grow and mature. This is a very delicate balancing act, and one that requires a great deal of effort on everyone's part.

In the following pages the coaches gathered some information on what the program expects from the coaches, wrestlers, and parents. Every wrestler, coach, and family member is part of what makes this program work. By working to build the program we feel we can offer you and your son a rewarding high school wrestling career.

Thanks for all your support!

The Hahnville Wrestling Family

INTRODUCTION TO HAHNVILLE WRESTLING

No one is forced to wrestle. Your son needs to be absolutely certain that he wants to be a member of this wrestling team. He will be representing himself, his family, his school, and our community competing in one of the most demanding high school sports. After a very difficult conditioning and training regiment, your son will be asked to go out onto the mat by himself to wrestle against another highly conditioned and trained high school athlete.

Trust me, this is a tough sport physically and mentally!!!!

Commitment and Discipline

Wrestlers must pay the price for wrestling on a good team. To wrestle as a winner, you must go all out in every practice session and match. Only being a well conditioned athlete can give you the feeling of confidence and the physical ability necessary to go all out. Many of the activities that the wrestlers friends may be doing, such as late nights, unhealthy diets, drinking, smoking, or poor study habits won't work for a Wrestler.

Proper rest is needed by all teenagers but athletes require it even more so since their bodies need the time to recover and repair from their strenuous workouts and competitions.

Controlling what is put into your body is important for everyone, but for Wrestlers any advantage gained through training will be quickly lost to unwise health choices.

Similarly, time lost on the mat due to unacceptable grades takes a toll on a Wrestlers achievements. Each and every team rule plays a definite role in attempting to achieve the standards of conduct necessary to produce a winning team.

Wrestling at the high school level takes a great deal of time for training and competitions. The Wrestler must be at the required conditioning and training sessions to improve as a Wrestler and to support his teammates. Each Wrestler must commit to be there. Athletes from all sports miss vacation days, holiday events, parties, and dances as part of the price paid to compete as successfully as possible. Wrestling is no different. Any exceptions to attendance will be handled with the Wrestlers, parents, and coaches according to the team rules.

HAHNVILLE WRESTLING PARENT PARTICIPATION

Parent participation in any sport is important, but in the sport of Wrestling it is essential. Parents need to be aware of the many pressures put upon their sons. To face your opponent in front of hundreds, even thousands, of people requires a tremendous amount of courage, class, commitment and character.

In the effort to support our Wrestlers we encourage parents to be enthusiastic and passionate about the sport. We also encourage parents to be supportive and energetic in their actions not only their son's accomplishments, but the other Wrestlers as well. Parent participation should always be constructive and helpful.

Sadly, in recent times, we have all seen a growth in poor sportsmanship from spectators and participants in all sports at all levels. The sport of Wrestling is not immune from this disruption. Unruly behavior of any nature has absolutely no place in youth sports. It only exists when someone is willing to tolerate it. Hahnville Wrestling believes that inappropriate behavior is unacceptable and therefore will not be tolerated.

We not only expect, but also demand that spectators and participants associated with the Wrestling team always be on their best behavior at all times before, during and following any Wrestling event, regardless of the actions of others. You are the one responsible for setting the example for your son. You are the one they will learn from and will try to emulate. It is your absolute responsibility to present yourself in the best possible light. You not only represent yourself and your family, but also our community, our school, the coaches, our Wrestlers, other parents and fans of the Wrestling team.

Parents of Wrestlers have the responsibility to see their sons have the support necessary to have a successful high school Wrestling career. It may mean changing your schedule around to attend matches. But it also means building friendships with parents that are going through the same things you are. You will meet and share wonderful moments with some of the greatest students, parents, and coaches in the state. It means sharing in victories. It means watching your son win an upset match. It means watching him being surrounded by a group of great young men who are as excited about this win as you are. Success in Wrestling is so satisfying for the athletes for the same reason it is so challenging. They have won through hard work and training.

Parents are an intricate part of the Wrestling team. For some, their participation begins in youth Wrestling and extends to high school alumni parents. Parents are "requested" to work matches. Parents should always be willing to give ideas and time to the coaches and booster club. Your participation in fund-raising events is also very important. Enthusiasm and participation towards all of the team's activities are what drives our program to its fullest potential. Parents are encouraged to attend practice sessions to get a firsthand look at what these young men go through to be a member of the Hahnville Wrestling team.

All in all, the Wrestling team is a FAMILY; parents, coaches, alumni parents, managers and, above all, those special young men of the Hahnville Wrestling team. Each member has his or her own place in that family. To make this family work, we must all come together for the benefit of your son and the sons of our other parents.

While all of this may seem like too much to commit, remember, your son has **chosen** Wrestling. Your support of his hard work and dedication will come to mean very much to him. Our children want and need our support and approval. They need our encouragement when times are tough and a nudge when they are reluctant.

But most of all they need us to stand back and cheer their efforts.

Win or lose.

This is a very important time in their lives.

Don't miss it!

Win with Class, Lose with Dignity

One of the most important lessons any Wrestler should learn is to win with class and lose with dignity. That is expected of all Hahnville Wrestlers. Respect for all opponents and teammates are a hallmark of good sportsmanship. No expressions of disrespect will be allowed towards anyone. Parents, referees, coaches and teammates will be treated with respect at all times. Any athlete who loses sight of this important value will be dealt with by the coaching staff as outlined previously.

With that in mind, Hahnville Wrestlers will conduct themselves with class and dignity. Winning a match can be an extremely emotional experience. All the hard work and sacrifice is being rewarded with a much deserved win. But at no time is that win more important than showing respect for one's opponent, one's team, and for the sport of Wrestling. Conversely, losing can be extremely emotional as well. The same respect is required to one's opponent, one's team and the sport of Wrestling when losing.

CHARACTER

"Be more concerned with your character than your reputation, because your character is what you really are, while reputation is merely what others think you are." (John Wooden)

"A Wrestling player must be dependable and consistent, regardless of the time or place. Be it the opening whistle or the final 30 seconds. . . character, as much as physical ability, is vital." (Calvin Hill)

The best indication of someone's character is how they treat those that can't help them and how they treat those that can't fight back.

CLASS

"Class is being honest - both with others and with yourself. Class is treating others as you would like them to treat you."
(Jack Nicklaus)

"There is no mat space for malcontents or dissenters. One must neither celebrate insanely when he wins, nor sulk when he loses. He accepts victory professionally and humbly; he hates defeat, but makes no poor display of it." (Dan Gable)

COMMITMENT

"The important thing in life is to try to be your best. Be honest with yourself, your family, your friends, and your community. An honest commitment means 100 percent. It means loyalty, and it means being able to be counted on in the clutch." (Joe Paterno)

"A man can be as great as he wants to be. If you believe in yourself and have the courage, the determination, the dedication, the competitive drive and, if you are willing, to sacrifice the little things that are worthwhile, it can be done. Once a man has made a commitment to a way of life, he puts the greatest strength in the world behind him. It's something we call heart power. Once a man has made his commitment, nothing will stop him short of success." (Vince Lombardi)

"It is said that victorious warriors win first and then go to war while defeated warriors go to war first and then seek to win."
(Zhamng Yu, The Art of War)

COURAGE

Courage is not how a man stands or falls, but how he gets back up again.

"Courage is the first of human qualities, because it is the quality which guarantees all others." (Winston Churchill)

With all of the hard work and time committed, the good news is that Wrestling is fun. It is packed with the excitement and drama of competition. You'll never leave a game having been bored. As each Wrestling player grows in his ability, his appreciation for the sport also grows. As you spend more time around the sport your appreciation of its positive effects on the athletes will grow as well.

Win with Class. Lose with dignity.

The Benefits of Wrestling

There are many benefits to participating in such a tough and demanding sport. The goal of this program is to teach young men the sport of Wrestling. Along the way they will become better students, better athletes, and most importantly, better men in the process. All the young men on this Wrestling team will discover things about themselves they never knew. They will do things they previously would have not thought possible. These lessons learned as a Wrestler will remain with them the rest of their lives.

Young Wrestlers take many lumps as they learn the sport. It is rare for someone to immediately have a successful impact in high school. It is not easy to get to the top, but hard work and preparation make it possible. Wrestlers quickly learn that if it were easy, than anyone could do it. Only hard work can make you a successful Wrestler. Superior athleticism can be overcome with superior technique. Superior strength will succumb to superior conditioning. Hard work is the only way to improve technique and reach the level of conditioning needed to go all out for 6 minutes.

Another quality Wrestling teaches is self-discipline. Wrestlers have to work hard and maintain their intensity everyday of the Wrestling season. They must plan their school work more carefully than a student not active in extra curricular activities. **They must pay attention to their water intake each day to remain hydrated.** They will execute thousands of repetitions of basic Wrestling techniques.

No one is with the Wrestlers 24 hours a day encouraging the right food choices. No one will know until dehydration has taken its toll on the Wrestling player whether he really drank the recommended amount of water each day. Each rep will only pay dividends if it's done properly and they are many opportunities to cut corners. The Wrestlers must learn to rely on himself for these things.

While Wrestling is difficult and takes hard work, the young men involved learn they will be rewarded in the long run. They gain self confidence in their ability to face challenges, both physical and mental. They will learn to win with class and lose with dignity. Wrestlers realize hard work can make good things happen, and they carry this with them even when their days of competition are over.

Fundraising

There are many expenses associated with running a Wrestling program. Without the necessary supplies we cannot run our practices or host games. So in order to keep this program successful we must continue raise money.

Any time that you can volunteer to this program is greatly appreciated. Your efforts will be repaid each time one of our Wrestlers steps on the field.

Practice Guidelines

Practice Times

Tardiness will be addressed as a discipline issue and may result disciplinary action for the individual or for the team.

Practice Attendance

Any absence needs to be communicated to the coaching staff before practice begins. Any absence that is not communicated to the coaching staff may result in disciplinary action. Practice is the key to success and unplanned absences can cause issues with assignments of training partners as well as leaving the absent Wrestlers unprepared for the next practice.

Prearranged Absences and Vacations

Again, practice is the key to success. Please try to schedule any appointments with that in mind. Any family vacation scheduled during the season needs to be communicated to the coaching staff.

Practice Gear

All practice gear will be provided by Hahnville High school.

Injury Policy

Injured Wrestlers need to attend practice to get instructions on what activities will be allowed. It is important to attend practice since the Wrestlers may still be able to help the team during practice and you will not fall as far behind in what techniques are being covered.

If a Wrestling player has any kind of skin rash it must be reported to the coaching staff.

It is extremely important that the Wrestlers do their best to maintain the cleanest environment possible. Showering immediately after practice with antibacterial soap is extremely important as is thorough washing all practice clothes between each and every practice.

Additonal Guidelines

Academics

Wrestlers are student athletes. Academics always come before participating in an extracurricular activity. However, all Wrestlers are expected to use their time management skills to balance the workload of Wrestling and maintaining good grades. Homework is not an excuse to miss practice. Any academic demands which don't allow the Wrestlers to attend practice needs to be brought to the coaching staffs attention. All Wrestlers are expected to adhere to the team rules concerning academic performance.

All Wrestlers will be expected to turn in progress reports to the coaching staff throughout the year. Any students needing additional help through tutoring will be asked to do so. Parents are encouraged to bring any academic concerns to the coaching staff.

Other Extracurricular Activities

Any Wrestler participating in additional extracurricular activities during the wrestling season needs to meet with the coaching staff to discuss what arrangements must be made to accommodate any schedule conflicts. Attendance and participation guidelines from the Wrestling contract must be followed.

Weight Management

There are strict guidelines put in place by the LHSAA dictating the weight loss of football players during the season. Each wrestler will be required to pass a hydration test and will be weighed in order to establish their baseline weight. After that baseline weight is established wrestler cannot compete if his weight loss is more than allowed by the descent rate chart for that wrestler. We do not condone nor encourage dramatic weight loss by our wrestlers. Through conditioning and practice your son/daughter will be in the best shape of his/her life. Weight management should be a combination of this conditioning and proper diet.

Wrestling Weight Classes

The following weight classes will be used for the 2011-2012 wrestling season:

106, 113, 120, 126, 132, 138, 145, 152, 160, 171, 182, 195
215, and heavyweight (with a maximum of 285)

After January 1st, a two pound allowance for growth is added to all weight classes.

Important Contact Information

Hahnville High School Website:

www.stcharles.k12.la.us/hahnville

School phone #: 985-758-7537

Athletic Directors for Hahnville High School:

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Louisiana High School Athletic Association:

www.lhsaa.org

Wrestler

parent