

SMW Wrestling Handbook 2018/19

Philosophy

The goal of our coaching staff is to be two-dimensional coaches, we want to 1) coach the athlete and 2) coach the person. When you are on our team we want you to improve in wrestling and in all other aspects of life. We also want to develop three-dimensional athletes. Ones that seek to improve themselves, improve their teammates, and improve the sport.

The Three A's:

Academics

This is very important. Academics come before Athletics. Student athletes are required by the State of Kansas to be enrolled in a minimum of 5 classes. Students are required by SMSD to be passing a minimum of 5 classes to be eligible for competition. Students struggling with academics will be encouraged to get help before or after school until grades improve. We will allow our athletes to meet with teachers after school as long as they notify us before practice and then come to practice with a pass from that teacher.

Attitude

Your attitude and outlook toward what you are trying to accomplish will make or break you. Always keep a positive attitude toward competition, practice, and academics.

Attendance

In order to improve at anything, you must have purposeful practice. There is no way that you can win and become a better wrestler if you miss practices. Therefore, attendance will be taken daily. If for any reason, you cannot attend practice, **you must personally notify Coach Baker or another coach before practice.** If you fail to do this, it will be unexcused absence.

Coach Baker's email is MatthewBaker@smsd.org and his telephone number is (913) 522-9610.

Coach Euthon email is TylerEuthon@smsd.org and his telephone number is (913) 253-6952

Reasons to Be Excused:

1. Family Emergencies
2. Illness
3. School Sponsored Activity
4. Other reasons with prior approval from the coaching staff.

All absences will result in extra conditioning to makeup for what you have missed. Excessive unexcused absences will result in sitting out of competitions and/or dismissal from the team.

If student athletes are going to have a job during the season, they need to communicate with their managers and tell give them our calendar. We will be busy Monday-Saturday most every week and will be have practices over breaks and on non-school days. Most practices on non-school days will be held from 9-11am

*Anything not covered will be up to the discretion of the coaching staff and school administration.

Drugs and Alcohol:

Tobacco, Vaping, Illegal drugs, and alcohol will not:

- 1) Make you a better person.
- 2) Improve your athletic performance.
- 3) Improve our team performance.

Therefore, no wrestler or manager will consume or have in his or her possession tobacco, illegal drugs, or alcohol during the wrestling season. Any offense will result in disciplinary action.

Sportsmanship:

The SMW Wrestling team will show good sportsmanship to teammates, coaches, officials, and fans.

Unacceptable behavior includes public display of displeasure, throwing headgear, temper tantrums, back talk to coaches or officials, not shaking hands at the end of a match and unsportsmanlike conduct or flagrant misconduct penalty. Unacceptable behavior will result in the following consequences:

1st offense: Will sit out and watch the next contest plus extra conditioning.

2nd offense: Will sit out and watch the next 2 contests plus extra conditioning.

3rd offense: Dismissal from team.

Anything not covered will be up to the discretion of the coaching staff and school administration.

Challenges:

The coaching staff has the ultimate say as to who will represent us on the varsity level and will determine whether a wrestler has earned the right to challenge for a varsity spot. If you want to challenge for a varsity spot please discuss that with the coaches.

You may "Challenge" another wrestler for the starting spot.

Up to February 1, a wrestler must defeat his opponent only one time to earn the varsity position.

After February 1, a wrestler must defeat his opponent 2 out of 3 matches to earn a varsity position. Those challenge matches. There will be no challenges after the Sunflower League Tournament.

1. Your weight must be within 5 pounds of the weight you intend to challenge for.
2. If you give up your position due to prolonged illness or injury, you must challenge the person who took your spot to earn it back.
3. If you do not make weight for a competition, you will not wrestle the following meet if there is someone else who wants to challenge you for that spot.

Care of Equipment

You are responsible for every piece of equipment issued to you. At the conclusion of wrestling season, you must turn in the same equipment that was issued to you or be charged a replacement fee.

All participants will wear team designated clothing to and during meets.

Weight Reduction and Control

No athlete will be asked to drastically reduce weight. This would be detrimental to their health. However, your son/daughter may drop weight due to increased workouts and improved nutritional habits.

If your son/daughter wishes to lose weight to wrestle a certain weight class, this can be accomplished in two ways, one healthy and one popular. The healthy way is to reduce your caloric intake but maintain nutritional balance in your diet. The other popular way is to crash diet two or three days before the meet. Crash dieting sacrifices athletic performance, academic performance, and upsets the body. Losing weight naturally over a longer period of time is the best practice. Do not crash diet!!!

Scientific research shows that even a 2% loss in hydration can cause a decrease in performance and 5% loss in hydration can cause up to a 30% decrease.

*KSHSAA regulates weight loss. An athlete may not wrestle at a weight class of 8% or more, less than the weight on the day of the first hydration testing, unless he has a signed physician's statement approving the weight loss was accomplished in a healthy way. Athletes must also have parental consent and the coach's approval to lose more than the 8% KSHSAA guideline.

Fundraising:

In order to provide the Wrestling team with the tools and equipment to succeed, the program may participate in several fundraising activities. These activities are also designed to promote team building and should be viewed as a positive experience. The reality is that it takes money to run this program. Our basic necessities each year can be expensive. Equipment such as headgear, singlets, and warmups combined with yearly expenses such as workout gear, meals, and travel often far exceeds our school's budget for the wrestling program.

***** Donations to the SM West Wrestling team are always welcomed and appreciated *****

Lettering Policy:

Viking Power Rating Scale:

Category	Number	Multiplier	Category Total
Wins by fall		x 30	
Wins (by anything other than fall)		x 20	
Loss by Fall		x -10	
Unsportsmanlike Conduct		x -20	
Flagrant Misconduct		x -200	
Excused Absence		x -5	
Unexcused Absence		x -20	
Bonus: Cumulative GPA of 3.0 (+10), 3.5 (+20), 4.0 (+30)		GRAND TOTAL	

-Only Varsity wrestlers (individuals that represent SMW in the Varsity line-up) are eligible to earn a letter-

Lettering Criteria:

Earn at least 100 points in the Power Rating Chart.

If the above criterion is not met, a wrestler may also letter by meeting one (1) of the following criteria:

- Wrestle five (5) matches while representing SMW in the Varsity line-up.
- Place in the top four (4) in the Sunflower League Tournament.
- Qualify for the State Tournament.
- Seniors who do not meet the criteria but remained in good standing from the beginning of the season to the end will automatically letter.
- Extraordinary circumstances. The coaching staff reserves the right to issue a letter to individuals who are deserving but did not meet the criteria.

Communication:

The first line of communication will be through your son/daughter. We will communicate important upcoming information at the conclusion of practice weekly. If they have questions, please have them communicate with Varsity-Coach Baker or JV-Coach Euthon. They will have cell phone numbers for both coaches. We will also communicate with student athletes and parents about practice changes via the "Remind App", Twitter and email when possible.

All athletes and parents should follow "@SMW_Wrestling" on twitter and Like "SMW Viking Wrestling" on Facebook for information, results, practice changes, photos from events, etc.

You can sign up for the "Remind Text Messaging App" by sending the message "@smwwrestle" to 81010 or you can download an app from the app store. This is a way we can send out messages to everyone quickly.

ACT Testing:

All wrestlers should plan to take the ACT outside of the wrestling season as many of our meets are on Saturday's when the ACT is held. The ACT test is given in September, October, December, February, April, June, and July.

COLLEGE CHECKLIST

If you plan to wrestle in college this will give you an idea about steps to take in the recruiting process. College coaches love to recruit good students who are also good wrestlers. If you want to wrestle in college you will increase your chances of doing so if you take care of business in the classroom too.

College wrestling teams can have up to 9.9 scholarships per team in DI (9.0 in DII). This will be split up between up to 30+ individuals on a college wrestling team. ***It is very advantageous to be a good student if you want to be recruited to wrestle in college.**

JUNIOR YEAR

- September 1 before Junior year- Written contact by college coaches is allowed.
- Clearinghouse – Request to have your ACT/SAT test scores sent to the NCAA Clearinghouse (there is a box on the application form that you can check for this)
- Familiarize yourself with the NCAA admission/eligibility requirements.
- Plan visits to schools you are interested in DI/DII/NAIA/Junior College all have wrestling. (15 in Ks)
- Spring – Send out letters to college coaches and tell them about your **junior season**. Include a resume with important information: (GPA, ACT/SAT scores, season record, state placings, pre/post season placings etc.) Make sure to provide video of full matches wrestled against tough opponents, not just highlights.

SENIOR YEAR

JULY 1

Phone contact from college coaches is okay.

- Spring – Send out letters to college coaches and tell them about your **senior season**. Include a resume with important information: (GPA, ACT/SAT scores, season record, state placings, pre/post season placings etc.) Make sure to provide video of full matches wrestled against tough opponents, not just highlights.

Any individuals interested in wrestling in college please communicate that to the coaching staff so that we can help you with the recruiting process. You should also communicate with your academic advisor, so they can ensure that you are enrolling in the NCAA required classes



STUDENT-ATHLETE and PARENT ACKNOWLEDGEMENT

As a student-athlete in the Shawnee Mission West Wrestling program, I have read the *2018 Handbook* and understand all information communicated, including but not limited to the following:

*By signing below, you agree that you have read and agree to abide by the SMW Wrestling Handbook”

X _____
Athlete Signature Date

X _____
Print Athletes Name

X _____
Parent Signature Date

*Return this page to the Coaching staff.