Antioch Middle School Bears

5050 Blue Hole Rd
Antioch, TN 37013

Wrestling

Team Rules & Regulations Contract

Head Wrestling Coach: Felmon Gardner

Principal: Dr. Bryan Seay
Athletic Principal: Dr. Vanessa Thomas
Athletic Director: Marquese Jones

Address: 5050 Blue Hole Rd
Antioch, TN 37013

Congratulations! You are now a part of the 2024 - 2025 AMS Wrestling team. We have an exciting season ahead, and we are so glad you are here!

Dear Parents/Guardians of Antioch Middle School Wrestling Student-athletes,

On behalf of the Antioch Middle School Wrestling Program, it is my pleasure to welcome you to the 2024 - 2025 season. We are extremely excited about this upcoming season! I have these simple goals to guide our coaching staff and team. Hopefully these guidelines will help our team to be successful:

- The team will practice being the best people possible
- The team will show respect for themselves and others in winning and losing.
- The team will work hard and always be prepared in mind, spirit, and body.
- The team will be always organized and display 100% effort.
- The team will have fun and memorable experiences while playing the game of Wrestling.

The coaching staff is looking for volunteers to help throughout the season. If any parents would like to volunteer to work tournaments (Concessions, score tables, hospitality room and etc.) please contact Coach Gardner.

- **Tryouts**: **Eligibility:** No student shall be eligible to compete in the Middle School Division during any school year if the student becomes **15 years of age on or before August 1.** A student-athlete shall be **eligible** upon entering the sixth grade. The semester rule begins when a student enters the sixth grade. He/she will have a total of six consecutive semesters of eligibility. To remain eligible sixth, seventh and eighth grade students must pass five subjects the preceding semester or its equivalency**. Parents and student-athletes will need to fill out the following forms: Athletic Emergency Card, Transportation form, Concussion, Insurance Certification, Parent Consent, Sudden Cardiac Arrest forms, and physicals must be completed and due prior to official tryouts try outs or any participation.** All forms can be picked up in the main office or can be downloaded from the AMS website. Student-athletes will be evaluated by coaches during the tryout period on the following but are not limited to attendance, effort, if student-athlete is coachable, and athletic ability. ***Tryouts will be from October 2, 2024, until November 22, 2024, from 4:15 – 6:00 p.m.***

- **Financial Responsibilities:** All student-athletes will have to pay the player fee if selected to be a part of the Wrestling team. Each player will be responsible for submitting fees by the designated deadline. **The player fee is $25,** which will help support the Wrestling Budget to pay for referees, incentives, and awards for banquets. A link created by the AMS Bookkeeper will be provided to make payments. We are unable to accept personal Checks. Parents/families will be responsible for Wrestling shoes (we do have limited amounts of shoes for athletes that are unable to purchase shoes), mouth pieces (if your child has braces, double mouth pieces are required), socks, undergarments, protective gear, and any injury prevention gear (sleeves, braces, sports glasses, hair accessories etc. Antioch Middle will provide Head Gear, game uniforms (Singlet or Two pieces Singlet).

- **Fundraisers:** Our main fundraiser will be soliciting donations from community business. Parents are welcomed to help by talking to companies or forwarding business connections. We will also host a Tournament on January 11, 2025. The 3rd Annual Bears Brawl. We will also be participating in a **Calendar fundraiser. Dates November 20, 2024, to January 20, 2025.**

- **Practice Responsibilities:** The Wrestling team will practice Monday- Thursday (some Fridays) from 4:30pm-6:00pm (Stretching 4:15 p.m. – 4:29 p.m.) unless stated otherwise by the coach. Practices will be scheduled during the holiday breaks. Missing practice without having a valid reason will not be acceptable. If you are unable to attend practice, you must contact the coach. This is your responsibility! The only exceptions are family emergencies, injuries, or doctor's appointments. Excessive unexcused absences could result in loss of practice, loss of playing time or dismissal from team. Practices are seriously important. Our

team will be your Wrestling family. Each player should respect one another. Making fun, harassing, or degrading each other will not be tolerated. You should treat each other the way you would want to be treated!

- **Expectations: Student-athletes-** Be present at **all** practice sessions (Multisport athletes who are participating in another season are exempt). Understand that the coach and administrators do communicate with each other. Displaying good sportsmanship, refrain from getting Discipline Referrals. Speak to the coach to be excused from practice. Refrain from use of profanity, tobacco, alcohol, drugs, and activities that can hurt you or your teammates. Practice good hygiene (clip nails, wash dirty equipment/apparel, shower after practice). Cooperate with the coach, teammates, teachers, and administration. Maintain good grades and student habits. Be a good role model to the community. Follow good athletic training rules. Carry yourself as a gentleman/lady which includes; Appropriate language, dress, and manners. Always be positive, accountable, and give 100% Effort. Show up ready to learn and get BETTER!!!!

- **Parents are expected to** be on time picking your athlete up from practices and games/matches. Assist as needed depending on the needs of the sport. Communicate with coach. Pay any Player fees by the deadline given by the coach. **Conduct yourself in accordance with all school rules, state, and municipal laws, and in a manner that reflects positively on Antioch Middle School.**

- **Safety Procedures:** Our Safety procedures focus on Prevention. The coach will ensure that students-athletes is properly equipped each day. Student-athletes will have access to hydration fluids throughout practices/games. The coach will monitor each Student athlete, looking for any signs or symptoms of concussions, cardiac arrest, etc.…. Student athletes will Stretch daily. The practice/game environment will be monitored to ensure that the Heat index and adverse weather policies are followed. In case of injuries, students will report to coaches any injury sustained on and off the room. Injuries will be reported to parents the day of occurrence. Administration will be notified, and an Incident Report will be submitted if injury happens during a practice/game. In the case of a severe injury, Head coach will call for paramedics and notify Administration, the coach will also contact parent/guardian to inform them of the injured student-athlete's situation and look out for paramedics to direct to injured student-athlete, all while staying with injured student athlete. The coach will submit an Incident Report.

- **Upcoming Events:** 1. **Parent meeting (11/ 07/24)**; 2. **King Memorial Wrestling Tournament at Goodlettsville MS 11/16/2024**; and 3. **3RD Annual Bears Brawl Wrestling Tournament (01/11/2025).**

- **Heat Index Policy: Heat Index under 95°**- Provide ample water. Water is always available, and athletes have unrestricted access. Optional water breaks every 30 minutes for 10-minute time frames. Ice-down towels are available. The coach will carefully monitor athletes. Re-check heat index every 30 minutes. **95° – 99° Heat Index -** Provide ample water. Water is always available, and athletes have unrestricted access. Mandatory water breaks every 30 minutes for 10-minute time limits. Ice-down towels are available. Reduce time outside or move indoors to air conditioning if possible. Postpone practice to later in the day if possible. Contact sports should remove helmets or extra equipment when in non-contact practice. Re-check heat index every 30 minutes. **100° – 104° Heat Index-** Provide ample water. Water is always available,

and athletes have unrestricted access. Mandatory water breaks every 30 minutes for 10-minute periods. Ice-down towels are available. Alter uniforms by removing items/layers if possible. Allow changes to dry shirts and shorts if possible. Reduce time outside or move indoors to air conditioning if possible. Postpone practice to later in the day if possible. Contact sports should remove helmets or extra equipment when in non-contact practice. Re-check heat index every 30 minutes. **Heat Index 105° and Above**: Stop all outside activity including practice or play. Stop all indoor activity if air conditioning is not available and the heat index indoors is 105° or greater. **Re-check heat index every 30 minutes**.

- **Parent/Guardian Meetings:** The coach will hold parent/Guardian meetings as needed. There will be a meeting on Wednesday, November 29, 2024, at 5:45 in AMS Library. Parent meetings may be in person or virtual as specified by the coach.

- **Locker Room Policy:** We must always keep our locker & wrestling rooms clean! Everyone is expected to work together to keep everything looking nice! AMS is not liable for personal belongings. Any student found to be in the procession of another's belongings without consent will be handed in accordance with the school policy. The coach will assign a locker to students in order to secure items of value. Students are required to use a personal lock for the lockers. However, the lock must be removed at the end of the year. If not removed, the lock will be cut off. **Use of cell phones, taking pictures with a cell phone, or any camera is strictly prohibited in the locker room. No exceptions!** Locker rooms are for changing your clothing for Wrestling, not for horseplay-get changed and report to the Wrestling room as quickly as possible so we can stretch and begin practice. The Wrestling locker room area will be locked after all have finished dressing. If students need to use the restroom, we will go as a team. No student is to be in the locker room unattended. Locker room will always remain locked.

- **Weightroom policy:** This school strives to protect each student from possible injury while engaging in school activities. The rules and information provided below have been established for this activity and to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and weightlifting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of the coach and must understand that failure to follow such directions or adhere to standards may place the participant at risk. Coaches should ensure that all weight and fitness room rules are followed. The district and/or school has the right to revoke permission for this activity at any time, especially for violation of safety rules and school rules. Students or coaches have no permission or authority to allow any other individual the use of the equipment.

    - Weight training needs to be focused and serious. No horseplay at any time.
    - Wear proper lifting clothes (and appropriate safety equipment).
    - Shoes MUST always be worn (NO sandals or open-toe shoes).
    - Use only equipment you have been instructed or allowed to operate.
    - Do NOT slam the weights on the weight machines.
    - Always use partner/spotter when using free weights. Stop and report absent lifting partner immediately. Certain machines may require more than one spotter – see Coach.
    - Use a weight belt on ALL overhead lifts and squats.
    - NEVER lift weights without a coach present in the room.
    - Return all weights and equipment to their correct weight racks and/or weight trees.
    - Lift weights in accordance with the instructions given by your coach.
    - Notify coach of all maximum lift attempts.
    - No food, drink, or gum in the weight room (water is OK).
    - Use collars on barbells and safely use safety pins on machines.
    - Immediately report all accidents, injuries, hazards, and equipment failures to your coach.
    - Advise your coach if you are ill or have any prolonged symptoms of illness

- Additional rules/requirements may be added as needed to always keep student-athletes safe. These weight room rules are intended to be the minimum requirements for AMS weight room.

- **Communication:** The Coach will communicate using Remind. The coach will send parents an invitation.

- **Issued Equipment:** All equipment issued to Student-athletes will be checked in at the completion of the season. Student-athletes will pay for missing items that were assigned to them.

- **Matches** Athletes are organized by the following weight classes in pounds: 75, 82, 90, 98, 106, 114, 122, 130, 138, 148, 158, 175, 190, 215, 250. After the winter break, each weight class goes up by 2 pounds (approximate schedule, expectations, transportation details). Most matches are played on Mondays and Wednesdays at 4:45 (**note**: some matches could start later due to travel time of opposing schools). **The coach does not guarantee *student-athletes match time every single match.*** However, because we want every wrestler to receive the experience and fun of participating this Wrestling season, we will make every effort to ensure that all wrestlers on the team receive adequate mat time. The official schedule will be available after the MNPS Winter Coaches Meeting. Parents will need to provide rides to away games. We will leave AMS at dismissal time.

- **Community Service expectations: We** believe in cultivating the holistic athlete and that we must think about things bigger than ourselves. The coach requires Athletes to participate in community service projects and give back opportunities. Over the winter break we participate in **the Bears that cares program** that help to feed and provide families with what they need.

- **Cell Phones: You will not be allowed to bring your phones out of the locker room during practice. Athletes can use cell phones during matches to record their own matches. They are to stay in your bags until practices are over.**

- **GRADES:** Each wrestler is required to maintain a C average (70) or better in the classroom! Academics come first. Wrestling is a privilege! Weekly progress reports are to be turned in every Friday. Players are responsible for collecting information and making sure all signatures are present. We understand that bad days and circumstances occur, however we ask that each wrestler maintain a positive attitude. We represent our family our school, our community. So, in saying this, negative attitudes will not be tolerated!

- **Behavioral Conduct:** Student-athletes must always uphold school behavior expectations. Wrestling team members will be role models to other students in their behavior and conduct. **If a student-athlete has any suspensions, he/she will NOT compete in nor attend a match. If a student-athlete has any referrals or poor report from a teacher, he/she will be discipled at coaches' discretion. All these things can result in termination from the team. A student can also be removed from the team by an AMS administrator.**

- **AMS Winter Athletic Awards** To be determined.

I am encouraged by our 2024 - 2025 schedule, which should allow for many exciting matches throughout the season. I appreciate your support throughout the 2024 -2025 season. I look forward to meeting you all.

Contact Info:

The schedule will be provided for both Wrestling practices and games. Any changes, coaches will notify student-athletes by announcements at school, and parents will be called/emailed.

If you need to contact the coach for anything, please call, text, or email.

Coach Felmon Gardner
Cell Phone (615) 207-1461
Email: felmon.gardner@mnps.org

Community Care Challenge

Each of you should realize that as your coach, I want you to have a vast experience during this Wrestling season, so let me try not to take things personal and remember, I care about each one of you! We expect you to be leaders and student athletes, emphasis on student. I want to see you be your best self and truly be the best that you can be and realize your full potential.

We are looking forward to this season!

"The game of life is a lot like Wrestling. You must tackle your problems, block your fears, and score your points when you get the opportunity. - Lewis Grizzard

I have read and will follow all team rules!

I accept full responsibility of taking care of my uniform, and will always be prepared for practice, games, and events!

I am committed to being a member of this team and do not take this opportunity or responsibility lightly.

I understand that it is a privilege to represent myself, family, school, and community on and off the court.

Team member's signature: _____

Team member's Print _____

Parent(s)/ Guardian signature(s): _____

Parent (s) print_____

Parent(s)/ Guardian signature(s): _____

Parent (s)print_____

Date: _____