**Cascade Wrestling**



**2017-2018**

Student-Athlete

and

Parent Handbook

**Welcome!!**

As coaches we are looking forward to this season and the opportunity to get to know all of you. Your child has made an important commitment in deciding to join the Cascade Wrestling program. The coaching staff looks forward to working with your child to help him reach his potential as a wrestler, as well as being a positive influence in many other areas of his life.

**The Handbook**

This handbook is intended to be a guide for the policies, procedures, philosophy

and rules of Cascade Wrestling. Included are the issues we believe important to

cover before the start of the season, along with a schedule of this season’s practices,

meets, and tournaments.

**Program Goals**

**Goal 1: Excellence in Academics**

 We want every wrestler to work towards academic success by setting high academic goals, showing improvement and incorporating the work ethic they gain through wrestling into the classroom.

**Goal 2: Wrestling Success**

 A second goal that we have is that each athlete develops, improves and enjoys the sport of wrestling. The coaches and wrestlers will work together to set individual goals, and develop a plan to reach their goals. The wrestlers who work their hardest to follow the plan will find the greatest success.

**Goal 3: Personal Growth**

Our final goal is to teach life lessons through wrestling. We want each wrestler to incorporate the discipline, work ethic and self-confidence they gain through wrestling into their everyday life throughout high school, college and beyond. If our kids fully commit and give everything they have to the sport of wrestling, wrestling will give them back much more.

**The Coaches**

**Head Coach**

Travis Andrews

**Assistant Coach**

Alex Ressler

**Assistant Coach**

Tom Andrews

**Assistant Coach**

Dale Andrews

**Assistant Coach**

Jason Feldman

**Pre-season Information**

Participation in wrestling also involves some important information forms for

both the wrestler and parents to complete prior to the season. Before the season begins

your child must have a current sports physical and health card on file with the office.

This season officially begins November 13th and continues through late

February. We will have practice each school day and most mornings. The included calendar is a good guideline for the days and times that we will have practice, but are subject to change. Our first competition is on November 30th.

**Practice and Competition Schedule**

The practice and competition schedule is included. Every effort will be made to

follow these times. In the event that these times are changed, I will inform the wrestlers

at practice and/or via text (if weather related). ***I expect parents and wrestlers to keep and use the schedule*.** Unless it is extremely urgent, **DONOT** contact me to ask what time we have a practice or competition. If you needinformation, use the schedule or call a teammate.

**Practice**

Practice will be held each day with warm-ups beginning at 3:25 pm and end as listed in the calendar. There will be before-school practices at times throughout the year. Some morning workouts will be for predetermined, specific groups of wrestlers. **Practice is absolutely mandatory**. If, for any reason, you are unable to attend practice or will be late, (family emergencies, illness, etc.) you must contact me before practice and let me know the reason why. I may be reached at:

-In room 102 throughout the school day, 563-852-3201 ext. 1026.

-On my cell phone (563-542-3698)

Any unexcused absence from practice will have strict consequences could include

being withheld from competition and try-outs. Multiple offenses may result in dismissal

from the team. You cannot be dedicated sometimes and still expect to achieve your goals

and see results.

Being on time is also essential for practices, meets, and any other time you are

expected to be somewhere. I expect you to be ready to go **BEFORE** the time you are

told (Lombardi time, 15 min. before).

**Weight loss and Nutrition**

Weight control is an individual task for each wrestler. No wrestler will be told

what weight to wrestle or be required to lose a single pound. The weight at which each wrestler will compete is determined by the body fat test which was on November 22nd at 8:00 AM and by the coaches, wrestler, and his/her parents. A wrestler who wins his position is expected to live up to his commitment and maintain his weight. If weight loss becomes an issue for a wrestler, it will not be done. Practices are intended to improve wrestling technique and conditioning, not to lose weight. If losing weight becomes a precedent the coaching staff will step in and priorities will be realigned.

Additionally, wrestlers are expected to have a proper diet that allows them to

perform at their best both in practice and in meets. Eating the correct foods and staying

hydrated are an absolute must for wrestlers to succeed. The coaching staff will give

wrestlers as much help as they need to maintain a healthy diet and energy level.

**Injuries**

Wrestling is a contact sport. There is always a possibility a serious injury could

occur. Know your body and let a coach know if something is wrong, so the situation can

be remedied. However, be prepared for bumps, bruises, cuts and sore muscles that will

no doubt occur during the season.

There is a difference between being injured and being hurt. *If a wrestler is*

*injured*, something is seriously wrong and healing will occur much faster if he does not

practice. *If a wrestler is hurt*, he is dealing with discomfort, but what is wrong will not

heal quicker if he does not practice.

All wrestlers are expected to attend practice whether they are injured or not.

Injured wrestlers can still learn, give their teammates encouragement and do a modified

workout. Just because a wrestler is unable to wrestle, it does not mean he gets a day off.

**Sportsmanship**

Proper behavior and good sportsmanship are expected at all times from wrestlers,

parents, fans, and coaches. We will not tolerate any exceptions. At no time is any

wrestler or parent allowed to talk to a referee with disapproval of the job he is doing. The

coaches promise to fight for our wrestlers if the situation deems it necessary.

During a match, Cascade wrestlers and parents are only allowed to cheer

on the Cascade competitor. ***Instructions are to be given to wrestlers by coaches only*.** Please, let the coaches coach and the wrestlers wrestle. Another important factor regarding sportsmanship is the way in which wrestlers handle losses and other setbacks. Adversity is a part of life and the way in which we handle it, individually and as a team, is crucial. Losing is tough and we expect all of our wrestlers to hate it. We also expect them to learn from it, use it as motivation and handle it responsibly. Any inappropriate actions (swearing, outbursts, or other inappropriate behaviors) will have serious repercussions. The coaching staff will never be mad at a wrestler for losing, as long as he wrestled as hard as he could and learned from it.

**Parents**

I want each parent to be fully aware that the coaching staff has the best interest of

your child and the team in mind at all times. We hope to develop a good rapport and

work together to make this happen. There are certain rules EVERY parent is expected to

abide by.

1. All parents are welcome to come and respectfully watch practice to learn what it

is your child is doing. I simply ask that you contact me ahead of time if you wish to watch a practice.

1. During dual meets and tournaments, parents are not allowed on the floor or

behind the bench. ***All parents must remain in the bleachers during competition.***

This rule is broken or pushed too often. Do not make coaches take time away

from coaching. If your child is wrestling, you need to be in the stands.

1. Communication lines will be open and remain open as long as the parents remain

positive and constructive. I will be as timely as possible in discussing any

concerns you may have.

1. Understand, we sincerely care about every one of our wrestlers and we are always

doing the best job we know how. It is a job we have been extensively trained for

and we are confident in our abilities. With your support, we believe you will feel

the same.

**Home and Away Meets**

There will be a specific routine we will follow for home and away meets that will

best prepare us for competition, both mentally and physically. These procedures will be

discussed in greater detail when we get closer to meet time.

When we travel, all wrestlers are expected to represent themselves, their team,

their coaches and Cascade High School in a responsible manner. The team’s

behavior and dress should support this. Other teams and their facilities will be given the

utmost respect.

Additionally, the bus/van should be left the same or **better** than before it was used.

**Dress Code**

Wrestlers are expected to wear appropriate practice shirts to practice. Wrestlers should wear solid colored shorts and tight fitting undergarments (wrestling briefs, spandex, tighty-whities, etc). Boxer shorts are **not** permitted at practice or during meets. It is expected by all team members not to wear hats in school or where the American flag is flown.

**The wrestling team will wear a collared shirt or warm-up sweatshirt to school on meet days**.

**Practice Routine**

CHS wrestling practices will most likely be the most physically and mentally

challenging thing our athletes have ever done, so they should be prepared to work harder

than they ever have before. It will pay off and it will be worth it.

All wrestlers should be in the practice room and begin a team warm-up at

3:25. Attendance will be taken at this time. We will begin drills after the team warm-up.

Afterwards, the team will focus on technique, and then move on to live wrestling. Practice will conclude with conditioning and a cool down.

Practices will change throughout the year in order to best prepare for Sectionals, Districts and the State Tournament. Practices will also vary during the week. The closer we get to

competition, the more we will taper to keep our minds and bodies fresh.

All wrestlers should use EVERY practice as an opportunity to get better, and have

a purpose. We will focus on specific techniques throughout the year and we will have a

plan for you to follow to maximize improvement in technique and shape.

An in-season lifting schedule will be part of our training. These are mandatory, the same as any other practice. Lifting times are short, so wrestlers should be on time and promptly complete the required lifts. This should never take more than half an hour. The weight room is open most mornings by 7:00.

**Wrestle Offs**

Wrestle offs will be held on November 22rd at 9:30 AM. Matches will be officiated by an official or members of the coaching staff. A***ll calls will be unquestioned***. The winner will have the varsity spot for that weight. The runner-up can take the JV spot at that weight or challenge at another weight at the discretion of the coaching staff. Wrestlers may challenge for the varsity or JV spot during 3 specific wrestle-off dates throughout the season and at the coaching staff’s discretion. Performance during competition, academics and work ethic will also play a part in who will wrestle and at what level. If somebody shows they are unwilling to wrestle to their ability, the coaching staff will put somebody else out there who will.

**Equipment**

Wrestlers will be provided with warm-ups and singlets. It is the wrestler’s

responsibility to return these items as they were given. Wrestlers will be charged for lost

items.

Wrestlers may not wear sweats during regular practice time, but may put them on and continue to work out after practice. Wrestlers must provide their own wrestling shoes and headgear. If a wrestler has braces, they must use an approved mouth guard that covers them (top and bottom, if necessary). Kneepads are optional. All of these may be purchased at Monticello Sports or most other sporting goods stores.

**Hygiene and Skin Care**

All wrestlers are expected to shower immediately after they have finished

practice. **Shower at school**. Waiting until you get home increases the chances of getting

a skin disease and passing it on to others. Make sure to take home all practice gear and launder it after practice, **have clean** **gear each day**. Keeping or wearing dirty clothes also increases the chances of skin disease. Wrestlers should put their used workout gear in a plastic sack and wash their duffel bag regularly. The mats will be washed at least twice each day. Make sure wrestling shoes are only worn on the mats, **nowhere else**.

If some sort of abnormality becomes apparent on your skin, let a coach know

***immediately***. If it appears to be a contagious skin disease, it needs to be cleared up with

great haste. Aside from being unpleasant and the associated health risks, the team cannot

afford to lose any member due to ringworm, impetigo, staph, etc or risk infecting other

members of the team.

The increased cases of athletic-linked staph infection is a concern. This is a very

serious matter, the coaches and wrestlers must take every precaution necessary to keep

from affecting the health of the individuals on this team. Again, I cannot stress enough

how important it is to diligently practice the following procedures on an everyday basis.

1) Showers must be taken at school immediately after practice, it’s suggested to bring a loofa and keep at school. Do Not Share these.

2) Lockers and the locker room need to be kept clean. Keep disinfectant in

lockers and use daily.

3) All clothes need to be taken home and laundered each night.

4) Cuts must be covered and kept sterile.

5) Bring a clean towel to school every day.

6) Do not share towels, headgear, clothes, shaving items, etc.

**7)** Immediately show the coach or trainer anything suspicious

**Parents: Please make sure your child is following these precautions.**

**Locker Room**

The locker room is our responsibility. Make sure it is kept clean and in order.

Failure to do so will result in extended practice time for locker room cleaning as well as

extra conditioning.

**Conduct Policy/Behavior**

This wrestling team will strictly adhere to the conduct policy set forth by the

school administration. Make good decisions. Do not cost yourself or your teammates the

opportunity to succeed by being in the wrong place or making poor choices.

**Academics**

Cascade High School follows the no-pass, no-play policies. To be eligible for an activity, students participating must not have any failing midterm or first and third nine weeks grade. A student who does not meet this criteria will be ineligible for the first week following that midterm or nine weeks. The ineligibility begins on the third day after grades are due in the office to allow for parental notification and grade accuracy checks. Thereafter when the student raises those grades to meet policy criteria, they will become eligible.

Any athlete who does not pass every class for the first trimester will be ineligible for 30

school days. This would make him ineligible for an important part of our season. The

coaches are in close contact with the entire Cascade faculty. Athletes will attend study tables to work on that subject until they are no longer failing. Missing any number of practices because of this will also withhold the wrestler from competition. This is a great concern, any wrestler failing to remain in good academic standing needs to immediately remedy the situation. It is not possible to take wrestling seriously and succeed without first fulfilling your academic responsibilities.

Attendance in school is also a high priority. Anyone who has an unexcused absence

will not be allowed to practice/compete. Wrestlers need to be at all classes every day.

**Lettering**

To earn a varsity letter in wrestling, you must:

1) Wrestle in at least 3 varsity meets (A tournament counts as one weigh-in).

2) Be a senior who has wrestled at least 2 years.

3) Special exceptions (injuries, etc.).

4) Cascade Invitational Champion

5) Finish the season in good standing.

**Parental Help**

There will be multiple opportunities this season in which assistance from parents

or other Cascade Wrestling supporters will be needed. Such as, our home dual team tournament and individual tournament on January 13th. If you are able to help, please don’t hesitate to contact Carrie Koppes, Lori Manternach or Adam Kedley.

**Post Season Banquet**

The wrestling banquet will be held following the State Tournament to discuss the season,

prepare for the off-season, hand out awards, and the opportunity for departing members

of the team share their best memories and say good-bye.

**Coach Andrews Contact Info**

Email: travis.andrews@wdbqschools.org

Cell phone: 563-542-3698

**We are excited and looking forward to this season, to watching your child develop as a wrestler and as a person.**

 Once again, thank you for allowing your son/daughter to take part in the great sport of wrestling. As coaches, we look forward to an exciting season ahead. Please sign the bottom portion of this sheet to have your son/daughter return to me.

----------------------------------------------------------------------------------------------------

**Parent Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Athlete Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_