



PARENT & ATHLETE

PROGRAM EXPECTATIONS HANDBOOK



Coach Shane Mack • Head Wrestling Coach

Assistant Coaches: Coach Catullo • Coach Rush • Coach Deck

Welcome to Hempfield Wrestling

Welcome to the Hempfield High School Wrestling Team. This handbook explains the standards that guide our athletes, coaches, and families throughout the season.

Everything we do reflects on our team, our school, our families, and ourselves. Our goal is to develop successful wrestlers, dependable students, and young men who respond to challenges with discipline and character.

OUR STANDARD: FIGHT • TEAM • BELIEVE • FINISH



The Barn • 1900 State Road

How to Use This Handbook

- Athletes should read and understand every expectation before the season begins.
- Parents and guardians should review the communication, competition, and support guidelines.

Team Expectations

These ten expectations define how Hempfield wrestlers prepare, compete, learn, and represent the program.

1 BE A STUDENT FIRST

Arrive at school on time and give your best effort. Participate in class—do not be a bystander. Handle your responsibilities and represent our program well. There is no better feeling than knowing the entire school community supports you.

2 BE READY ON TIME

Practice begins at 3:30 p.m. Being ready means you are dressed, prepared, and ready to work—not simply walking through the door at 3:30.

3 TRAIN AND FIGHT LIKE MEN

Compete with courage, discipline, and toughness. Get the most out of every day and every opportunity.

4 SHARPEN YOUR WEAPONS

Technique, stamina, strength, speed, nutrition, sleep, heart, and a positive mindset are all weapons. Work every day to make each one stronger.

5 BE MENTALLY TOUGH

Learn from difficult moments and bounce back from setbacks. Take pride in doing hard things. Wrestling is supposed to be hard—that is how you grow.

Team Expectations, Continued

6 BE BETTER THAN YOU WERE YESTERDAY

Be coachable and willing to learn. Continuous improvement is always the goal.

7 BE A FAMILY

Good teams take care of one another—on and off the mat. Not everyone can be a champion, but everyone can be a great teammate.

8 BE THE EXAMPLE

Do not do anything that reflects poorly on yourself, your family, your team, or Hempfield High School. This includes your behavior on social media.

9 BELIEVE

Choose positive thoughts, positive body language, and positive actions. Choose to be happy. Believe in yourself, your teammates, and the work we are doing together.

10 FINISH

Do not quit on yourself, and do not quit on your team. Stay the course and finish what you started.

The standard is not perfection. The standard is honest effort, accountability, and continuous improvement.

Practice Expectations

Schedule, Attendance & Communication

- Practices are held at the Barn, 1900 State Road. A bus will transport wrestlers from Hempfield High School to the Barn.
- Athletes are expected to attend every practice. On a typical school day, practice runs from 3:30 to approximately 5:30 p.m. Weekend practices normally begin at 9:00 a.m.
- If you are absent from school, send a message through TeamSnap. Unless you are sick, you should be in school.
- If you do not feel well, stay home. Do not bring illness into the wrestling room and expose the entire team.

Required Gear & Organization

- Wear team-issued Hempfield practice gear or a plain black, red, or gray T-shirt with black or gray shorts or sweatpants. Hempfield fight shorts are also acceptable.
- Athletes wearing the wrong gear may be assigned mat-mopping duty or may be prevented from practicing.
- Headgear is required at every practice.
- Place all personal gear neatly in the side hallway. Keep warm outdoor running gear and running shoes in your assigned basket.
- Bring your own water bottle or use the water fountain.

Facility, Hygiene & Focus

- Wrestlers will take turns mopping the mats after practice. We are fortunate to have the Barn; take pride in it and do your part to keep it spotless.
- Shower immediately after practice. Inspect your skin and report concerns promptly. Wash clothing, headgear, knee pads, and other equipment regularly.
- Phones are not permitted during practice.
- Parents and other visitors may not enter the Barn during practice. The facility is for wrestlers and coaches only.

Starting Lineup & Competitions

Lineup Decisions

The coaching staff will select the starting lineup. Decisions will be based on:

- Competition performance and matchups
- Practice effort and performance
- Attendance and reliability
- Attitude, coachability, and conduct
- Wrestle-offs when the coaching staff determines they are necessary

We evaluate everything you do—at school, at practice, and during competition.

Competition Standards

- Phones are not permitted on the bench during dual meets and should be used only when necessary at tournaments.
- Wrestlers must remain with the team for the entire competition, even after they have been eliminated. Support your teammates and continue to watch, listen, and learn.
- All wrestlers must wear issued Hempfield warm-up gear. Any additional sweatshirt or sweatpants must be Hempfield gear or Hempfield colors.
- Take pride in your school, your teammates, and your program.

Consequences

Athletes who fail to meet program expectations may lose their place in the starting lineup and will face progressive discipline. Depending on the seriousness and frequency of the behavior, consequences may include:

- A meeting with the coaching staff
- Special Opportunity Practices (SOPs)
- Removal from the lineup
- Suspension
- Removal from the team

The most painful consequence is knowing that your choices prevented you and your team from reaching your full potential.

The Role of Parents & Guardians

- Trust the coaching staff. If you have a concern, communicate directly with us.
- Join TeamSnap and turn on notifications so you do not miss important team communication.
- Be thoughtful during the car ride home after practices and competitions. The way you communicate with your athlete affects confidence, development, and performance.
- Be a good listener. Do not make excuses for your wrestler.
- Encourage your athlete to keep working, learning, and improving.

STRUGGLE IS PART OF GROWTH. WHAT CHALLENGES YOU CHANGES YOU.

Final Points of Emphasis

We will teach wrestling. We will develop technique, strategy, conditioning, and toughness.

However, we will not coach attendance, effort, or attitude.

Every athlete is responsible for bringing those three things each day. They do not require talent, and they do not cost anything. They are choices.

If an athlete consistently struggles with attendance, effort, or attitude, that athlete will not be in the starting lineup—and will not remain part of the team for long.

We have a strong group of returning wrestlers and several talented young wrestlers joining the program. If we work together, support one another, and live up to these expectations, this can be a special season.

Coach Shane Mack

Head Wrestling Coach
717-982-0174