Austin Packer Wrestling Handbook

2026-2027



Coaching Staff

a. Head Coach: Dave Cunningham 507-219-0120 dave.cunningham@austin.k12.mn.us
b. Assistant Coaches:
    a. Mike Cunningham Mike@trainhush.com
    b. Dan Rysavy dan.rysavy@gmail.com
    c. Tony Garcia garciatony082@gmail.com
    d. Sam Oelfke soelfke838@gmail.com
    e. William Mullenbach wmullenbach@gmail.com

Remind app: Class Name: Austin High School Wrestling; Class Code: @6ebg97

f. If a student, athlete, or parent has a question or concern regarding the wrestling program, please email, message on remind app, call, or set up a meeting with the head coach.
g. ALL communication needs to take place before or after all competitions. Coaches will not respond to concerns during competitions, this includes email, messages, and phone calls. Concerns will be addressed 12 to 24 hours before or after a competition.

Austin High School Wrestling Expectations

1) **Expectations: The following is a list of expectations for participants in the Austin High School Wrestling Program.**
    a) Practice time
        i) Arrive to practice on time and ready (including dressed and appropriate shoes for the start of practice).
        ii) Practice will start 3:45 pm on normal school days. Practice times may change to accommodate no school, breaks, early releases, etc.
        iii) Practice in weight room/strength training are part of (high school) wrestling practice and athletes are required to be present. These practices will take place before school at 6:45 am on Mondays and 4:35 pm on Wednesdays, included in after school practice. We will also be meeting in Packer Gym every Tuesday morning for a mandatory run. ***Before school practice is not mandatory but rather optional for students who attend Middle School.**
        iv) The wrestling room is our designated work room. There will be no horse play or misbehavior in the wrestling room. We are positive, serious, focused and determined to get the most out of the time we have. Once we enter the room you are expected to give 100% the entire practice.
        v) Practice will conclude around 5:30pm on normal school days. We will let out around 5:15 pm on Wednesdays to accommodate those who are attending church that night.
    b) Attendance
        i) We will be starting the Packer Wrestling Tough Club for those who have zero unexpected absences.
        ii) COMMUNICATE WITH COACHES IF YOU WILL BE GONE FROM PRACTICE
        iii) The coaches will decide if an absence is to be excused or not.
            (1) Examples of excused absences would include: (Documentation required)
                (a) Doctor appointments, Family emergencies, Illness, School related issues/activities, church related activities.

(2) Example of unexcused absences would include:
   (a) Missing practice for school related issues without getting authorization from the coaches, arriving 15 minutes late to practice without the coaches being aware of your circumstances, not showing up, etc.
(3) If athletes miss multiple days of practice (without communication of excused absences) you will be moved to Junior Varsity for a week, regardless of skill level.
(4) If you miss practice the day before a competition. Athletes will not be allowed to participate. Unless uncontrollable circumstances. Coaches will make the final decision about who is wrestling at each level.

c) Varsity Wrestlers will be determined by a wrestle off:
There will be a best two out of three wrestle off between wrestlers to decide on a Varsity spot. Once the Varsity spot is established at said weight class, the athlete who holds the spot will have to lose **two consecutive** matches to the Junior Varsity member who is challenging. There will also be a rankings ladder in the Junior Varsity that will be established and need to be climbed before challenging for a Varsity spot. After the initial wrestle offs, the top Junior Varsity member can only challenge every 3 weeks for the same spot. However, they may go up or down a weight class before the 3 weeks elapse and challenge for a spot. Wrestlers must be within 4 lbs of weight class they are planning to challenge. Wrestle offs will typically take place on Tuesday and Wednesday afternoons.

d) Abide by the MSHSL substance policies.
   i) There will be penalties from the school and team.
   ii) Chemical violation 1: 2 weeks or 2 competitions; whichever is greater.
   iii) Chemical violation 2: 6 competitions or 3 weeks; whichever is greater.
   iv) Chemical violation 3: 12 competitions or 4 weeks; whichever is greater.
   v) Chemical violation 4: Student will not be allowed to participate in sports/activities.

e) Locker room expectations
   i) Pad lock is required
   ii) Nobody is allowed in the locker room during the school day hours.
      (1) There will be consequences if caught in there during the school day.
   iii) This is not a hangout place after practice—weigh-in, shower and go home.
   iv) High school male wrestlers will be in the lower locker room in Ove Berven gym.
   v) Middle school male wrestlers will be in the upper locker room in Ove Berven gym.
   vi) All female wrestlers will be in Female locker room in Ove Berven gym.

f) ALWAYS display good sportsmanship
   i) Above all we will show class. We will win and lose respectfully. We will be an aggressive squad that will wrestle hard for 6 minutes. After a loss you should only be disappointed in yourself if you didn't leave everything on the mat. The important thing is that you learn from losses and don't make the same mistake twice.
   ii) Any athlete who shows poor sportsmanship is at risk of being dismissed from the team or missing a competition.

g) Stay caught up in school so that you stay eligible to wrestle:
   i) Athletes cannot have more than 1 Failing grade, or they will be put on academic probation. This means an athlete can practice but not compete. They will stay on academic probation until they improve their grades to only 1 failing grade.

ii) We will work with athletes that are in danger of failing so they do not become ineligible.
iii) **Study table will be a requirement for a week if you are on the eligibility list.**

2) **Code of Conduct for Parents and Athletes:** You will be expected to abide by these for the season.

Parents' Code of Conduct

I understand and endorse the purpose of our program; *to lead by example, teach character and integrity, and instill pride so my athletes will give 100% of their ability to everything they do on and off the mat.*

- Support the coaches by applauding behavior in your child and their teammates that demonstrates characteristics of integrity, empathy, sacrifice, and responsibility.
- Acknowledge and appreciate athletes' growth towards maturity and their effort toward establishing stronger relationships with their teammates, coaches, and themselves.
- Affirm your athlete and teammates when good character, healthy sportsmanship, and other centered behaviors are displayed. Do not only affirm their athletic performance or a victory.
- Serve as positive role models for our players, talking politely, and acting courteously towards coaches, officials, other parents, visiting team parents, and spectators at practices, meetings, meets, and tournaments.
- Don't blame the team's failure solely on the coaches; we are all part of the team.
- Model good sportsmanship. Acknowledge and applaud the efforts of team members and opponents. Accept defeat graciously by congratulating the members of the opposing team on their performance.
- Support the team regardless of the outcome or level athletes wrestle at. Support athletes regardless of what their win-loss record is.
- Encourage your child and their teammates with positive statements, even when they make mistakes. At every practice they grow physically and emotionally. At every practice they are learning moral and ethical lessons. At every practice they are developing character.
- Refrain from boasting about your child's accomplishments.
- When problems or questions arise, please have your athlete present the problem to their coaches. We want athletes to develop self-advocacy. After meeting with their coaches, if the issue requires more clarity, contact one of their coaches.

Because I am a parent with the power and platform to make a positive difference in the life of every athlete, I commit to this code of conduct. When failing to live up to our standards I will allow for accountability and take responsibility for my actions.

Student-Athlete Code of Conduct

- I accept responsibility for my behavior on and off the mat. I understand that what I do and say affects my teammates, my school, and other people either positively or negatively.
- I lead courageously and live with integrity by speaking up against injustice and on behalf of others even when it is hard or unpopular.
- I act with respect toward myself and the people and things around me, including my parents, my coaches, my teammates, my teachers, my opponents, and the spectators.
- I do not put people in boxes according to their race, sex, religion, sexual orientation, or abilities. I judge people by the content of their character.
- I act with empathy. I try to understand what is going on in the hearts and minds of other and what is causing those feelings so that I can be supportive and encouraging.
- I always serve as a role model by talking politely and acting courteously toward coaches, teammates, opponents, officials, and spectators. I understand that it is a privilege to represent my family, school, and community as a student athlete.
- I give 100% of my ability to meetings, practices, meets, tournaments, and other events. I understand that effort demonstrates my commitment to the team and my respect for my coaches and teammates.
- I display good sportsmanship. I acknowledge and applaud the efforts of others. I encourage my teammates with positive statements. I refrain from boasting to teammates and "trash-talking" to members of other teams. I accept defeat graciously by congratulating my opponents on a well wrestled match.
- I listen to help and advice from my coaches and teammates with full attention and courtesy.
- I will be dedicated to the team by attending all team functions (lifts, meeting, practices, Dual/Tri, tournaments). If I am unable to attend, I will contact a coach prior to my absence.

Because I represent my family, school, and team, I abide by the policies, rules, and guidelines of the school, team, and coaches. I understand the breaking of any of these policies will not only hurt myself but also the team. Consequences for breaking these policies may include the inability to wrestle or dismissal from the team.

3) <u>Lettering Policy</u>

a) Any wrestler that competes in 5 or more Varsity matches

4) <u>Nutrition:</u>

a) Good nutrition is a year-round, daily consideration and is as important a factor for success as is strength training. We expect you to eat a nutritional, balanced diet every day with the focus on more fruits and vegetables. Fast food is void of any real nutritional value and most nutritionists recommend eating it no more than once per month. Wrestlers should avoid drinking beverages like soda and energy drinks as they will lead to dehydration.

5) **Hygiene:**
   a) The nature of the sport is one of bodily contact. It is imperative that you practice good hygiene. Poor hygiene can result in skin ailments such as ringworm and impetigo. This can affect the whole team and can cause closure of the wrestling room. You help ensure that we do not have those problems by doing the following:
   b) Clean the mats daily prior to practice start.
   c) Shower daily. Before school, after practice and any time after you have had a workout. All wrestlers will be expected to shower in the locker room or IMMEDIATELY when they get home.
   d) Use a clean towel.
   e) Notify a coach if you find anything unusual on your skin.
   f) Wear clean practice gear DAILY & Regularly wash your headgear and kneepads.
   g) Never walk on the mat bare footed or in anything other than wrestling shoes.

6) **Injuries:**
   a) An injured athlete needs to attend practice.
      i) We will modify workouts, lifts, and other aspects of practice to accommodate the injured athlete according to the doctor or trainer recommendation.
      ii) If injured their needs to be a doctor note or the athlete needs to see our athletic trainer

7) **Leadership Council**
   a) The Leadership Council is comprised of the team captains, two leaders that are grades 9-10, and two leaders that are grades 7-8.
   b) The purpose of the Council is to have a safe landing spot for any questions or concerns that a wrestler has, especially if they do not feel comfortable approaching the Coaching Staff about it.
   c) Once the report is made to the Leadership Council, they will give dialogue to the Coaching Staff to help solve the question/comment quickly.
   d) The Leadership Council will otherwise meet monthly to address anything else.

Emergency Action Plan Worksheet – Student Response Team

Coach/Advisor Name:	Activity:	Level:
Dave Cunningham	Wrestling	7-12

1 911 TEAM

CALL 911

CALL 911. Explain emergency. Provide location.

	PRACTICE	EVENTS
Closest Phone	Coach Cellphone	Office in Ove
EMS Access Point	Door 13 Annex	gym lobby (7 13)
Street Intersection	Annex Parking	4th St NW
Student 1	Manager 1	Manager/coach
Student 2	Manager 2	Manager/coach

MEET AMBULANCE at EMS Access Point. Take to victim.

	PRACTICE	EVENTS
Entry Door/Gate	Door 13 Annex	Gym Lobby
Student 1	Manager 1	Coach
Student 2	Manager 2	Coach

CALL CONTACTS. Provide location and victim's name.

	NAME	CELL
Athletic Trainer	Chelsey Kasel	
Athletic AD	Katie Carter	
Student 1	Manager 1	
Student 2	Manager 2	

2 CPR/AED TEAM

START CPR

1. Position person on back.
2. Put one hand on top of the other on middle of person's chest. Keeping arms straight, push hard and fast, 100 presses/minute. Let chest completely recoil after each compression.
3. Take turns with other responders as needed.

Coach	Cunningham	Wolters
Student 1	Bravden B	Cam R
Student 2	Cam R	Jaiden X
Student 3	Jaiden X	Bravden B

WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS

1. Remove clothing from chest.
2. Attach electrode pads as directed by voice prompts.
3. Stand clear while AED analyzes heart rhythm.
4. Keep area clear if AED advises a shock.
5. Follow device prompts for further action.
6. After EMS takes over, give AED to Athletic Administrator for data download.

3 AED TEAM

GET THE AED

CALL 911. Explain emergency. Provide location.

	PRACTICE	EVENTS
Closest AED	Tunnel Hallway	gym lobby
Student 1	Cam R	Manager
Student 2	Bravden B	Manager

GET THE ATHLETIC TRAINER

	PRACTICE	EVENTS
Typical Location	AT office	At office
Student 1	Manager	Manager
Student 2	Manager	Manager

CALL 911 for all medical emergencies.
If unresponsive and not breathing normally, begin CPR and get the AED.

4 HEAT STROKE TEAM

	PRACTICE	EVENTS
Tub Location	NA	NA
Water Source Location	hallway	out side gyms
Ice Source Location	AT office	AT office
Ice Towel Location	AT office	AT office
Student 1		
Student 2		

PREPARE TUB DAILY

	PRACTICE	EVENTS
Student 1	NA	NA
Student 2	NA	NA

1. Remove equipment/excess clothing. Move to shade.
2. Immerse athlete into cold ice water tub, stir water. *If no tub: cold shower or rotating cold, wet towels over the entire body.
3. Monitor vital signs.
4. Cool First, Transport Second.
   a. Cool until rectal temperature reaches 102°F if ATC or MD is available.
   b. If no medical staff , cool until EMS arrives.

ANYONE CAN SAVE A LIFE

NOVEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23 ETS: 6:45-7:30am Practice 3:45-5:30pm	24 Interval Run 6:45-7:30am Practice 3:45-5:30pm	25 Practice 3:45-5:15pm	26 Optional Run 8-9am	27 Practice 3:45-5:30pm	28 Practice 11am-1pm
29 No Practice	30 ETS: 6:45-7:30am Practice 3:45-5:30pm					

DECEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Interval Run 6:45-7:30am Practice 3:45-5:30pm	2 Practice 3:45-5:15pm	3 Practice 3:45-5:30pm	4 Practice 3:45-5:30pm	5 SPAMtown Duals - 8am
6 Austin Youth Tournament Volunteer	7 ETS: 6:45-7:30am Practice 3:45-5:30pm	8 Interval Run 6:45-7:30am Practice 3:45-5:30pm	9 Practice 3:45-5:15pm	10 Practice 3:45-5:30pm	11 Practice 3:45-5:30pm	12 Northfield Tournament - 8am
13 No Practice	14 ETS: 6:45-7:30am Practice 3:45-5:30pm	15 Interval Run 6:45-7:30am Practice 3:45-5:30pm	16 Practice 3:45-5:15pm	17 Home vs. Albert Lea - 6pm	18 Practice 3:45-5:30pm	19 No Practice
20 No Practice	21 ETS: 6:45-7:30am Practice 3:45-5:30pm	22 Interval Run 6:45-7:30am Practice 3:45-5:30pm	23 Packer Olympics Practice 3:45-5:15pm	24 No Practice	25 No Practice	26 No Practice
27 No Practice	28 ETS: 6:45-7:30am Practice 3:45-5:30pm	29 Interval Run 6:45-7:30am Practice 3:45-5:30pm	30 Practice 3:45-5:15pm	31 Practice 3:45-5:30pm		

JANUARY 2027

SUN	MON	TUE	WED	THU	FRI	SAT
					1 No Practice	2 No Practice
3 No Practice	4 ETS: 6:45-7:30am Practice 3:45-5:30pm	5 Triangular @ Rochester Mayo - 5pm	6 Practice 3:45-5:15pm	7 Practice 3:45-5:30pm	8 Practice 3:45-5:30pm	9 Waseca Tournament - 8am
10 No Practice	11 ETS: 6:45-7:30am Practice 3:45-5:30pm	12 Interval Run 6:45-7:30am Practice 3:45-5:30pm	13 Practice 3:45-5:15pm	14 Practice 3:45-5:30pm	15 Practice 3:45-5:30pm	16 Hayfield Tournament - 9am
17 No Practice	18 ETS: 6:45-7:30am Practice 3:45-5:30pm	19 Interval Run 6:45-7:30am Practice 3:45-5:30pm	20 Practice 3:45-5:15pm	21 Triangular @ Mankato West - 5pm	22 Practice 3:45-5:30pm	23 South St. Paul Tournament - 10am
24 No Practice	25 ETS: 6:45-7:30am Practice 3:45-5:30pm	26 Interval Run 6:45-7:30am Practice 3:45-5:30pm	27 Practice 3:45-5:15pm	28 Quad @ Mankato East - 5pm	29 Practice 3:45-5:30pm	30 No Practice
31 No Practice						

FEBRUARY 2027

SUN	MON	TUE	WED	THU	FRI	SAT
	1 ETS: 6:45-7:30am Practice 3:45-5:30pm	2 Interval Run 6:45-7:30am Practice 3:45-5:30pm	3 Practice 3:45-5:15pm	4 Triangular @ Winona 5pm	5 Practice 3:45-5:30pm	6 No Practice
7 No Practice	8 ETS: 6:45-7:30am Practice 3:45-5:30pm	9 Interval Run 6:45-7:30am Practice 3:45-5:30pm	10 Practice 3:45-5:15pm	11 Practice 3:45-5:30pm	12 Practice 3:45-5:30pm	13 No Practice
14 No Practice	15 ETS: 6:45-7:30am Practice 3:45-5:30pm	16 Interval Run 6:45-7:30am Practice 3:45-5:30pm	17 Practice 3:45-5:15pm	18 Team Sections - Site TBA	19 Practice 3:45-5:30pm	20 Team Sections - Rochester Mayo Civic Center TBA
21 No Practice	22 ETS: 6:45-7:30am Practice 3:45-5:30pm	23 Interval Run 6:45-7:30am Practice 3:45-5:30pm	24 Practice 3:45-5:15pm	25 Practice 3:45-5:30pm	26 Practice 3:45-5:30pm	27 Individual Sections - Rochester Mayo Civic Center TBA
28 No Practice						

MARCH 2027

SUN	MON	TUE	WED	THU	FRI	SAT
	1 ETS: 6:45-7:30am Practice 3:45-5:30pm	2 Practice 3:45-5:30pm	3 State Tournament TBA	4 State Tournament TBA	5 State Tournament TBA	6 State Tournament TBA
7 NYWA Youth Tournament Volunteer	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			