

# BENSON WRESTLING

The purpose of this Handbook is to establish our base philosophy, rules, policies and goals. We ask that you read this and please support us in our efforts. It is impossible to address every situation and we hope common sense will prevail. The coaches will have final say on all matters.

We thank the wrestlers and their families in advance for your support, efforts and sacrifices made during the wrestling season.

## **Philosophy**

The importance of sports, especially wrestling, can instill lessons that are essential in life. Values can be learned such as respect, discipline, responsibility, self confidence, sacrifice and accountability.

Learn Courage – Courage is resistance and mastery of fear, not absence of fear.

Learn Confidence – Believe in yourself and what you want to accomplish.

Learn Perseverance – Never give up! Even when the going gets tough. Keep Working!

## **Goals**

The goal of any sports program is to have fun and enjoy success (win). There is no doubt about that. Success is defined in many ways. It can be as simple as perfecting a takedown to winning the State Championship.

There are goals we have as a coaching staff for everyone on the team regardless of level or ability. Our ultimate goal is to strive to make our athletes better wrestlers, students and citizens. To represent our Team, School and Community with pride and respect.

## **Chain of Command**

If a wrestler has a concern, he should first address the issue with the Head Coach. This should be done in a timely manner. Being able to communicate effectively with adults is a part of becoming a successful young adult. If, after the meeting with the Head Coach, the wrestler is still not satisfied, then a parent meeting should be scheduled. If you as a parent have a concern, please talk to your child first, as they may have a good handle on the situation and will be able to offer valuable insight. If after a parent meeting, concerns still exist, the next step is to contact our Athletic Director.

Wrestling is a sport of high emotion and aggression. It is likely during the season that athletes, parents and/or coaches will be upset by something. When we find ourselves in these situations, we ask that we hold off for a 24 hour cooling off period. If after 24 hours someone is still upset, then it is time to talk. Most situations will resolve themselves by adhering to this policy. Please refrain from venting or putting anything negative on social media sites.

## **Practice Attendance**

Practices will be different this season. The captains will have the mats set up and begin warm ups at 3:30pm the captains will be in charge of warm ups with season. The coaches will begin the team work out under their direction at 3:45. Practice with the coaches will be 1 hour and 15 minutes each day.

### **Wrestlers**

All practices are mandatory, without an excused absence. The Team depends on all wrestlers 7th – 12th. If you cannot make practice, personally contact a coach in advance. Having a buddy tell us will not work. If you are absent from school with illness or leave school early because of illness, tell the school office to let us know.

### **Managers**

A minimum of 2 managers are needed at all practices. A schedule will be worked out when the season starts. All Managers are required at all competitions unless approved by the coaches.

Un-excused Absence includes but not limited to – work, haircuts, dates, etc.

Excused Absence includes but not limited to – Orthodontist appointments, JH Wrestlers that have confirmation after school, Family emergencies, etc.

Coaches will have final say as to what is excused or unexcused absence.

One Unexcused Absence – Warning

Two Unexcused Absences – Wrestler will miss the next competition

Three or more Unexcused Absences will require a meeting with the Coaches and the Wrestler along with a parent.

Injured Wrestlers are still part of the Team. They are required to dress for practice and participate to the extent possible. If no participation is possible, they must still attend practices and competitions unless approved by the Coaches.

If school is released early for weather, there will be no practice after school. Wrestlers that need to make weight will be responsible for getting a work out in.

If a wrestler/manager has Religion after school on Wednesdays, they should go to Religion. If they are able to practice (even for an hour), they should be at practice.

Holiday practices are required, especially for Varsity level wrestlers. Please try to be in attendance.

## Hygiene

Wrestling is a contact sport. We work diligently to prevent and avoid skin issues with our Team. Precautions are taken such as washing mats daily with disinfectant and conducting skin checks after every practice. We ask the wrestlers to do their part by bringing clean practice clothes daily and showering with anti-bacterial soap.

If there is a suspected skin issue, we must have a signed form from a doctor in order for the wrestler to continue practices and competitions.

## Weight Classes

Varsity: 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, Hwt  
2 lb Growth Allowance added January 1st.

7-9th Grade League – 94, 100, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, Hwt  
These only apply to Section, Individual and Team Tournaments.

## Cutting Weight

Most wrestlers will naturally lose weight during wrestling season by adhering to a proper diet and hard work. We **do not encourage excessive weight cutting** especially for Junior High Wrestlers. Varsity wrestlers will sometimes cut harder to obtain a spot on Varsity or for the good of the Team. Talk with the Coaches about proper cutting.

## Making Weight

All Varsity Competitions require wrestlers to make their respective weight class. For example, if you wrestle 152 lbs, you must weigh 152.0 or less. Failure to make weight will result in missing the next competition. Second time, you will miss two competitions. Varsity wrestlers not making weight, will lose his spot and will have to wrestle-off to regain that spot. Failure to make weight at Team Sections, the wrestler will forfeit his opportunity to wrestle Individual Sections.

7-9th Junior High:

Junior High Wrestlers only need to make weight for their Section Team and Individual Tournaments, or if asked to be an extra at a Varsity Dual. Junior High Tournaments and Exhibition matches are paired by scratch weights.

## **Diet**

During Wrestling Season, it is recommended to cut out pop, chips, pizza, fast food and generally any unhealthy, non-nutritious foods. Water, fruit juices, vegetables, fruits and lean meats, such as chicken, venison and fish are good choices. It is better to eat smaller portions more often to control over-eating.

Eating after weigh-ins should be sensible. Drink fluids (water or sports drinks) but not large quantities. Fruits, energy bars, small peanut butter & honey sandwich would be good options for after weigh-ins. Eating a six inch sub sandwich or similar quantities of food will make you sluggish on the mat.

## **Wrestle-Offs**

Wrestle-offs will be held throughout the season. These will determine Varsity and 7-9th Grade League Weights for individual tournaments. These will also be used for dual meet line-ups, but Coaches make final decisions who will wrestle at each weight based on what is best for the Team.

All Wrestlers involved in the wrestle-offs must weigh in the day of the wrestle-off no more than 5.0 lbs over the weight class being contested. Weigh-ins will be conducted by the coaches before practice. We will give a minimum of a 2 day notice for wrestle-offs, so wrestlers may make weight. Any wrestler wanting to challenge other than scheduled wrestle-offs must talk to the Head Coach.

Once the Varsity lineup has been established, mid to late season, a challenger must defeat the Varsity wrestler 2 consecutive times to earn that spot.

## **Lettering**

Wrestlers and managers must remain eligible with no unexcused absences to be considered for lettering. A wrestler shall letter by wrestling 6 or more Varsity matches. Managers must be in good standing with the team. Others may letter at the discretion of the Coaches. Seniors are given consideration.

Missing any of the tournaments that we run, could jeopardize lettering.

## **Injuries**

All injuries must be reported as soon as possible so an injury report can be submitted.

## **Riding the Bus**

All wrestlers and managers must ride the bus to and from all competitions unless a parent gives the Head Coach a signed note. Students cannot be released to other parents, friends or family members (school policy). It is recommended that everyone ride the bus home to build team unity.

## **Tournaments**

We run several tournaments throughout the season. These are great fundraisers for the Wrestling program. Wrestlers/parents are required to work the tournaments as follows:

JH/JV: December 8<sup>th</sup>, 2018 – All Varsity Wrestlers are required to work.

Varsity Classic: December 29<sup>th</sup> 2018 – All Jr. High and JV Wrestlers are required to work

Kid Wrestling: March 8<sup>th</sup> and 9<sup>th</sup> 2019 – All Varsity, JV and Jr. High Wrestlers and Managers

Are required to work!

## **Contacts**

Head Coach Scott Thompson, 320-368-0499

Assistant Coach Jason Rothers, 320-444-7056

Assistant Grant Ascherman 320-760-6972

Mr. Ricard is a teacher at school as well as a youth wrestling coach. He can be used as a contact in the school for wrestlers during the school day when they have a question or if they need to get a message to coach Thompson.

No phone calls after 9 p.m. please, unless it is an emergency